

# The Gateway Drug: Marijuana

More Practice With Bugs and I STOP'D

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## 3 Cs

- I care about myself.
- I care about others.
- I care about my community.

### Help students to understand and invite them to state clearly:

- I have the right to care about myself.
  - I have the responsibility to make smart choices when I care about myself.
  - I show I care about myself when I make choices to live healthy and not use alcohol, tobacco/nicotine or other drugs.
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## Preparation

### Materials

- Marijuana Pretest/Post-Test (see page 55)
  - Teacher Resource Sheet: "Marijuana Facts" (see starting on page 57)
  - "Marijuana Basketball" (see page 59)
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## Vocabulary

cannabis	joint	grass
Mary Jane	THC	weed
pot	reefer	dope

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## Lesson at a Glance

### Note to teacher

Before teaching this lesson, review "Marijuana Facts." (see page 57)

### Introduction

- Marijuana: What Do You Know?

### Strategy

- Marijuana Pretest
- Marijuana Discussion
- Marijuana Basketball

### Conclusion

- Marijuana Post-test
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## Core Curriculum Objectives and Standards

### Objectives

Understand both the short- and long-term effects of marijuana use.

### Standards

The students will learn ways to improve mental health and manage stress.

Teacher Notes

## Introduction

Draw

## Strategies

Pretest

Discussion

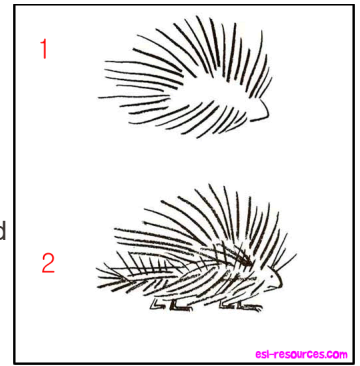
Clarify

Game

## Conclusion

### 1. Marijuana: What Do You Know?

- On the board, draw a porcupine with lots of spikes or quills.
- Name the porcupine “Marijuana.”
- List any statement from the students, whether accurate or inaccurate, next to a spike on the porcupine.
- **What do you know about marijuana?**  
List the statements of the students by the quills as described above.



Marijuana

### 2. Marijuana Pre-test

- Orally give the Marijuana pre-test.
- Have students write the answers on a piece of paper.

### 3. Marijuana Discussion

- The porcupine is a slow animal that protects itself from aggression with very sharp quills. The quills detach and stay stuck in the aggressor.
- If you play with a porcupine, you will get stuck with quills.
- **How is a porcupine like marijuana use?**  
users will get hurt, lots of inaccurate information, looks easy to avoid but easy to get stuck

Use the teacher resource sheet to clarify the fuzzy and inaccurate information from the porcupine's quills.

### 4. Marijuana Basketball

- Use the questions on page 59 to play this game.
- Divide the class into two teams.
- Alternating between teams, each team scores by having one of its players answer a question about marijuana correctly (or the team confers with a “captain” who speaks for the team).
- If the question is answered incorrectly, the point amount of the question is deducted from that team, and the other team has a chance to answer the question correctly.
- The team that reaches 30 points first (or another agreed-upon number) wins.

### 5. Marijuana Post-test

- Give the Marijuana post-test as instructed on the test form.
- Have students compare answers with the pre-test.



# Marijuana Pre-test

## and Post-Test

Directions for pre-test:

Number your paper from 1 - 20.

Place a "T" for True or an "F" for False next to the number of the question I read.

Directions for post-test:

Use the paper you used for the pre-test.

Turn you paper to the other side.

Number your paper from 1 - 20.

Place a "T" for True or an "F" for False next to the number of the question I read.

1. Marijuana can be eaten or smoked.
2. Marijuana is a form of cannabis.
3. Marijuana can slow a person's reaction time.
4. Marijuana increases a person's ability to concentrate.
5. People driving under the influence of marijuana can cause collisions.
6. Smoke from a marijuana cigarette can cause lung problems.
7. Dependency or addiction cannot happen with marijuana.
8. Marijuana stays in several body organs for weeks.
9. Marijuana is better for the lungs than cigarettes.
10. Marijuana is a stimulant.
11. Marijuana use improves short-term memory.
12. THC is the main ingredient in pot. However, when smoked, pot produces over 2,000 chemicals.
13. Marijuana smoke contains more cancer-causing chemicals than cigarette smoke.
14. Marijuana is stored in the fatty tissue in the body.
15. The marijuana sold today is a lot weaker than that sold in the 1960's.
16. Marijuana used in small amounts (one joint or less) is legal.
17. Marijuana could lead to the use of other drugs.
18. The more pot you smoke, the more you need in order to get high.
19. Smoking marijuana makes you smarter.
20. Snorting is one way marijuana can be used.



