



## DANGEROUS DRUGS BOARD (DDB)

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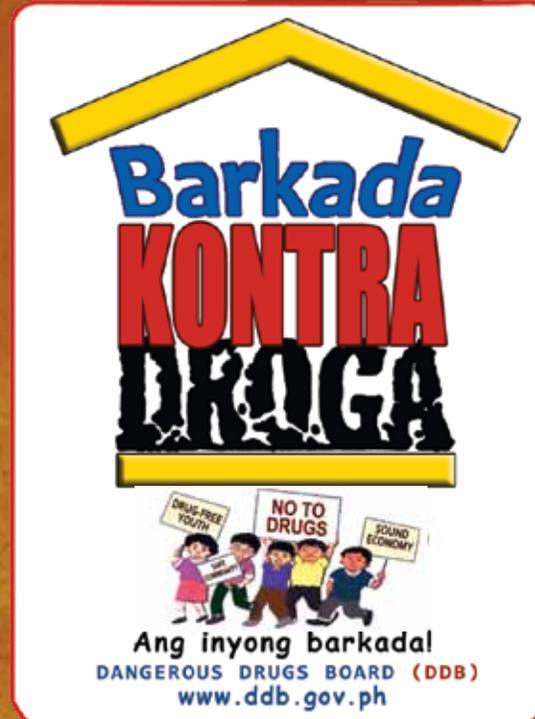
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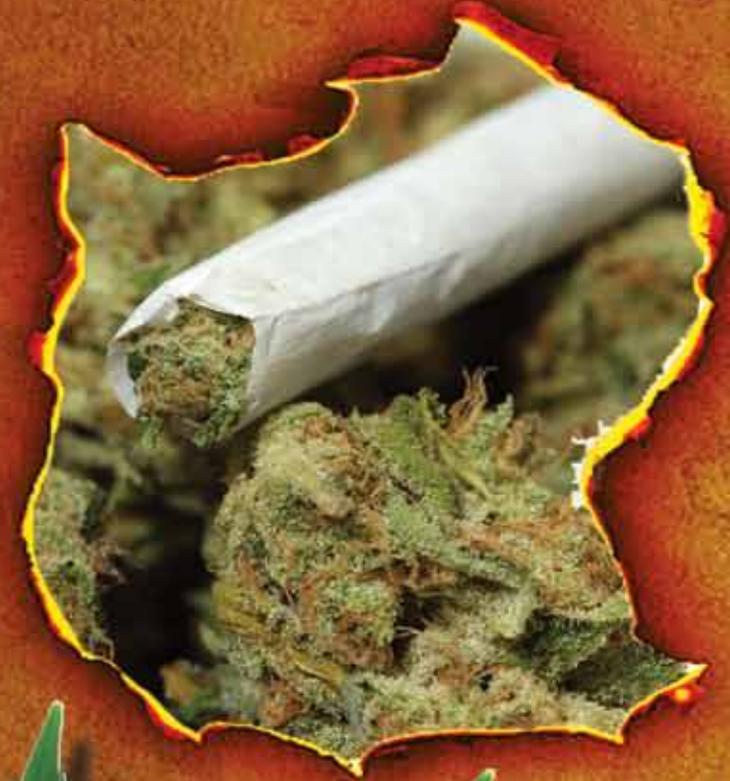
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# LET'S JOIN



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## CANNABIS SATIVA



What  
you should  
know about

# MARIJUANA

## WHAT IS MARIJUANA?

It is the term used to describe all plant materials like leaves, tops, stems, flowers, and roots from a cannabis plant (*Cannabis Sativa*), that is dried and prepared for smoking or taken orally as "brownies."

This is also known as "bhang," "pot" or "weed."



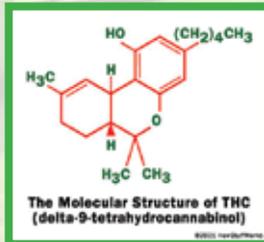
Closeup of THC-filled trichomes on a *Cannabis sativa* leaf



A hybrid *Cannabis* strain (White Widow) flower coated with trichomes, which contain more THC than any other part of the plant

## WHAT IS THE PRINCIPAL PSYCHOACTIVE COMPONENT OF MARIJUANA?

Marijuana contains the mind-altering component delta-9-tetrahydro-cannabinol (also referred to as delta-9-THC).



