

A P A R E N T ' S
T O
G U I D E
Marijuana

Got the Munchies?

We all know the “stoner” stereotype: laid-back, easygoing slackers. They’re the not-so-bright surfer dudes who smile distantly and are perhaps a little paranoid—but mostly, they just want everyone to get along. They may not have taken a bath in a few days. Oh, and they’re always eating Doritos.

While this is the cliché that we often see in culture, it’s a stereotype and is [therefore misleading](#). With [more and more states legalizing marijuana](#), at least for medical (if not recreational) use, people of all walks of life are using it. Currently, marijuana is the [most widely used illicit drug](#) in the U.S. among both teens and adults. Given the widespread popularity of the drug, it’s something we should be talking about with our kids.

Although we all know of it, it’s important to be thoughtful in how we decide what to think about it. So rather than allowing our kids’ friends and pop culture to disciple our teens, let’s initiate the conversation and allow them to ask questions. That way, we can disciple them into a deeper understanding of God’s best for their lives and for the world He created.

—— What exactly is marijuana?

It’s a [psychoactive drug that comes from the Cannabis plant](#) that people use both recreationally and for medical reasons. It’s common for users to consume it via pipes, water pipes (bongs), hand-rolled cigarettes (joints), and [even e-cigarettes](#) (or JUULs). They can also mix it into food (called “edibles”) or make tea out of it.

[Tetrahydrocannabinol \(THC\)](#) is the main psychoactive ingredient. Its short-term effects can include feelings of euphoria, an altered perception of reality, an increase in appetite, extreme relaxation, or feelings of anxiety and severe paranoia. Cannabis also contains a compound called [cannabidiol \(CBD\)](#), which is non-psychoactive (or at least less so) and which some are investigating as a potential [substitute for prescription painkillers](#). In fact, [the FDA just approved](#) a new CBD drug for the treatment of certain types of epilepsy. Strains of marijuana that are higher in CBD actually help reduce the feeling of being “high.”

—— What else is it called?

Some people do use the formal term “cannabis,” but [TIME magazine says](#) there are at least 1200 [slang terms for marijuana](#). Some of the most common are:

- Blunt
- Broccoli
- Doobie
- Dope
- Ganja (from a Hindi word for hemp)
- Grass
- Green
- Hash
- Hemp
- Herb
- Mary Jane or MJ (i.e. mari-juana)
- Pot
- Reefer
- Weed
- 420 (April 20th is “pot day”)

[This article](#) includes slang terms for when marijuana is mixed with other narcotics, as

well as slang terms for the action of using it, such as “toking,” “blazing,” and “torch-ing up.” The most common terms for being under the influence of marijuana are be-ing “high” or “stoned.” Other [slang terms for being high](#) include “baked,” “blazed,” “blitzed,” “cooked,” or “fried.”

———— How many people use it?

[52% of Americans say](#) they have used marijuana at some point during their lives. That’s an incredible statistic! Around 55 million adults say they have used it one or two times within the past year. [45% of high school seniors](#) say they have used it, and about 6% use it every day. According to [a recent survey](#) by Monitoring the Future, teen marijuana use is holding steady at its current rate. These findings contrast with teen cigarette and opioid use, which are both declining (although we should note that vaping/juuling is increasingly popular).

Because marijuana is becoming more and more normalized, it is very probably that its use will grow over time. A [recent survey from the Pew Research Center](#) found that 61% of Americans are in favor of legalizing marijuana.

———— How does it affect users?

The authors of [Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy](#) say that “people’s experiences with marijuana vary widely and depend on the potency of the drug taken.” It’s worth noting that there are different strains of marijuana, some more powerful than others.