# MARIJUANA TEST ANSWER SHEET

- T \_\_\_ 1. Marijuana can be eaten or smoked.
- T \_\_\_ 2. Marijuana is a form of cannabis.
- T \_\_\_ 3. Marijuana can slow a person's reaction time.
- F \_\_\_ 4. Marijuana increases a person's ability to concentrate.
- T \_\_\_ 5. People driving under the influence of marijuana can cause collisions.
- T \_\_\_ 6. Smoke from a marijuana cigarette can cause lung problems.
- F \_\_\_ 7. Dependency cannot happen with marijuana.
- T \_\_\_ 8. Marijuana stays in several body organs for weeks.
- F \_\_\_ 9. Marijuana is better for the lungs than cigarettes.
- T - F \_\_\_ 10. Marijuana is a stimulant. ( It depends on the mental state of the user.)
- F \_\_\_ 11. Marijuana use expands short-term memory.
- T \_\_\_ 12. THC is the main ingredient in pot. However, when smoked, pot produces over 2,000 chemicals.
- T \_\_\_ 13. Marijuana smoke contains more cancer-causing chemicals than cigarette smoke.
- T \_\_\_ 14. Marijuana is stored in the fatty tissue in the body.
- F \_\_\_ 15. The marijuana sold today is a lot weaker than that sold in the 1960s.
- T-F \_\_\_ 16. Marijuana used in small amounts (one joint or less) is legal.\*
- T \_\_\_ 17. Marijuana could lead to the use of other drugs.
- T \_\_\_ 18. The more pot you smoke, the more you need in order to get high.
- F \_\_\_ 19. Smoking marijuana makes you smarter.
- F \_\_\_ 20. Snorting is one way marijuana can be used.

Please see the wonderful website of the National Institute on Drug Abuse for more information about marijuana and other drugs of abuse.  
<http://www.nida.nih.gov>

\* In some states, small amounts of marijuana are legal; in Utah, it is not legal.



# Marijuana Facts

## Teacher Resource Sheet

- Marijuana is a green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp plant (*Cannabis sativa*). Cannabis is a term that refers to marijuana and other drugs made from the same plant. Other forms of cannabis include sinsemilla, hashish, and hash oil. All forms of cannabis are mind-altering (psychoactive) drugs.
- The main active chemical in marijuana is THC (delta-9-tetrahydrocannabinol). Short-term effects of marijuana use include problems with memory and learning, distorted perception, difficulty in thinking and problem solving, loss of coordination, increased heart rate, and anxiety.
- Marijuana is usually smoked as a cigarette (called a joint) or in a pipe or bong. Marijuana has also appeared in blunts, which are cigars that have been emptied of tobacco/nicotine and refilled with marijuana, sometimes in combination with another drug, such as crack. It can also be mixed into foods or used to brew a tea.
 

National Institute on Drug Abuse, Marijuana Facts Parents Need to Know, September 2004
- Among 12-17 year olds surveyed as part of the 2009 NSDUH, 7.3% reported past month marijuana use.
 

Substance Abuse and Mental Health Services Administration, Results from the 2009 National Survey on Drug Use and Health, September 2010
- Contrary to popular belief most teenagers have not used marijuana and never will. Among students surveyed in a yearly national survey, about one in six 10th graders report they are current marijuana users (that is, used marijuana within the past month). Fewer than one in five high school seniors are current marijuana users.
 

<http://www.oas.samhsa.gov/marijuana.htm>
- Adults who first used marijuana before age 12 (21%) were twice as likely as adults who first used marijuana at age 18 or older (10.5%) to be classified as having a serious mental illness in the past year.
 

<http://oas.samhsa.gov/2k5/MJageSMI/MJageSMI.cfm>
- Approximately 69.8% of eighth graders, 59.5% of tenth graders, and 52.4% of twelfth graders surveyed in 2009 reported that smoking marijuana regularly was a "great risk."
 

