



# Marijuana

## Know the Facts

### **Marijuana is not harmless.**

Marijuana impairs coordination and perception, affects learning and memory, and can increase anxiety, panic and paranoia. Research shows one in eight youth who use marijuana by age 14 become dependent.

### **Some of the risks of smoking marijuana vs. consuming marijuana-infused foods are different.**

Inhaling any kind of smoke harms your lungs. Consuming marijuana-infused foods can also be dangerous because it takes longer to feel the effects. It's easier to have too much because the effects are delayed.

### **Recreational marijuana use has age restrictions.**

Only those 21 and older can possess marijuana, with a limit of 1 ounce of useable marijuana, 16 ounces in solid form, 72 ounces in liquid form, and 7 grams of concentrate.

### **Where you can use marijuana is limited.**

Marijuana cannot be used in view of the public. It is also not allowed on federal and most tribal lands.

### **The penalties for marijuana use for those under 21 can be severe.**

If you are under 21, you can be charged with Minor in Possession. If you have more than 40 grams, it is a Class "C" felony (\$10,000 fine and/or 10 years in jail).

### **It's not okay for parents to share marijuana with their kids.**

It is a felony to provide marijuana to any minor.



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## What Parents Should Know

**Most youth choose not to use marijuana.** However, some will try it, and some will continue to use it.

**Brain development continues through age 25.** The use of any drug, including marijuana, can impair brain development.

**Marijuana use increases risk of academic problems.** Marijuana's effect on learning, memory, and motivation can lead to difficulties in school.

### Talk Early. Talk Often.

- You are the number one influence in your child's life.
- Talk early and talk often about making the right choices.
- Set expectations.
- Discuss rules and enforce consequences.

**For more information about marijuana:**

**[www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org)  
or [www.StartTalkingNow.org](http://www.StartTalkingNow.org)**

**To contact the WSLCB email:  
[prevention@lcb.wa.gov](mailto:prevention@lcb.wa.gov)**



**If someone you know is struggling with  
substance use, call:**

**Washington Recovery Helpline at 1.866.789.1511.**

To obtain this publication in an alternative format, contact the agency ADA coordinator at (360) 664-1783.



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