Marijuana affects people in a variety of ways. It impacts the user’s judgment and motor skills. It also increases the heart rate, so it’s possible that using it has more severe effects on people with heart disease. Some research implies that there is a relationship between early pot use and the subsequent development of schizophrenia, but the evidence is inconclusive on this point. When people smoke marijuana, it takes only minutes for the drug to make its way into the bloodstream and then the brain, giving them a high. While the high passes fairly soon, THC can remain in the body for days following use. The *Buzzed* authors write:

About 30% of ingested THC (and its metabolites) may remain in the body a full week after smoking and may continue to affect mental and physical functions subtly. In fact, the remnants from a single large dose of THC may be detectable up to three weeks later.

THC impacts the body in the same way when people eat marijuana, but it takes longer to reach the bloodstream and the brain. As a result, the high is not as acute, although it does last longer. There is also the chance that people will achieve a stronger high from eating marijuana because they are more likely to consume larger amounts of it than they would if they were to smoke it.

Much of the research on marijuana is tentative, but current studies suggest that because teenagers’ brains are still developing, THC has a much greater ability to disrupt cognitive abilities in adolescents than it does in adults.

—— Is it addictive?

[We could define “addiction”](#) as meaning that people are so dependent on a substance that even though it has negative effects on them, they compulsively consume it, develop a tolerance to it, and experience withdrawals when they stop using it. According to this definition, about 10% of marijuana users are addicted to the drug. This number contrasts with the 20–30% of people who are addicted to tobacco, the 15% who are addicted to alcohol, and the 15–20% who use cocaine. According to the authors of *Buzzed*, “[T]here does not appear to be a significant degree of craving associated with marijuana...Even after the most intense exposure, the effects associated with marijuana withdrawal are mild.”

Nevertheless, short-term side effects can include symptoms such as a decrease in short-term memory, dry mouth, impaired motor skills, red eyes, and feelings of paranoia or anxiety. Apart from addiction, long-term side effects might include decreased mental ability in those who started as teenagers and behavioral problems in children whose mothers used cannabis during pregnancy. You can read more about these effects [here](#). Because marijuana is illegal, it’s difficult to study, so there’s still a lot of uncertainty surrounding how it impacts people.

—— How dangerous is it? Is it a gateway drug?

Consuming marijuana increases the danger of driving and operating heavy machinery because of how it affects users’ ability to concentrate. It’s pretty much impossible to fatally overdose on marijuana, unlike other drugs like cocaine, heroin, or even prescription drugs.

[There are studies](#) linking marijuana use to nicotine and alcohol abuse, as well as research indicating that marijuana might “prime” the brain for addiction to other drugs, such as morphine. But correlation is not causation, as [this TIME article](#) points out, and many marijuana users never go on to try other illicit drugs. So we can’t really say for sure that marijuana is a “gateway” to more dangerous substances.

—— What are other ways marijuana affects users’ lives?

The idea that marijuana usage decreases motivation was widely accepted among previous generations, but many young people call this belief into question. Marijuana advocates cite the fact that [many successful people](#), such as former Apple CEO Steve Jobs, Oprah, or Virgin CEO Richard Branson, have used marijuana at some point in their lives. While this might seem like a good argument on the surface, it would be sloppy to assume that their marijuana use either impacted them positively or *didn’t* impact them negatively. Some research on marijuana usage has found that it can actually [decrease the stimulation and activity of reward centers](#) in the brain.

It’s worth mentioning the financial cost of marijuana use. Active users spend a significant amount of money on marijuana. The “high” one receives from marijuana

costs significantly more than the “high” one gets from say an alcoholic beverage. One gram of marijuana typically [costs between \\$10–\\$20](#), and a joint usually contains [about 1/3 of a gram](#). This means a single joint ranges from \$3–\$7. In Washington, the [average marijuana user smokes](#) about 123 joints per year. Assuming each joint is about \$5, most users are spending \$615 per year. Approximately 4.6 million Americans are daily users, and many of them smoke two joints per day. So the average user is spending approximately \$10 per day, or \$3,650 per year. (Some research has associated marijuana usage with [decreased wages](#), although the impact of marijuana on the labor market is likely less than what past studies have projected.)