National Institute on Drug Abuse/University of Michigan, 2009 Monitoring the Future Study Drug Data Tables, December 2009
- In recent decades, marijuana growers have been genetically altering their plants to increase the percentage of delta-9-tetrahydrocannabinol (THC), the main active ingredient in marijuana. The average potency of marijuana has more than doubled since 1998.
 

National Center for Natural Products Research (NCNPR), Research Institute of Pharmaceutical Sciences, Potency Monitoring Project - Report 107, September 16, 2009 thru December 15, 2009, January 2010
- The use of marijuana can produce adverse physical, mental, emotional, and behavioral effects. It can impair short-term memory and judgment and distort perception. Because marijuana affects brain systems that are still maturing through young adulthood, its use by teens may have a negative effect on their development.
 

National Institute on Drug Abuse, Marijuana Abuse Research Report, September 2010
- Contrary to popular belief, marijuana can be addictive. Marijuana addiction is also linked to a withdrawal syndrome similar to that of nicotine withdrawal, which can make it hard to quit. People trying to quit report irritability, sleeping difficulties, craving, and anxiety. They also show increased aggression on psychological tests.
 

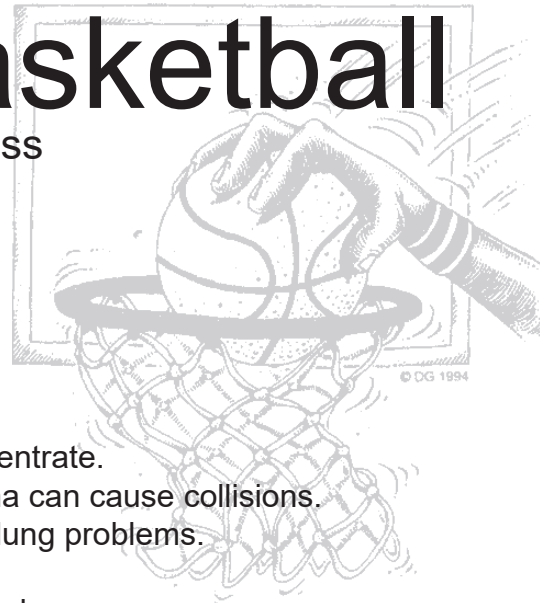
National Institute on Drug Abuse, Marijuana Abuse Research Report, September 2010

## Marijuana Facts Continued Teacher Resource Sheet

- Another concern is marijuana's role as a "gateway drug," which makes subsequent use of more potent and disabling substances more likely. The Center on Addiction and Substance Abuse at Columbia University found adolescents who smoke pot 85 times more likely to use cocaine than their non-pot smoking peers. And 60 percent of youngsters who use marijuana before they turn 15 later go on to use cocaine.
- But many teens encounter serious trouble well short of the "gateway." Marijuana is, by itself, a high-risk substance for adolescents. More than adults, they are likely to be victims of automobile accidents caused by marijuana's impact on judgment and perception. Casual sex, prompted by compromised judgment or marijuana's disinhibiting effects, leaves them vulnerable not only to unwanted pregnancy but also to sexually transmitted diseases (STDs).  
American Council for Drug Education
- Smoking marijuana is far more dangerous than smoking cigarettes, according to a group of scientists in New Zealand. The researchers found that smoking one joint is equivalent to 20 cigarettes in terms of lung cancer. "Cannabis smokers end up with five times more carbon monoxide in their bloodstream (than tobacco/nicotine smokers)," team leader Richard Beasley, at the Medical Research Institute of New Zealand, said in a news release. The scientists also noted that marijuana could be expected to harm the airways more than tobacco/nicotine since its smoke contained twice the level of carcinogens, such as polyaromatic hydrocarbons, compared with tobacco cigarettes.  
European Respiratory Journal, 2008, 32:815-816
- Although U.S. law classifies marijuana as a Schedule I controlled substance (which means it has no acceptable medical use), a number of patients claim that smoking pot has helped them deal with pain or relieved the symptoms of glaucoma, the loss of appetite that accompanies AIDS, or nausea caused by cancer chemotherapy. There is, however, no solid evidence that smoking marijuana creates any greater benefits than approved medications (including oral THC) now used to treat these patients, relieve their suffering, or mitigate the side effects of their treatment. Anecdotal assertions of beneficial effects have yet to be confirmed by controlled scientific research.  
American Council for Drug Education
- Short-term effects of marijuana include problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate, and anxiety. These effects are even greater when other drugs are mixed with weed. A user may also experience dry mouth and throat.
- Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day.  
Partnership for a Drug Free America, <http://www.drugfree.org/drug-guide/marijuana>
- People give many reasons for smoking marijuana. Some say it helps with mental, emotional and physical exhaustion (sometimes called "burnout").

