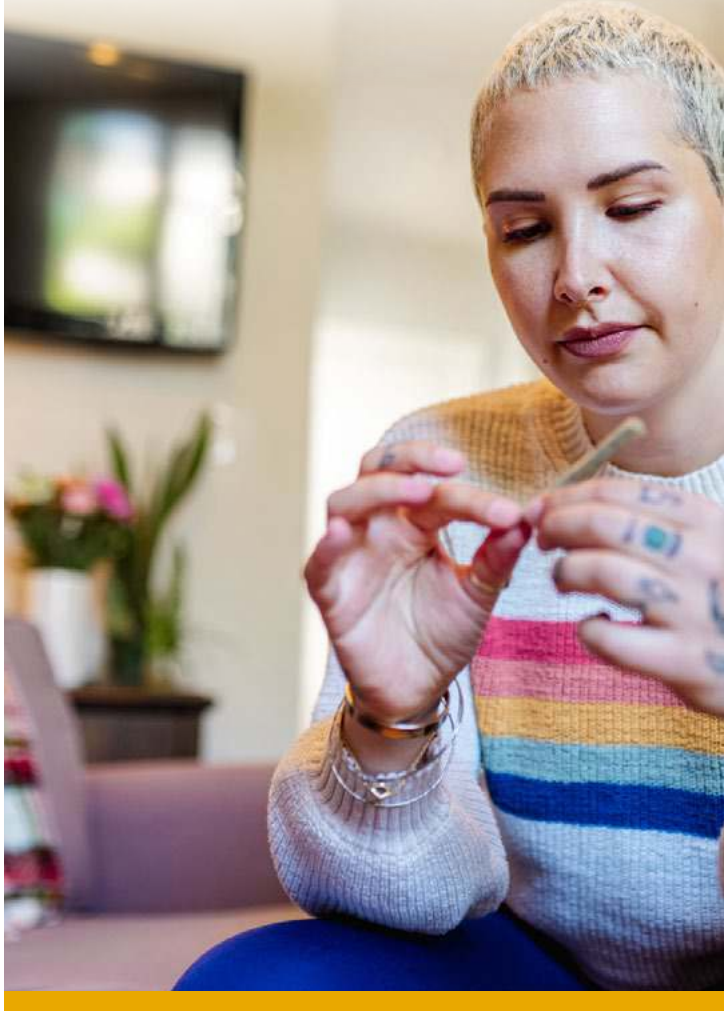


MEDICAL MARIJUANA WHAT ARKANSAS TEENS NEED TO KNOW



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About Medical Marijuana

What is medical marijuana?

Medical marijuana consists of marijuana plant products you can buy from dispensaries (stores) to treat health problems or symptoms. Marijuana has chemicals that may:




- Change your mood (cause a 'high' feeling)
- Change the way you think
- Slow your movements
- Help ease certain kinds of pain
- Reduce muscle stiffness and jerks from a disease of the brain and spine
- Reduce upset stomach and vomiting from cancer medicine
- Ease some types of seizures (fits)

Is medical marijuana safe for me to use?

You may think marijuana is safer than alcohol or other drugs. **But natural products are not always better or safer.** It may not be safe because your brain is still growing. It might affect how your brain develops. **Some experts say it is not safe to give medical marijuana to teens** except in rare cases.

What are some risks of medical marijuana?

We do not know what the long-term effects of marijuana might be for teens. But we know that using marijuana may affect your:

-  • Brain. It can affect how you learn, think, and pay attention.
-  • Behavior. You may have trouble getting along with others.
-  • Health. It may affect how well your other medicines work.



- Mood. You may have:
 - * Extreme mood swings
 - * Increased anxiety/nervousness
 - * Post-traumatic stress disorder (PTSD) symptoms
 - * Thoughts to hurt or kill yourself
- Choices. You may be more likely to:
 - * Be in a car wreck
 - * Use other drugs or alcohol
 - * Choose risky sexual behaviors



You can also become addicted. If you become addicted and try to



quit, you may have some bad withdrawal symptoms, including:



- Feeling very angry, sad, nervous and/or anxious



- Difficulty sleeping



- Flu-like symptoms



- Strong desire to use marijuana



If you are pregnant and use marijuana or breathe marijuana smoke, it can cause:



- Preterm (early) birth



- Low birth weight



- Brain and behavior problems in your child



- Delays in growth of child



If you use marijuana and breastfeed, some harmful chemicals can get into your breastmilk. This might affect the way your baby's brain grows and develops.

There has not been enough research yet to know if the benefits of medical marijuana outweigh the risks.

What else should I know about medical marijuana?

The FDA (agency that regulates medicines) does not regulate marijuana. Because of this, medical marijuana products may not always be what the package states and may contain harmful chemicals.

How to Get Medical Marijuana in Arkansas if You are Under 18

Where can I get medical marijuana?

You must buy it from a dispensary.

Who can buy medical marijuana?

You can buy medical marijuana if you:

- Are at least 18
- Have a valid medical marijuana ID card

Your parent or guardian (over 21) must buy medical marijuana if you:

- Are not 18 years old
- Have a condition that qualifies for medical marijuana

How do I get a medical marijuana ID card?

To get a medical marijuana caregiver ID card, your parent or guardian must:

1. Get a doctor to fill out a certification form saying you have a health problem that medical marijuana may help.
2. Apply for the medical marijuana designated caregiver ID card.

To apply, they must:

- Be at least 21 years old
- Pay a fee
- Care for you, but cannot be in the U.S. military or National Guard

What health problems qualify for medical marijuana?

Health problems qualify for medical marijuana include the following:

- Cancer
- Crohn's disease (intestine sores)
- Epilepsy and seizures
- Fibromyalgia (muscle pain and tiredness)
- Multiple sclerosis and muscle spasms
- Nausea (severe upset stomach)
- PTSD
- Severe pain
- Tourette syndrome (repeated movements or sounds)
- Ulcerative colitis (large intestine sores)
- Other health problems approved by Arkansas Department of Health

How much does medical marijuana cost?

Medical marijuana costs about \$395 to \$560 per ounce, plus tax. Your health insurance does not have to pay for it.



Rules for Medical Marijuana Use in Arkansas

What types of medical marijuana can I use?

You cannot **smoke** marijuana for medical use because you are under 21. You can use other types of medical marijuana purchased from your dispensary.

Where can I use medical marijuana?

You can **only** use medical marijuana at home. You **cannot** drive while using or being under the influence of medical marijuana. This includes any type of motorized vehicle.

Can I use medical marijuana at school or work?

Your school or work cannot punish you for having a medical marijuana ID card. However, you cannot use or be under the influence of medical marijuana while at school or work.

What will happen if I share my medical marijuana with others?

You may not share your medical marijuana with others not approved for it. If you get caught doing this:

- You can no longer use your medical marijuana ID card
- You and the person you shared the marijuana with may:
 - * Pay fines
 - * Go to jail

Where can I go to learn more?

To learn more about medical marijuana in Arkansas:

- Arkansas Medical Marijuana Commission: mmc.arkansas.gov
- Medical Marijuana Program, Arkansas Department of Health: healthy.arkansas.gov/programs-services/topics/medical-marijuana

Safety tips when using medical marijuana:

- Store in child-safe containers
- Keep in child-resistant packages
- Make sure packages are appropriately re-sealed after use
- Consider storing in a lockbox
- Keep out of reach and sight of children and pets
- Make sure cannabis products are properly stored and disposed of in a place that is not easily visible and accessible by children or pets

Arkansas Poison Control Center

(800) 222-1222

(open 24 hours)

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