## **TOP 10 MYTHS**

# MYTH #1

SMOKING MARIJUANA
DOES NOT CAUSE CANCER

## **FACT**

Smoking marijuana increases 200%

# MYTH #2

SMOKING MARIJUANA DOES NOT CAUSE LUNG DISEASE

## FACT

On average, marijuana smokers develop CHRONIC BRONCHITIS AND OTHER RESPIRATORY PROBLEMS at the age of 41 – more than 20 years sooner than tobacco smokers.

# **MYTH #3**

MARIJUANA CONSUMPTION DOES NOT AFFECT YOUR MENTAL HEALTH

### FACT

Persistent marijuana use before adulthood can cause permanent mental health impairment, such as SCHIZOPHRENIA AND MEMORY LOSS.
Teens are vulnerable while their brains are still forming.

# MYTH #4

SMOKING MARIJUANA IS SAFER THAN SMOKING TOBACCO

## FACT:

Marijuana smoke contains higher concentrations of dangerous chemicals than tobacco, including ammonia, hydrogen cyanide and nitric oxide.

Marijuana smokers can suffer airway injuries, coughing, phlegm production, and wheezing - similar to tobacco smokers.



# **MYTH #5**:

MARIJUANA IS NOT ADDICTIVE

## **FACT**

Cannabis can be addictive.

## 1 IN 6 PEOPLE

who use marijuana during adolescence will develop an addiction.

# MYTH #6 ANY MENTAL HEALTH IMPACTS FROM MARIJUANA ARE TEMPORARY

### FACT

Adolescent exposure to marijuana causes long-term mental health problems. Teens who used cannabis over a long term suffered decreases in their working memory, processing speed and reasoning.

# **MYTH #7**

LEGALIZING MARIJUANA MAKES IT LESS ATTRACTIVE TO YOUTH

## **FACT**

Legalization has made marijuana more popular among young people in some U.S. states.

More teens now smoke marijuana than cigarettes, according to the U.S. Center for Disease Control.

# **MYTH #8**

LEGALIZING MARIJUANA WILL REDUCE ORGANIZED CRIME

### FACT

Multiple studies have shown that organized crime has a low involvement in Canada's marijuana industry. The current cannabis market is actually dominated by otherwise law-abiding citizens – not by organized crime.

# **MYTH #9**

LEGALIZING MARIJUANA WILL NOT IMPACT CHILDREN

### FACI

The frequency of calls about children poisoning themselves by accidentally eating marijuana tripled in states that decriminalized pot before 2005, poison hotlines report.

# MYTH #10

MARIJUANA CONSUMPTION DOES NOT IMPAIR YOUR DRIVING ABILITY

## FACT -

Marijuana use DOUBLES THE RISK of a car crash because users have slower reaction times. It's the most common drug involved in drugged driving.

Source: citizengo.ca

For additional information, including source references:

SayNopeToDope.org.nz/top-ten-myths