

SIGNS OF MARIJUANA USE



UNUSUAL ODORS

Marijuana can have a very distinctive smell, some similar to that of a skunk.

Be aware of any new or unusual odors on clothing, bags, or in personal spaces (like bedrooms).



SECRECY

Some people are naturally more private and reserved, so that's not necessarily a warning sign. But a change in behavior usually is.

If a person who used to be open and transparent has suddenly become quiet, defensive, sneaky, or secretive, it's probably a warning sign.



MEMORY AND/OR LEARNING ISSUES

Marijuana users often have a hard time concentrating or paying attention, learning new information, processing information, or following multi-step directions. They may become more forgetful, losing their keys or missing appointments.

Most of the time the user does not notice that they have become more forgetful or distracted, but others around them usually notice the change.



LACK OF MOTIVATION

As marijuana use increases, users are more likely to become unmotivated and apathetic. This is often called "amotivational syndrome."



PHYSICAL CHANGES

When a person is actually high, they may show some or all of the following:

- Slowed responses; delayed reactions
- Poor coordination
- Red eyes
- Increased heart rate
- Increased appetite
- Panic or anxiety
- Lethargy



CHANGE IN FRIENDS

Has the person become friends with anyone new? Has their set of friends changed? These can often be warning signs of a change in behavior as well.



CHANGE IN ACTIVITIES

As the addiction grows, the user becomes less interested in other activities. Their thoughts and actions become more and more focused on activities related to getting the drug and using the drug.

If you notice a marked change in activities, including school, extra-curricular activities, hobbies, and other interests, this is usually a warning flag that something is going on.



MONEY PROBLEMS

Again, with any addiction, the users will find themselves spending more and more money to feed their habit. Asking for money, opting out of activities, losing track of spending, inability to pay bills, or overspending are all warning signs.