WHAT ROLE DOES MARIJUANA PLAY IN YOUR LIFE?

For 1 in 4 vars, it can be difficult to contain the reassessment of how it impacts their physical, mental and social well-being. It can help to know some objectives:

Do you believe smoking marijuana makes you feel more relaxed?
In your current group of friends, does anyone use cannabis?
Do you ever use marijuana in the morning or all the time, to avoid everyday stress or to help you feel better?
Do you believe marijuana reduces stress, anxiety, depression, or attention difficulties?
Have you ever thought about quitting but not quitting?

If you answered yes to one or more of these questions, consider an O.P.E.N. meeting to discuss how to manage marijuana use in your life.

A PLACE TO CHECK IN

O.P.E.N. offers students confidential, discreet, non-judgmental conversations about drug and alcohol use. Check-ins may be in a small group with other 60 students or with an individual staff member. You can get personalized feedback about your use of cannabis or other drugs. Check-ins are 1-on-1 chats where you talk about your use and all the ways you think you should or should not. We encourage you to make informed decisions and strive to reduce harm that can be associated with alcohol and other drug use.

To learn more or set up a check-in appointment, visit www.northeastern.edu/open.

"My check-in was eye-opening. Talking about issues related to alcohol without fear of getting in trouble was a great resource."
BE INFORMED

You have the right to make your own decision. But you do so at your own risk. Because you have the right to be informed about the choices you are taking.

USE THIS BUDGET TO:
1. Learn more about what marijuana does.
2. Have a friend.

BASIC CHEMISTRY
Marijuana is a plant loaded with chemical called tetrahydrocannabinol, commonly known as THC. THC is found in a range of plants, from cannabis and poppy to opium, making difficult to predict what it would do to you.

Here are the generally accepted short-term physiological effects of high drug intake:
- Drowsiness
- Inability to make decisions
- Disorientation
- Hallucinations
- Decreased reaction time on drugs, resulting in increased risk of harm.

UNDERSTAND THE CHEMISTRY

SOME ADDITIONAL FACTS ABOUT MARIJUANA AND THC:
- THC, the active ingredient in marijuana, is known to have a significant impact on the body.
- The effects of marijuana being grown and distributed today are much more potent – with about 10 times the THC. Less is more extreme than what marijuana was available in the 1960s. These higher THC levels – up to 20% or even higher – are difficult for human senses to grasp, making it difficult for people to understand the short-term effects.
- Marijuana production and use are not regulated. It is impossible to know what other drugs are contained in the sample.

MARIJUANA AND ALCOHOL:
Marijuana is a natural drug that works in the brain to alter emotions and alter the effects of alcohol. When marijuana is used, it is easier to become drunk and more likely to feel a high.

PERSISTENT EFFECTS OF MARIJUANA USE

New research continues to evolve our knowledge about the effects of marijuana and THC.
- Cognitive effects and memory
- Mood swings and paranoia
- Sleep disorders
- Addiction

**“ISN’T EVERY ONE DOING IT?”**

No, over 90% of the student community say they have not used marijuana in the last month. People frequently underestimate how much effect drugs have on people. Because they may not have used them, they believe they are not harmful. But that is not true. If it were true, then the numbers would be lower. If it were true, then people wouldn’t see the effect.

**O.P.E.N. is for you:**

My meeting at O.P.E.N. was very helpful and interesting. I didn’t feel like I needed to catch up with the information because they weren’t the most current or included in my course. I thought it was a great idea to hold my own with the other students and decide on my own.

**COMBINING ALCOHOL & MARIJUANA**

Alcohol, an central nervous system depressant, slows the body down. Marijuana does the same thing. And together it is a drug interaction called “synergism” happens. The effects of both are magnified, so each is greater than 2 in other words. This is the effect of the alcohol. Now, the effect of the marijuana, and then the alcohol. The “real thing” part is really hard to predict, without knowing that a person could be at a particular blood alcohol level and marijuana level and no, the effects much greater than that level.

**O.P.E.N. is here for you:**

Understanding the effects of marijuana and THC on one’s mind can be challenging. O.P.E.N. is here to help you understand the impact of these drugs.

**FURTHER FOR NATIONAL DRUG POLICY FORUM: 2000**

Drugs and alcohol are counterproductive to students' educational and vocational goals. Drinking is an important cause of health problems and accidents, and marijuana use is a significant factor in many of these problems.