

# POT

## DID YOU KNOW...

- Marijuana comes from the plant called *Cannabis Sativa*. The leaves, stems, flowers and seeds are dried and shredded to create a green, brown or gray mixture. Marijuana is smoked as a cigarette (called a joint), or in a cigar shell (called a blunt), or in a pipe or bong.
- There are more than 200 slang names for marijuana, some of them include: “pakalolo,” “maui-wowie,” “pot,” “weed,” “dope,” “indo,” “grass,” “reefer,” “Mary Jane,” “J,” “ganja,” “bomb,” “doobie,” “herbs,” “buds,” “kif,” “skunk” and “hay.”



- Marijuana is said to be Hawai'i's second most significant drug threat. The drug is widely available (including in public schools) and its use continues to increase among Hawai'i youth.
- Marijuana contains a chemical called delta-9-tetrahydrocannabinol (THC). Marijuana's effect on the user depends on the strength or potency of the THC it contains. Marijuana grown in Hawai'i is said to contain some of the highest levels of THC.
- There are over 400 chemicals in marijuana and 60 of these have been proven to cause cancer. Marijuana smoke has 50% more cancer causing chemicals and tars than tobacco smoke.
- Marijuana burns up vitamins in the body. The greater the use, the more vitamins are burned up, and the more run-down a user can feel when not "high" on the drug.
- Short- and long-term effects of marijuana use include: problems with memory and learning; distorted perception; difficulty in thinking and problem solving; loss of coordination; increased heart rate; and anxiety and panic attacks. Continued use leads to lung and breathing problems, wheezing and a bad cough.