


# KEEP OFF THE GRASS!

Effects of THC and  
Marijuana Use





# OBJECTIVES

- List the effects of THC and marijuana use on the body and on behavior
  - Determine the consequences of marijuana use on everyday activities
  - Contrast perceived norms with actual prevalence of marijuana use
  - Practice using peer-pressure refusal strategies in a variety of situations involving marijuana
- 


# THC

We're going to look at a drug that affects vision, memory, reason, concentration, and other abilities and skills. Can you take a guess at what it is?


**Marijuana comes from a plant called *cannabis sativa*. It contains over 400 chemicals. One of these chemicals is responsible for most of the effects we'll look at. This chemical is called tetrahydrocannabinol or THC. THC is a mind-altering substance and harmful to the developing brain and body. THC interferes with concentration, memory, thinking, and perception.**




# Legal?




The legal status of marijuana is the subject of ongoing debate. It is a federal offense to purchase, grow, carry, or use marijuana because of the harm it can cause.



While it is still a federal offence, some states allow recreational use of marijuana, but just like alcohol, it is not legal for people under the age of 21. even is marijuana was completely legal for recreational use, it still isn't something safe to put in your body. Just like nicotine and alcohol, the risks of marijuana use are significant, and the harm to your body is very real.



In some states marijuana use and limited possession is permitted under the guidance of a licensed medical professional and dispensed from an approved and regulated dispensary.

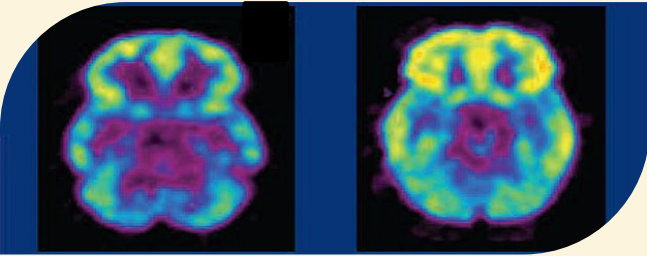


**The national debate about marijuana can make it difficult to separate myths from facts about this drug.**

## Open workbooks to pg. 16 – **Matters of Fact**

Read each scenario and put  
whether you believe that statement  
is a myth or fact.





Marijuana

Healthy

## THC is responsible for making the user high.

The presence of THC in the brain reduces or stops brain activity. The more purple areas show where the brain has damaged cells or no brain activity at all. Inflicting this kind of damage while the brain is still developing can delay or stop the development of healthy brain cells.

## Open workbooks to pg. 16 – Consider the Consequences

**Review the THC effects and their consequences in the chart and decide if the consequence is negative or positive. If a consequence is positive, put a check mark in the column under the plus sign. If a consequence is negative, put a check mark in the column under the minus sign.**

- Once you have finished sorting the consequences, add up the checks in the positive column and write the total at the bottom of the plus column.
- Add up the checks in the negative column and write the total at the bottom of the minus column.

Media portrayals of marijuana use, whether in the news or in film, cause people to overestimate marijuana use. In fact, most middle school students are smart. They don't fall for the line that "everybody does it." if anyone tries to convince you that everybody does it," remember only **10%** of middle school students use marijuana.





# Stroop Test – say the color of the text, not the word.

This activity illustrates how difficult it can be for someone high on marijuana to process information and respond quickly to normal, everyday tasks.

PURPLE YELLOW RED  
BLACK RED GREEN  
RED YELLOW ORANGE  
BLUE PURPLE BLACK  
RED GREEN ORANGE



**Please  
complete the  
Kahoot! When  
finished with  
all 10 lessons.**