

# 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](http://drugabuse.gov)

**For Info on Treatment Programs:**  
Substance Abuse & Mental Health Services Administrations  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)  
Hotline: 1-800-662-HELP  
Signature Recovery Programs at Mclean Hospital  
1-877-203-1211



**SUFFOLK UNIVERSITY BOSTON**

COUNSELING, HEALTH & WELLNESS SERVICES

73 Tremont St, 5th Floor | 617 573 8226 | [suffolk.edu/chw](http://suffolk.edu/chw)



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# MARIJUANA: Questions & Answers



# 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.
- Confusion.
- 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.

\*National Institute on Drug Abuse, 2018

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

\*Healthline, 2018

# 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.**

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

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

\*University of Michigan, 2017

Did you know?

# 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 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.
- 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 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

Did you know?