

# Pot • Marijuana • Weed

Nationwide, **17%** of college students use marijuana. At AU, **26%** do. That means almost 3 out of every 4 AU students does **not** use marijuana. **1%** of AU students use it every day (vs. **2%** nationally).

## Marijuana Policy in DC

In DC, it is now **legal** for a person who is **21 or older** to:

- Possess 2oz. or less of marijuana
- Give 1 oz. or less to someone 21+ as long as there is no exchange of goods/services/money
- Grow up to 6 marijuana plants in their residence, with no more than three being mature
- Possess marijuana-related paraphernalia (bongs, rolling papers, cigar wrappers)
- Use marijuana on private property

In DC, it is **still illegal** to:

- Sell any amount to another person
- Possess more than 2 oz. of marijuana
- Operate a vehicle (including boats) under the influence of marijuana
- Smoke, eat, or drink in any public space, such as streets, sidewalks, parks, and alleys. This includes holding or carrying a lighted roll of paper/other lighted smoking equipment filled with marijuana.

Despite DC's new marijuana laws, marijuana use, possession, and paraphernalia are **100% prohibited** (in any form) on AU property.

## What Is an Edible?

Edibles = food that is made or infused with marijuana oils. The most common forms are: brownies, cookies, gummies, and chocolates.

## The Effects Are Different

The effects of consuming edibles can be much different than when you smoke marijuana. With smoking, you'll likely feel the effects ASAP. With edibles, it can take 30 min. to 2 hours to feel it, and effects could last longer.



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## Myths About Marijuana

### MARIJUANA IS HARMLESS

**FALSE:** Using marijuana can have many detrimental effects. Short-term examples are: memory loss, anxiety, and trouble concentration. Long-term examples are: decrease in brain function, increased anxiety/depression/panic attacks, issues paying attention, poor academic job performance, and more.

### MARIJUANA IS NOT ADDICTIVE

**FALSE:** According to the Office of National Drug Control Policy, "marijuana use, in fact, is often associated with behavior that meets criteria for substance dependence established by the American Psychiatric Association." Those who use regularly will most likely develop a dependence and, when they stop, they'll probably experience withdrawal symptoms.

### MARIJUANA MAKES YOU MELLOW

**FALSE:** Unfortunately, regular marijuana use (i.e., weekly) has also been linked to an increase in violent or aggressive behavior, stealing, and property destruction. Some researchers also identified a link between marijuana use and the criminal offenses of attempted homicide and reckless endangerment.

### YOU CAN'T OVERDOSE ON MARIJUANA

**FALSE:** You can **definitely** overdose on marijuana by either consuming too much or mixing it with alcohol or other drugs/medications.

## SIGNS OF AN OVERDOSE

Rapid heart rate, hallucinations, mental confusion/stupor, panic attacks, extreme paranoia. If laced with other drugs, signs can include seizures, strokes, and/or irregular heartbeats.

## WHAT TO DO

Call for help. If you're on campus, call the AU Police Department (202-885-3636). If off-campus, call 911.

### Sources:

- 1) Office of National Drug Control Policy
- 2) ACHA National College Health Assessment 2015 (national and AU)
- 3) DC.gov Metropolitan Police Department DC Marijuana Laws
- 4) ProjectKnow: Understanding Addiction
- 5)UW Alcohol and Drug Abuse Institute