

Marijuana and College Students

Recreational marijuana use is legal in Massachusetts for adults 21 and older. This includes some, but not all, college students. Before deciding to use marijuana, here are some things to keep in mind.

Brain development continues until age 25

Marijuana use, especially before age 25, increases the risk of developing life-long conditions such as substance use disorder and schizophrenia.

There may be legal & other consequences

Marijuana is federally illegal. Even students 21 and older may face disciplinary action from their school and consequences related to financial aid and athletic team participation.

Marijuana use impacts academic performance

Marijuana use negatively affects long-term memory, learning abilities, and concentration and has been linked to lower GPA and increased college dropout rates.

Marijuana use impairs driving

Marijuana use makes it more difficult to judge distances, make decisions and react to hazards in the road, which doubles the risk of being in a car accident.

SAFER USE FOR ADULTS 21 AND OLDER

For students over 21 who choose to use marijuana, practice safer use with these tips.



Don't mix with alcohol

Alcohol can intensify the effects of marijuana. Don't use alcohol and marijuana at the same time.



Start low and go slow

It may take up to two hours to feel the effects of edibles and they can last up to four hours. Begin with a low dose and wait before taking another.



Use in a safe place

High doses of marijuana can result in paranoia, anxiety, impaired driving, and in rare cases, an extreme psychotic reaction. If you choose to use, make sure you are somewhere safe and private.

For more information, visit www.newtonma.gov/marijuana

Information from NIH, CDC, & MDPH. Last Revised May 2019.

TREATMENT RESOURCES

AT SCHOOL

Trained professionals at your student health center are available to help connect students with resources and supports for substance use, dependence, and addiction. Visit your student health services website for more information.

ONLINE

The Massachusetts Substance Use Helpline | helplinema.org

Find online resources for understanding addiction, navigating the treatment system, and finding treatment programs, including Collegiate Recovery Programs.

Allies in Recovery | alliesinrecovery.net

Access an online learning platform for individuals struggling with a loved one's addiction.

ON THE PHONE

Newton Health and Human Services Department

617-796-1420

(M-F, 8:30-5) Available for consults to find resources

MA Substance Use Helpline

800-327-5050

helplinema.org

Referrals to public & private treatment programs

Interface Referral Service

888-244-6843

(M-F, 9-5) Consults & personalized referrals for outpatient treatment

Alcohol and Drug Helpline

Text **RecoveryNow** to 839863

Crisis Intervention, treatment referrals, and chemical-dependency information

Crisis Text Line

Text **HOME** to 741741

24/7 support with trained Crisis Counselors for confidential crisis intervention