

Marijuana (Cannabis)



wmmhc.org/prevention-services

What is Marijuana?

Marijuana—also called weed, herb, pot, grass, bud, ganja, Mary Jane, etc.⁵ Marijuana refers to the dried leaves, flowers, stems, and seeds of the Cannabis sativa or indica plant that includes THC, a mind-altering compound.⁴ Marijuana can be consumed in a variety of ways—including smoking, vaping, oils, teas, and edibles (cookies, brownies, and candy).

What are the 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: ⁴

- 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 you can help.

These tips are for parents, caregivers, friends, and community members who are concerned someone they know may be using marijuana. Take Action: ⁴

- 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	Missoula County	406-532-9751
Lake County	406-565-8545	Sanders County	406-827-9067
Lincoln County	406-334-8024	Ravalli County	406-532-9101
Mineral County	406-532-9770		

