

False Messages About Marijuana, and the Facts



"It helps with my depression and anxiety"

FACT: Studies show that frequent use of marijuana can cause anxiety and exacerbate other mental health issues. The American Psychiatric Association issued a position statement in opposition to the use of marijuana as medicine, citing the lack of scientific evidence supporting marijuana as medicine for mental health.



"It's just a little pot, natural and organic"

FACT- Today's hybrid flower strains and chemical extraction processes for edibles, oils and waxes have little resemblance to the natural plant. Visit www.thcphotos.org to view countless pictures of products that are processed and far removed from being "organic."



"It helps me sleep"

FACT: According to the Food and Drug Administration, "drugs not approved by the FDA have not been evaluated as to whether they work, what the proper dosage may be if they do work, how they could interact with other drugs, and whether they have dangerous side effects or other safety concerns."



"It helps me focus on school"

FACT: Frequent marijuana use is associated with impaired learning and memory for kids and young adults, up to 28 days after last use. The impairment increases with more frequent marijuana use and is associated with not attaining a college degree.

False Messages About Marijuana and the Facts



"It helps my morning sickness; It's natural so it must be safe for my baby"

FACT: The United States Surgeon General statement is clear: No amount of marijuana use during pregnancy or adolescence is known to be safe. Harms of THC to an unborn child include reduced fetal growth, greater risk of stillbirth, preterm birth, low birth weight, and long-term brain development issues affecting memory, cognition and behavior. (SAMHSA)



"It's sold as medicine so it must be safe"

FACT: Medical marijuana use is not held to the same standard as other medications and has not been approved by the FDA. Only a handful of medications containing cannabinoids have undergone the necessary testing and approval process to be approved by the FDA.



"I'm a safer driver when I'm high"

FACT: Since recreational marijuana was legalized, the percentage of all Colorado traffic deaths involving drivers who tested positive for marijuana increased from 11% in 2013 to 20% in 2020. More than 5% of high school students admit to having driven under the influence of marijuana. Mixing marijuana and alcohol adds to the crash risk.



"It's safer than alcohol"

FACT: Marijuana use can lead to the development of a substance use disorder, a medical illness in which a person is unable to stop using even when use is causing health and social problems in their life. Severe substance use disorders are also known as addiction.

One Chance to Grow Up protects kids from THC through transparency, education, empowerment, and policy. We don't take sides on the politics of legalization but instead serve as a reliable resource for parents, media, policymakers, and all who care about kids. Started by concerned parents, we're a 501(c)(3) nonprofit supported by charitable contributions.

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