

## Kids and Marijuana: Not a Harmless High

Users say it makes them mellow. Proponents of legalization say it's okay to smoke. Doctors warn of its harmful effects. Researchers say that from 1991 to 2001, the number of 8<sup>th</sup> graders who have used marijuana doubled from one in ten to one in five.

The debate about marijuana continues, but there is one point that everyone generally agrees on - kids should stay away from marijuana.

"There are many popular myths about the so-called harmlessness of marijuana, but we know from research that marijuana use is risky for teens at a crucial time in their lives," said John P. Walters, Director of National Drug Control Policy.

One common myth is that marijuana is safe. But the fact is, marijuana puts kids at risk. It's harmful to young bodies and minds that are still developing. Marijuana affects the brain and can impair mental health, leading to increased depression and anxiety. And some health risks associated with smoking marijuana are similar to those posed by tobacco.

Kids who use marijuana regularly show a decrease in academic achievement. Even short-term marijuana use has been shown to cause problems with memory, learning, cognitive development and problem solving.

Recent research also shows that kids who use marijuana weekly are more likely to get in trouble with the law, struggle in school, have delinquent friends, engage in sex or end up in risky and dangerous situations.

Drugged driving is another danger. One roadside study of reckless drivers who were not impaired by alcohol showed that 45 percent tested positive for marijuana.

It's also a myth that marijuana is not addictive. More youth enter treatment with a primary diagnosis of marijuana than for all other illicit drugs combined. Sixty percent of teens currently in drug treatment have a primary marijuana diagnosis. According to the federal Substance Abuse and Mental Health Services Administration, of all the people entering treatment for marijuana in 1999, more than half (57 percent) first used the drug by the age of 14.

Parents can help kids by countering the folklore on marijuana with real examples of how marijuana can put their futures at risk. Studies show that parents are the single most powerful influence in their children's lives. Parents who are involved and talk to their kids about drugs can keep their kids drug-free.

For more information, INSERT CONTACT FOR YOUR COMMUNITY.

Additional information about marijuana and tips on things you can say and do to keep your child drug-free, visit [www.TheAntiDrug.com](http://www.TheAntiDrug.com), the parent Web site of the National Youth Anti-Drug Media Campaign. Look for a downloadable copy of "Keeping Your Kids Drug-Free: A How-to Guide for Parents and Caregivers," or call 1-800-788-2800 for a free copy.

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