

# Marijuana Use in Adolescents Has Adverse Effects on Mental Health <sup>1</sup>

## Marijuana Use

Especially Frequent Use and in High Doses

Thoughts of **Anxiety**  
and **Paranoia**

Feelings of **Depression**  
and **Social Anxiety** <sup>2</sup>

**38%**

**of PA students**  
reported feeling sad or  
depressed most days  
in the past year. <sup>3</sup>

Depressive  
symptoms are a  
**risk factor**  
that put young  
people at a risk  
to later become  
involved in  
drug use. <sup>3</sup>



## 30-Day Marijuana Use

**4.7%**  
Low

**22.4%**  
High

**10.8%**  
Moderate

PAYS found that  
**1 in 3 students** who  
reported high or  
moderate depressive  
symptoms also  
reported marijuana  
usage. <sup>3</sup>

1: <https://www.psychiatrictimes.com/view/more-reasons-concern-about-adolescent-cannabis-use>

2: <https://www.cdc.gov/marijuana/health-effects/teens.html>

3: <https://www.pccd.pa.gov/Juvenile-Justice/Documents/2019%20PAYS/State%20of%20Pennsylvania%20Profile%20Report.Final.pdf>

# Community Education Talking Points

## Talking Point 1: Youth Friendly Marijuana Advertising

Teens who interact with cannabis brands via social media are five times more likely to consume the product than those who don't. <sup>1</sup>

- Marijuana companies are using youth-friendly forms of advertising such as memes and cartoons. <sup>2</sup>
- The vast majority of adolescents use social media, and cannabis companies are actively sharing youth-friendly and restricted content in these places. <sup>2</sup>

Some cannabis companies make misleading statements on their websites about the use of marijuana to treat opioid use disorder (OUD). These claims state that marijuana could be a substitute for buprenorphine, a government approved medication for OUD. <sup>3</sup>

- Health policy experts say that if patients rely on marijuana for OUD, they could relapse and/or overdose. <sup>3</sup>
- In order to combat medical marijuana messaging, the PA DoH has the authority to approve or reject advertising, promotional and marketing materials from cannabis dispensaries, growers, and processors. <sup>3</sup>



1: <https://www.sciencedirect.com/science/article/abs/pii/S0376871619303175?dgcid=author#tblfn0020>

2: <https://www.jsad.com/page/news/jan2022>

3: <https://www.spotlightpa.org/news/2022/02/pennsylvania-medical-marijuana-addiction-misleading-dangerous-websites/>

## Talking Point 2: Youth Marijuana Use

Marijuana use, especially frequent use and in high doses, can cause thoughts or feelings of anxiety and paranoia. It has also been linked to depression and social anxiety. <sup>1</sup>

- There is an association between marijuana use and youth who report having depressive symptoms
  - No depressive symptoms: Marijuana usage in the past 30 days
  - Moderate depressive symptoms: Marijuana usage in the past 30 days
  - High depressive symptoms: Marijuana usage in the past 30 days <sup>2</sup>

A common misperception among teens is that marijuana is safer than alcohol and other drugs. <sup>3</sup>

- One byproduct of this marketing is a masking of the negative health effects specifically associated with adolescent use including memory loss, increased aggression, and increased use of other substances, etc. A recent study found that marijuana use has a more negative impact on a teenager's cognitive development than alcohol. <sup>3</sup>
- The most common ways teens use marijuana are:
  - Smoking liquid or wax marijuana in an electronic cigarette
  - Edibles, which are baked goods, candies, chocolates, beverages, etc. that are infused with marijuana. <sup>4</sup>
- adolescents reported using an electronic product to use marijuana in the past year. <sup>2</sup>



1: <https://www.cdc.gov/marijuana/health-effects/teens.html> 2: [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\)-2019.aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS)-2019.aspx)

3: [https://drugfree.org/wp-content/uploads/2017/02/Marijuana\\_Talk\\_Kit.pdf](https://drugfree.org/wp-content/uploads/2017/02/Marijuana_Talk_Kit.pdf) 4: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Marijuana-and-Teens-106.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Marijuana-and-Teens-106.aspx)



To access statistics relevant to your county, check out the current PA Youth Survey (PAYS) data here: [LINK](#)

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CPA Commonwealth Prevention Alliance

