

IMPORTANT STATEMENT ON THE EFFECTS OF THE USE OF CANNABIS (MARIJUANA, WEED, POT)

Instructions:

For violations of Spec. Sess. P.A. 21-1 (c) and its subparts individuals who are 18 or older and younger than 21 are required to view and sign a statement acknowledging the health effects of cannabis on young people. This statement **does not** need to be filed with the court or with the charging documents. It is recommended that the agency maintain the signed copy and provide a copy or unsigned version to the defendant.

The risks related to the use of cannabis (marijuana, weed, pot), as explained by the U.S. Surgeon General and/or the U.S. Department of Health and Human Services, include the following:

Driving: People who drive under the influence of cannabis can experience dangerous effects such as slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.

Athletic Performance: Research shows that cannabis affects timing, movement, and coordination, which can harm athletic performance.

Baby's health and development: Cannabis use during pregnancy may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function.

Tetrahydrocannabinol (THC) and other chemicals from cannabis can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.

Mental health: Studies link cannabis use to depression, anxiety, suicidal behavior, and potential psychotic episodes. The earlier you start to use cannabis, especially before the age of 18, the more likely you are to have problems such as addiction, withdrawals, and other drug use.

Brain health: Cannabis can lower your IQ as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting cannabis. Use of cannabis during the period of brain development (to about 25 years old) can cause issues with attention, memory, and learning. It can change how your brain processes and stores information.

Lung health: Cannabis smoke, like tobacco smoke, irritates the throat and lungs and contains levels of chemicals and tar similar to tobacco.

Daily life: Using cannabis can affect performance and how well people do in life. Research shows that people who use cannabis are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

References:

<https://www.hhs.gov/surgeongeneral/reports-and-publications/addiction-and-substance-misuse/advisory-on-marijuana-use-and-developing-brain/index.html>

<https://www.samhsa.gov/marijuana>

I have viewed this statement and acknowledge the health effects of cannabis.

_____(Signature of person receiving Complaint)

_____(Date)