

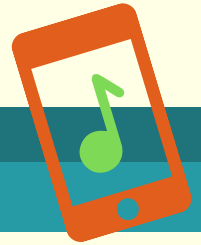
# Marijuana



## What Is Marijuana?



Marijuana refers to the dried leaves, flowers, stems, and seeds of the Cannabis sativa or indica plant that includes THC, a mind-altering compound. Marijuana can be consumed in a variety of ways—including smoking, vaping, oils, teas, and edibles (cookies, brownies, and candy). Marijuana may also be known as weed, herb, pot, grass, bud, ganja, and Mary Jane.

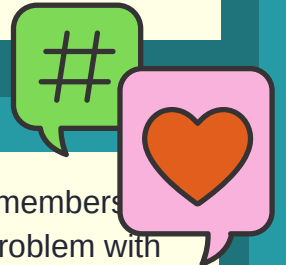


## Signs of Marijuana use.



Recognizing signs of marijuana use can be difficult if you don't know what to look for. How can you tell if someone you care about may be using marijuana? Identify the Signs:

- Unusual laughing, coordination issues, or forgetfulness.
- Bloodshot eyes or repeated use of eye drops.
- Strange smelling clothes or bedroom.
- Frequent use of incense and other deodorizers.
- Unexplained lack of money or frequent requests for money.
- Presence of drug paraphernalia- equipment / material for making, using marijuana such as, rolling paper (paper used to make a marijuana cigarette), roach clip (a metal clip used to hold marijuana cigarette), or a grinder (a tool that breaks marijuana up into smaller bits).



## How can you Help



These tips are for caregivers, friends, and community members who are concerned someone they know may have a problem with meth and do not understand the risks or why they shouldn't use them. Take Action:

- Check in often to see how they are doing.
- Choose relaxed times to talk, such as in the car, during dinner, or while watching TV.
- Let them know you care and are always there for them.
- Be clear and consistent about your expectations regarding marijuana.
- Make an agreement to spend time together doing social and extracurricular activities.
- Help them create an "exit" plan in case they are offered or are faced with a difficult decision about marijuana.

## Western Montana Prevention Specialists

WMMHC Prevention Services teaches Montanan's skills for resisting social pressure, impact drug-related attitudes and norms, and promote personal responsibility. We offer substance use prevention programs for individuals or groups that can be in a family, school, or community setting. To learn more about prevention services in your area, contact a Prevention Specialist in your County.

Flathead County 406-751-8301  
Lake County 406-565-8545  
Lincoln County 406-334-8024  
Mineral County 406-532-9770

Missoula County 406-532-9751  
Sanders County 406-827-9067  
Ravalli County 406-532-9101



[www.wmmhc.org/prevention-services](http://www.wmmhc.org/prevention-services)

Developed from information provided by the Substance Abuse and Mental Health Services Administration (SAMHSA); an agency within the Department of Health and Human Services (HHS). For references, please click on the QR code.

DISCLAIMER: This toolkit is intended only as a guide and is not a substitute for medical advice, diagnosis, treatment and/or emergency, clinical, or professional care. No toolkit can cover every scenario or be specific to any person.

