

What to Know

Talk to your primary care physician about the risks and benefits before using.

Read the product label and serving size recommendations before consuming and avoid mixing with other drugs and alcohol.

Know the signs: Ask for help when you notice changes in schoolwork, sleep, and/or relationships.

Can impair your ability to drive, bike, and do other activities. It's illegal to use while driving!

For students seeking information about marijuana for medicinal purposes please make an appointment with your primary care provider. CHW does not prescribe medicinal marijuana.

Resources

Suffolk Counseling, Health and Wellness

Call 617-573-8226 or visit

73 Tremont, 5th Floor

Call to make an appointment with a counselor

For Online Info on Drug Abuse:

The National Institute of Drug Abuse
drugabuse.gov

Cannabis Use Disorder Test:



For Info on Treatment Programs:

Substance Abuse & Mental Health Services
Administrations

findtreatment.samhsa.gov

Hotline: 1-800-662-HELP

Signature Recovery Programs

at Mclean Hospital

1-877-203-1211



**SUFFOLK
UNIVERSITY**

Counseling, Health &
Wellness

73 Tremont St, 5th Floor | 617-573-8226 | suffolk.edu/chw

CANNABIS: Information for Students



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WHAT ARE POSSIBLE EFFECTS OF MARIJUANA USE?

SHORT Term Risks:

- Learning, attention & memory issues.
- Distorted perception (sights, sounds, time, touch).
- Poor coordination, timing, & movement.
- Impaired driving.
- Anxiety & paranoia.

Regular Use Can Cause:

- Long-term learning & memory issues.
- Changes in brain structure.
- Sleep disturbance.
- Cancer, lung disease & chronic cough if smoking.
- Increased symptoms of anxiety, depression & suicidality.
- Addiction and Cannabis Use Disorder.

*National Institute on Drug Abuse, 2018

Did you know?

Over time, heavy recreational use can affect cognition (8 point decline in IQ), increase anxiety and sleep problems, and result in psychosis.

*The Harvard Gazette, 2020

WHAT IS MARIJUANA?

Marijuana (AKA weed, pot, bud, etc.) is a psychoactive drug, which means it alters brain functioning.

It comes from the cannabis plant & can be used for recreational or medical purposes. The cannabis flower is made up of many compounds, including:

TETRAHYDROCANNABINOL (THC)

Main psychoactive compound in marijuana that gives the "high" sensation.

CANNABIDIOL (CBD)

Non-psychoactive compound that's used to impart a feeling of relaxation & calm.

IS MARIJUANA LEGAL?

Under federal law, the use of marijuana is illegal.

IN MASSACHUSETTS:

Marijuana is legal for MEDICINAL use (controlled by a doctor) & RECREATIONAL use (must be 21 or older).

Suffolk University Policy: The use or sale of drugs, including marijuana, by students or guests is not allowed at Suffolk.

For more info on Suffolk University's Drug Policies, see the student handbook at: suffolk.edu/student-life/student-services/student-handbook

In 2021, 34.3% of college students did not use cannabis in the past 3 months.

*American College Health Association, 2021

Did you know?

HOW IS MARIJUANA CONSUMED?

INHALATION

- When inhaled, the majority of the drug enters the body through the lungs where they are passed directly into the blood stream.
- There are two ways to inhale marijuana: smoking & vaporizing (AKA vaping).

ORAL

- Ingested orally in the form of an edible, capsule or oil.
- Forms: Brownies, cookies, candy or brewed as tea.
- Digestion and effects of edibles take longer, increasing the chance for overconsumption and harm.

SUBLINGUAL

- Placed under the tongue & held in the mouth to absorb into the blood stream through blood vessels.
- Time of onset is similar to oral consumption, however, some studies have reported an earlier onset.

TOPICAL

- Includes lotions, salves, bath salts & oils.
- Applied to the skin with a goal to reduce pain & inflammation in a specific area of the body.
- A non-psychoactive use of marijuana.

*Drug Policy Alliance, 2019