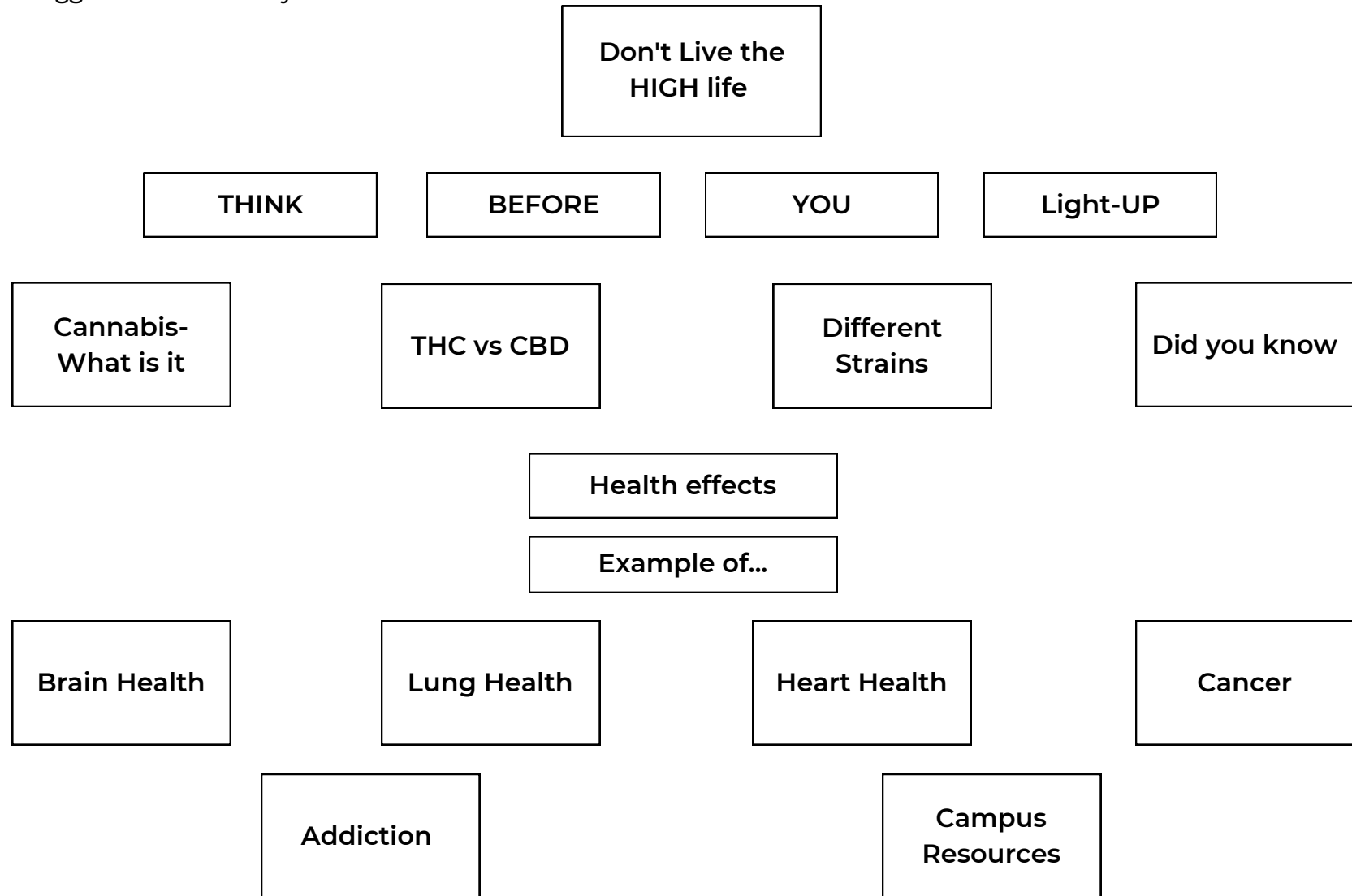


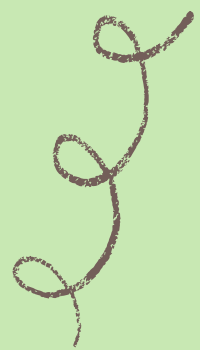
Directions for the “Cannabis” bulletin board.

