Safe Smoking Tips:

- Do research & contact a professional to learn about methods of consumption & find what works best for you.

- Purchase marijuana from a certified dispensary if you have access to one. If not, know & trust your source: make sure it's safe, organic & not contaminated with other drugs.

- Make sure to be in a safe place, with people you feel comfortable being around.

- Go slow & know your limits. Only use marijuana if you want to.

Want to Know More?

Call 617-573-8226 or come visit the Counseling, Health & Wellness office at 73 Tremont, 5th Floor to make an appointment to talk with a counselor.

For Online Info on Drug Abuse:
The National Institute of Drug Abuse
drugabuse.gov

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
WHAT ARE POSSIBLE EFFECTS OF MARIJUANA USE?

SHORT Term Risks:
- Learning, attention & memory issues.
- Distorted perception (sights, sounds, time, touch).
- Poor coordination, timing, & movement.
- Dry mouth & eyes.
- Increased heart rate.
- Anxiety & paranoia.
- Psychosis (not common).

LONG Term Risks:
- 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.
- Schizophrenia with a genetic predisposition.

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?
Marijuana is illegal under federal law, however its legality varies by state.

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

Suffolk University has its own policy on marijuana: The use or sale of drugs, including marijuana, by students or guests is not allowed at Suffolk.

38% of full-time college students aged 19-22 report using marijuana at least once in the past year. *University of Michigan, 2017

HOW IS MARIJUANA CONSUMED?

INHALATION
- Fastest method of delivery, an almost instantaneous effect.
- When inhaled, the majority of the drug enters the body through the lungs where they are passed directly into the bloodstream.
- There are two ways to inhale marijuana: smoking & vaporizing (AKA vaping).

ORAL
- Ingested orally in the form of an edible, capsule or oil.
- Slower onset than inhalation.
- Effects are stronger & last longer than inhalation.
- Duration of effects range from 2 hours - 6 hours.
- Amount consumed when ingesting can be unclear.

SUBLINGUAL
- Placed under the tongue & held in the mouth to absorb into the bloodstream 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.

The effects of marijuana can last for days or sometimes weeks, depending on how often it’s consumed. *Heathline, 2018

*National Institute on Drug Abuse, 2018

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

*Drug Policy Alliance, 2019