

# Most teens in Arkansas **do not use** marijuana.

**FACT:  
ONLY**

**13** out of **100**

Arkansas teens  
use marijuana

Thinking marijuana  
is safe and will  
not cause  
problems is  
**wrong.**

If you start before  
age 18, you have a

**1 in 6**

chance of being  
addicted

The marijuana today  
has more than

**3X** the amount  
of THC than  
marijuana from  
25 years ago.

If you use  
marijuana,  
you are

**2X** more  
likely to

commit suicide  
than those who do not use it.

The National Suicide  
Prevention Lifeline:  
**1-800-273-TALK (8255)**

AR-Connect to  
talk to a mental  
health professional:

**501-526-3563** or  
**1-800-482-9921**

## If you use marijuana

You are more likely to have:

### Social Problems

- Relationship problems
- Struggle to finish high school or get a college degree
- Earn a lower income
- Struggle to find or keep a job
- Depend on welfare
- Break the law and get arrested
- Feel less satisfied with your life
- Increased risk of motor vehicle crash

### Physical Problems

- Trouble breathing
- Higher risk of lung infections
- Severe nausea (upset stomach) and vomiting (throwing up)
- Trouble with attention, memory, and learning skills
- Increased heart rate
- Increased risk of heart attack if you have heart problems
- Will harm your unborn baby's brain development

### Mental Problems

- Hallucinations (seeing or hearing things that are not there)
- Delusions (thinking things are true that most others would think are false)
- Acting or thinking in ways that are not normal for you
- Marijuana may increase risk of mental illness such as depression and anxiety.

**Now you know!**

#### References

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**UA LITTLE ROCK**  
MIDSOUTH CENTER FOR  
PREVENTION AND TRAINING

**AR PREVENTION.org**

**UAMS**  
University of Arkansas for Medical Sciences

**DHS**  
Division of Behavioral Health Services  
Prevention Services

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