1. Cut out title pages into strips along the dotted line for display across the top of the bulletin board.
2. A suggestion for the layout is below.



Elements

- define cannabis
- THC vs CBD
- different types
- did you know
- health effects
 - brain health
 - lung
 - heart
 - cancer
- addiction
 - signs of addiction
- campus resources



DON'T LIVE THE HIGH LIFE



THINK

BEFORE

YOU

LIGHT-UP

Cannabis - What is it?

- Also known as marijuana
- Cannabis contains chemicals called cannabinoids, which causes drug-like effects throughout the body.
- It effects the central nervous system and the immune system.

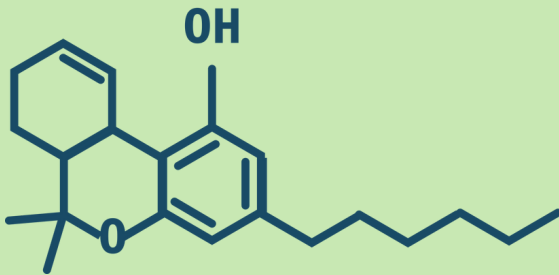




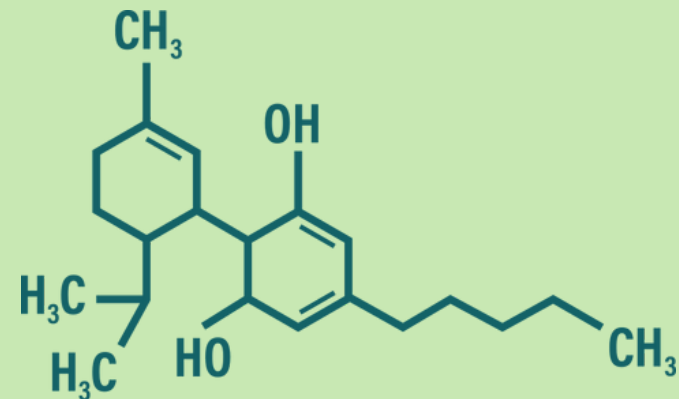
THC VS CBD

Compound tetrahydrocannabinol (THC), which is impairing or mind-altering. THC gets you high, dispensing an euphoric feeling

THC



Compound cannabidiol (CBD) is not impairing, meaning it does not cause a "high". CBD comes with health benefits that cannabis products have to offer. CBD keeps it clinical



DIFFERENT STRAINS

Indica

Described as a “body high”; the indica experience can be more physical, as opposed to the mental. Can be used for pain relief, relaxing of the body and or for use as a sleep aid

Sativa

A sativa strain will typically come with a more “head/mental” high feeling. Has more THC than CBD, so you are less likely to fall asleep off sativa

Hybrid

Blends the characteristics of both indica and sativa strains.

This strain tends to be “dominant” in one direction or the other





DID YOU KNOW...

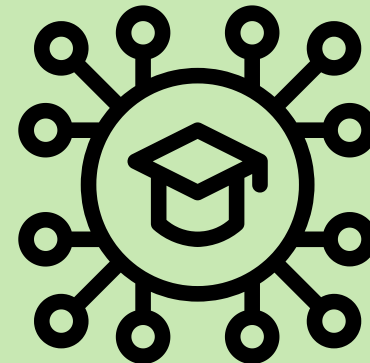


Short Term Effects

- Lowered reaction time
- Short term memory problems
- Increased heart rate
- Severe anxiety

Long Term Effects

- Poor school performance
- Financial difficulties
- Impaired thinking and ability to learn
- Impaired judgement





HEALTH EFFECTS



Examples of different health effects:

BRAIN HEALTH

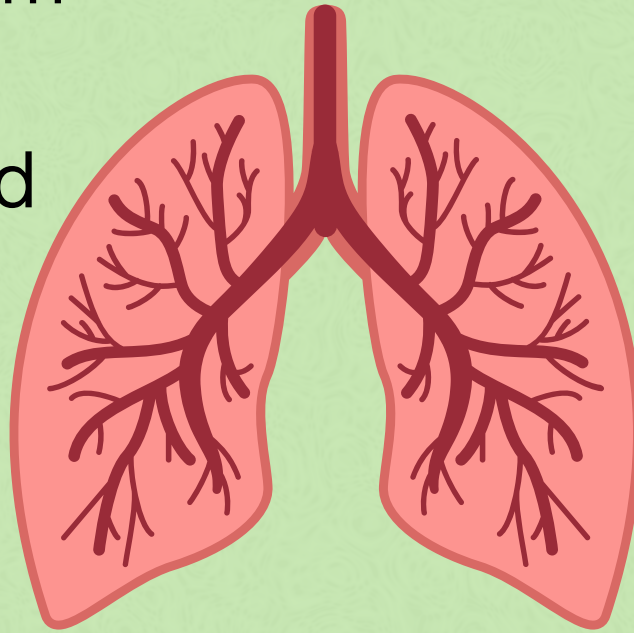


Cannabis use directly affects brain function — specifically the parts of the brain responsible for memory, learning, attention, decision-making, coordination, emotions, and reaction time.



LUNG HEALTH

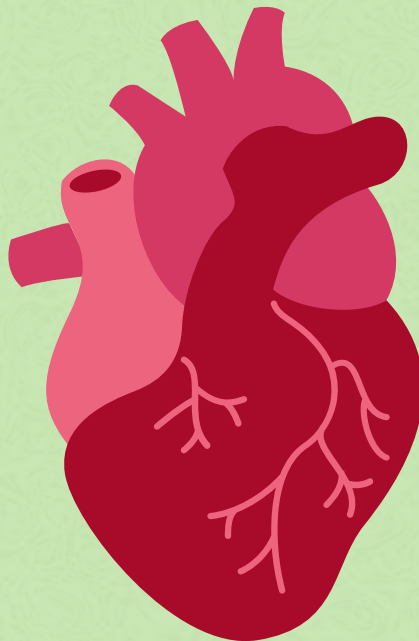
Regardless of how it is smoked, can harm lung tissues and cause scarring and damage to small blood vessels



Smoking cannabis can also lead to a greater risk of bronchitis, cough, and mucus production

HEART HEALTH

Cannabis can make the heart beat faster and can make blood pressure higher immediately after use. It could also lead to increased risk of stroke, heart disease, and other vascular diseases.



CANCER

Smoke from cannabis has many of the same toxins and carcinogens (cancer-causing chemicals) as tobacco smoke



ADDICTION



Stats

- 3 in 10 users have cannabis use disorder
- cannabis users have about a 10% likelihood of becoming addicted
- cannabis use disorder is greater in people who start using cannabis during youth or adolescence and who use cannabis more frequently

Signs

- Using more cannabis than intended/needing to use more cannabis to get the same high
- Continuing to use cannabis despite social, relationship, physical and or psychological problems
- Using cannabis even though it causes problems at home, school, or work



CAMPUS RESOURCES



ATOD Violence Prevention & Sexual Misconduct Counselor	562-985-1732
Counseling & Psychological Services (CAPS)	562-985-4001
Office of Wellness & Health Promotion	562-985-4609
<ul style="list-style-type: none">• Beach Recovery – Weekly AA Meetings	
Student Health Services – Campus Confidential Advocate	562-985-2668
University Police (UP)	562-985-4101



California State University, Long Beach

REFERENCES

CDC. (2021, June 2). Health effects of marijuana. Centers for Disease Control and Prevention. <https://www.cdc.gov/marijuana/health-effects/index.html>

Holland, K. (2021, March 22). Beginner's Guide to cannabis plants and strains. Healthline. <https://www.healthline.com/health/sativa-vs-indica#overview>

NIH. (2019, October). Cannabis (marijuana) and cannabinoids: What you need to know. National Center for Complementary and Integrative Health. <https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know>