## ADVERSE EFFECTS OF CHRONIC OR LONG TERM USE OF MARIJUANA

- Impairment of short-term memory and cognitive functioning particularly of mathematical, reading comprehension and verbal skills
- Impairment of motor skills that can lead to accidents.
- Respiratory problems such as bronchitis and lung cancer
- Premature babies, low birth weight, abortion or stillbirth (neonatal death)
- Panic or state of anxiety, that is sometimes accompanied with paranoia
- Regular use of marijuana dulls the mind of smoker and blunts enthusiasm
- Burnout; the user can become dull, slow moving, inattentive and unaware of his or her surroundings.
- Infections

- Reduced sperm production, altered sperm shape and mobility
- Reduced testosterone level among pre-teenage boys which puts them at increased risk of infertility.
- Symptoms of mental illness (psychosis) is exacerbated.

## DEPENDENCE

Regular heavy use leads to psychological dependence. Some heavy users exhibit disrupted sleep and nervousness.

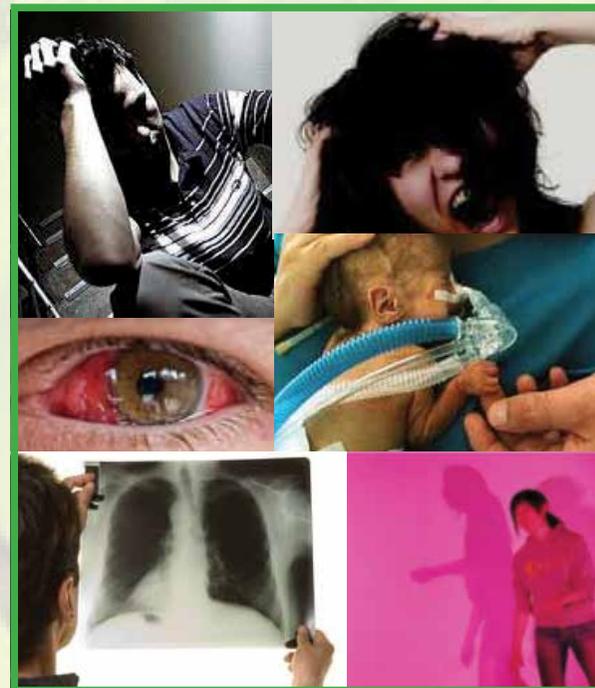
Smoking cannabis induces a dreamy state of consciousness in which ideas seem disconnected, unanticipated and free-flowing. Time, color and spatial perceptions may be altered. Panic reactions have occurred, particularly among first time users.

Increased heart rate, eye infections and dry-mouth occur regularly.

Communication and motor abilities are decreased, depth of perception and tracking are impaired and sense of timing is altered.

Marijuana smokers develop pulmonary symptoms such as excessive coughing and increased phlegms.

Symptom of mental illness may be exacerbated by marijuana even in patients being treated with anti-psychotic drugs.



## WHY DO YOUNG PEOPLE USE MARIJUANA?

- Peer Pressure
- Curiosity
- Desire to escape from reality
- Frustration (due to personal issues, problems in the family, in school, or at work)
- Boredom
- Poor self-image
- Low self-esteem
- Weak personality and inability to cope with stress and conflict
- Lack of parental guidance

## HOW CAN YOU SAY "NO" TO MARIJUANA

Drugs can't solve problems. Only you and a little help from friends, and people who care about you, can solve the problem.

Give yourself the chance to be all you can be. Discover your special talents, build relationships with people, learn other skills and develop your own personality.

Anything you can get out of using drugs, you can get from other activities. The trick is finding out which things are right for you.

## WHY YOU SHOULD SAY "NO" TO MARIJUANA?

Keep your reasons simple and honest. You don't have to explain why you don't want to use drugs.

Be polite but firm.

Remember; it is your right to say "NO" to drugs.