

QUICK FACTS

Marijuana

CA State Law and Stanford Policy

With prop 64, California legalized recreational use of marijuana. The law states that you must be 21 or older to purchase, possess or use marijuana. Additionally, you cannot smoke or ingest marijuana in public, or while driving. Stanford follows federal law because we receive federal funding. Thus it is still illegal to use marijuana anywhere on campus. Police can and do cite students for illegal use of marijuana on campus.



Acute Effects

Marijuana works on cannabinoid receptors in the brain and throughout the body. It can have a variety of effects depending on the strain, THC concentration, method of use, and individual biological factors. Some common effects include increased appetite, slowed reaction time, relaxation, to hallucinations.



Health risks

The body of current research shows that marijuana use may increase risk for lung diseases, cancers, and negatively impact brain development. Frequent use of marijuana is also linked to higher levels of anxiety. Marijuana users are significantly more likely to develop temporary psychosis and schizophrenia.



Health benefits

Marijuana has been used medically for chronic pain, nausea and vomiting, glaucoma and seizures. Case studies show promising results for people who have not found other medical treatments for these problems useful. However, none of these uses have been proven to have a greater efficacy than other currently available medications.



Risk Reduction

If you choose to use marijuana, you should be informed of the risks and follow basic safety measures. Standard dosing is between 5-10mg. Remember that if you purchase edibles, there may be multiple servings/doses in one cookie or brownie. It can take anywhere from 1-2 hours to feel the effect of an edible. Never smoke or consume marijuana that you did not open yourself. Do not mix marijuana with other substances. Synthetic marijuana has severe health consequences, sometimes including death.



Dependency

Approximately 1 in 10 marijuana users will become dependent. Signs of dependency look very similar to alcohol dependency; inability to cut down or cut back on use, giving up important activities or having significant relationship strain due to use, using marijuana even when it is causing significant problems fulfilling responsibilities.

