

7 THINGS TO KNOW ABOUT CANNABIS

What do I need to know about legalization?



On July 1, 2023, it will be legal for adults **21 and older** in Maryland to possess less than 1.5 oz of cannabis for recreational use.

- **Cannabis use and possession on campus, or at campus activities, will still be prohibited under federal law.** There are no exceptions for medical cannabis products, even if you have a medical prescription card.
- It will still be illegal to use cannabis in public places off campus.
- Selling cannabis without a license remains illegal.

If I choose to use cannabis, how does it effect me?



Cannabis use has a lot of **short-term and long-term negative consequences**, which increase with higher potency products & frequency of use:

- Anxiety
- Sleep disturbance
- Decreased motivation and interest in activities
- Deficits in learning and memory
- Impaired driving ability
- Increased chance of developing a substance use disorder

Are cannabis products & retail stores regulated?



In short, no, not really. A very small number of cannabis-related products are approved for a small number of medical uses, such as nausea related to cancer. However, many products are marketed as safe and/or for health uses, but **have not been approved by the FDA.**

Maryland will develop additional policies related to cannabis retail sales during the spring 2023 General Assembly.

Why care about cannabis use? It's legal now, right?



While cannabis legalization is a complicated issue, **from a health perspective, the data is clear.** Contrary to some media coverage, cannabis use has **very real negative consequences when it comes to student health and performance.**

What's the difference between THC and CBD?



The cannabis plant has more than 100 chemical compounds, called cannabinoids. THC and CBD are the most common. **THC is the psychoactive compound that produces a "high" feeling.**

CBD does not produce a high and is usually marketed as a health product. However, these claims are problematic as they are **generally not evidence-based, and using CBD can keep people from seeking effective care.**

What is cannabis potency and is it important?



Cannabis potency, or the % of THC in a product, has risen steadily for years. In 1995, the % of THC was about 4%. In 2017, it was 17% on average. Today, it is not uncommon to see concentrates and edibles containing 40-80% THC.

What's scary is that we won't know the long-term impacts of these products for some time. Many don't list the correct potency, if it is listed at all. With edibles, the "serving size" is often unclear or missing.

Where can I get more information?



For more information on this topic, or additional resources for yourself or a friend, **connect with the ATOD Prevention Center!**

270 Thurgood Marshall Library
atod@bowiestate.edu

@bsuATOD

