

How to Get Help

If you know someone has issues with continued substance use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

988 Florida Suicide & Crisis Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[MYFLFAMILIES.COM/
SUICIDEPREVENTION](https://myflfamilies.com/suicideprevention)

CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[FLCORENETWORK.COM](https://flcorenetwork.com)

ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](https://isavefl.com)

Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/
SAMH-GET-HELP](https://myflfamilies.com/samh-get-help)

Addressing Prevention With Your Students

Listen

A student may come to you for advice, or you may notice concerning changes in behavior. Refrain from judgment. Listen, and try to learn more about what's going on.

Talk early and often

Regular conversations about the risks of drugs and alcohol can help. Know your school's prevention plan, and address substance use in different ways throughout the year.

Start with the science

Discuss the mental and physical health impacts of drugs. Focus on the harm substance use can do to academics and relationships.

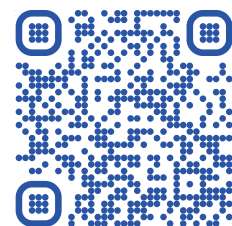
Practice

Consider taking time to role play various scenarios about coping with stress, what to do if a friend offers you drugs or alcohol, or what to do if a friend needs help.

The Facts. Your Future. is a multifaceted initiative led by Florida's First Lady Casey DeSantis to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about **Marijuana**

TheFactsYourFuture.org

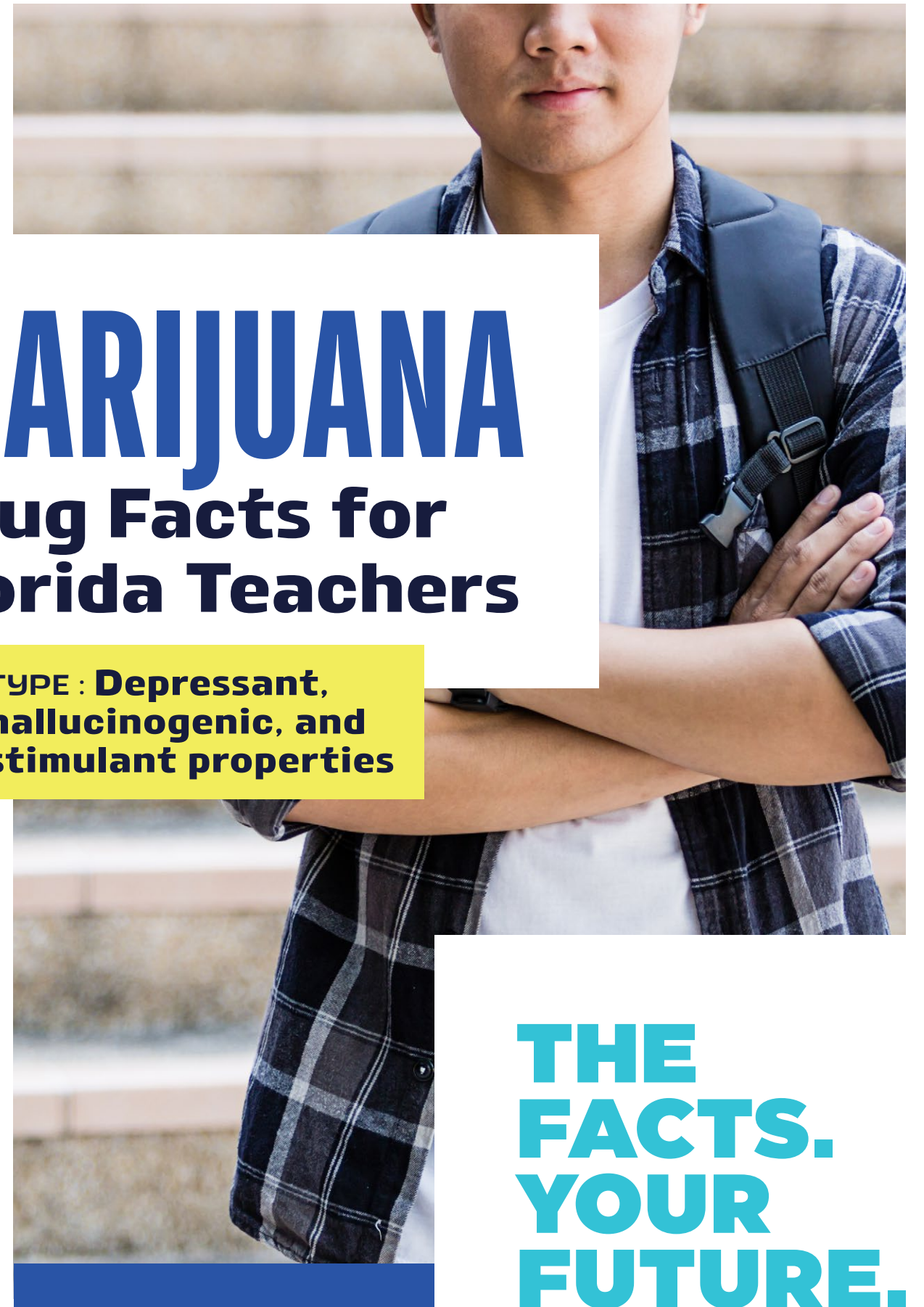


MARIJUANA

Drug Facts for Florida Teachers

TYPE : Depressant, hallucinogenic, and stimulant properties

THE FACTS. YOUR FUTURE.



Marijuana Facts

OVERVIEW

Marijuana is a drug that changes how people think and feel. It's made from the Cannabis sativa plant, and contains many different chemical compounds, but THC is the main one that affects the mind.

APPEARANCE

Marijuana is a mix of dried green or brown flowers, stems, seeds, and leaves. It usually looks green, brown, or gray and can look like tobacco. Some varieties are purple, orange, or reddish in color. Marijuana can also come in liquid form as a concentrated THC extract known as liquid THC, among other street names.

HOW IT'S USED

Marijuana is usually smoked as a cigarette (called a joint) or inhaled using a pipe or bong. Sometimes, it is smoked in a blunt, which is a cigar that has been emptied of tobacco and refilled with marijuana, occasionally in combination with another drug. Marijuana can also be brewed as

Marijuana use is linked to depression, anxiety, suicide, and psychotic episodes.



tea or mixed with foods, like brownies, cookies, or lollipops. These are often called edibles. Liquid THC is consumed orally by placing drops under the tongue or by spraying it onto food, but it can also be vaporized and inhaled using an electronic vape pen.

MIND & BODY EFFECTS

When smoked, THC from marijuana goes into the bloodstream and then to the brain. Short-term effects include problems with memory, learning, problem-solving, and coordination. Frequent long-term use can cause physical dependence and psychological addiction. Smokers experience serious health problems such as bronchitis, emphysema, and bronchial asthma.

Since the teenage brain is still developing, regular use can harm the brain's ability to function, leading to lower IQ scores and difficulty retaining new information. Marijuana use has also been linked to increased risk of mental health issues, such as anxiety, depression, and psychosis. Early and frequent use increases the risk of developing schizophrenia, and heavy use (daily or near daily), has shown to be correlated with higher new schizophrenia diagnoses, especially among men.



Of all the teenagers who are receiving addiction treatment, more than half (55%) of 12-17 year olds are being treated for addiction to marijuana.



**THE
FACTS.
YOUR
FUTURE.**