# Marijuana Basketball

## Questions for Class



### FREE THROW: (1 POINT)-EASIEST

- T 1. Marijuana can be eaten or smoked.
- T 2. Marijuana is a form of cannabis.
- T 3. Marijuana can slow a person's reaction time.
- F 4. Marijuana increases a person's ability to concentrate.
- T 5. People driving under the influence of marijuana can cause collisions.
- T 6. Smoke from a marijuana cigarette can cause lung problems.
- F 7. Dependency cannot happen with marijuana.
- T 8. Marijuana stays in several body organs for weeks.
- F 9. Marijuana is better for the lungs than cigarettes.
- T or F 10. Marijuana is a stimulant.
- F 11. Marijuana use expands short-term memory.
- T 12. Though THC is the main ingredient in pot, when smoked, pot produces over 2,000 chemicals.
- T 13. Marijuana smoke contains more cancer-causing chemicals than cigarette smoke.
- T 14. Marijuana is stored in the fatty tissue in the body.
- F 15. The marijuana sold today is a lot weaker than that sold in the 1960s.
- T-F 16. Marijuana used in small amounts (one joint or less) is legal.
- T 17. Marijuana could lead to the use of other drugs.
- T 18. The more pot you smoke, the more you need in order to get high.
- F 19. Smoking marijuana makes you smarter.
- T 20. Snorting is one way marijuana can be used.

### GOAL: (2 POINTS) MEDIUM DIFFICULTY

23. What is burnout?  
Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress.
24. How does marijuana affect learning?  
memory and learning, distorted perception, trouble with thinking and problem solving, anxiety
25. What is tolerance?  
Larger doses are required to achieve the same effect.
26. What are two side effects of marijuana use?  
Problems with memory and learning; distorted perception; difficulty with thinking and problem solving; loss of coordination; increased heart rate; anxiety, paranoia and panic attacks; hunger
27. What is a slang word for marijuana?  
pot, herb, grass, weed, Mary Jane, reefer, Aunt Mary, skunk, boom, gangster, ganja, "Texas tea," "Maui wowie," and "Chronic
28. Define dependency.  
A person needs a drug to function normally.
29. True or false: dependency cannot happen when using marijuana. (False)



30. Where does marijuana remain in the body after use?  
fat cells
31. Define stimulant. True or false: marijuana is a stimulant.  
A substance that raises levels of physiological or nervous activity in the body.  
It can be either a stimulant or a depressant depending on the psychological make-up of the user.  
Marijuana can produce feelings of relaxation or unpleasant feelings of fear and paranoia.
32. True or false: marijuana inhaled deeply may cause more long-term damage to lungs and heart than cigarettes. (True)
33. Marijuana smoke, like cigarettes, contains two products that cause problems.  
They are: \_\_\_\_\_ and \_\_\_\_\_. (tar and carbon monoxide)

### THREE-POINT SHOT: (3 POINTS) MOST DIFFICULT

These questions require more subjective and require analytical thinking and personal responses. Please evaluate the answer based on the class discussion.

34. What are three ways that marijuana use increases the chance of car crashes?
35. Describe three ways that marijuana can affect the body.
36. How can addiction affect your life?
37. What would concern you most about a friend using marijuana?
38. How does marijuana use affect the personal life of the user?
39. How can marijuana use disrupt a family?
40. How do you pick supportive friends who are drug-free and who help you remain drug-free?
41. How can marijuana use affect future hopes and dreams?
42. How can you tell if your friend is using marijuana?
43. What can you do to help someone who is using marijuana or other drugs?
44. Besides what has already been named, what are other effects of marijuana use on schoolwork?
45. Besides what has already been named, what are other effects of marijuana use on one's relationships with others, including parents and siblings?