—— How does marijuana compare to alcohol?

While we can learn something about the nature of marijuana by comparing it to alcohol, remember that the research on marijuana is limited. Nevertheless, here are some facts about each substance:

- Drinking too much alcohol [can kill people](#), but it’s next to impossible to die from overdosing on marijuana.
- Both substances impair cognitive functions and motor skills. It’s dangerous to drive after consuming either of them, although alcohol has a more severe effect.
- Both substances can impair memory, but do so in different ways, and the research on marijuana is inconclusive. Binge drinking can cause people not to remember what happened the previous night, while memory loss from marijuana might occur as a result of long-term use of the drug.
- Alcohol has more of an impact on how [other drugs taken simultaneously](#) affect the body.
- Alcohol leads to serious health problems such as liver disease and other types of cancer. It can also have harmful psychological effects. Marijuana could be [harder on the heart than alcohol is](#) and has potential connections with psychosis.
- There is evidence suggesting that consuming alcohol in moderation can lead to some minor health benefits. Marijuana has more obvious positive medical uses.
- Alcohol is [more addictive](#) than marijuana.
- Alcohol has been [clearly tied to violent behavior](#), while marijuana has not.

—— Why’s it so controversial?

The controversy surrounding marijuana typically stems from its classification. In 1970, President Nixon signed the Controlled Substances Act, which classified drugs within [five “schedules”](#) (categories) based on “the drug’s acceptable medical use and the drug’s abuse or dependency potential.” This Act listed marijuana as a Schedule I substance alongside drugs such as LSD, ecstasy, and heroin. It is still classified that way (despite [many petitions](#) to change it and despite many states now decriminalizing it, with California being the first state to pass a law that allowed people to take it for severe medical conditions in 1996).

Schedule 1 drugs are classified as such [for 3 reasons](#):

1. The drug or other substance has a high potential for abuse;
2. The drug or other substance has no currently accepted medical treatment use in the U.S.; and
3. It has a lack of accepted safety for use under medical supervision.

As we know, there's currently a lot of research surrounding the medicinal uses of marijuana (particularly CBD), so the second and third reasons no longer apply. As for its potential for abuse, we also saw that the research suggests that it's less addictive than alcohol and tobacco, both of which are [exempted from](#) the Controlled Substances Act. Therefore, proponents of cannabis legalization feel that it's unnecessarily stigmatized and seen as dangerous when other, more dangerous drugs are not, simply because they're culturally accepted.

— Anything else my teens and I should know about it?

Something most casual users forget to consider is how one's use could be affecting the rest of the world. Is it supporting drug cartels and drug trafficking? If it is, how is that allowing the cartels to continue their violent control of others? Even though one user does not single-handedly support the illicit drug market, it's something Christians should keep in mind when considering whether we should use it or not.

One thing to evaluate is the supply chain. Though tracking the supply of marijuana is hard (if not impossible) when it's illegal, it's becoming easier to track in places where legitimate businesses sell legal weed. California grows about [60 to 70% of the U.S.'s marijuana](#). The [DEA \(Drug Enforcement Administration\)](#) says that the marijuana in the U.S. that is not grown domestically generally comes from Canada or Mexico, the latter of which is rife with drug cartels. And despite the fact that both recreational and medical marijuana are legal in various states throughout the U.S., the drug cartels still have a lively presence in the States. According to [this article from Newsweek](#) published in early 2018:

For more than a decade, the Mexican drug cartels have been illegally growing weed in the forests of the United States, and federal agencies have had mixed success destroying these illicit crops. Today, California is the epicenter of black-market marijuana in the U.S., with over 90 percent of the country's illegal marijuana farms. The authorities say they're finding cartel-affiliated weed on government-owned lands in states including Oregon, Utah, Washington, Nevada and Arizona, all of which permit some form of medical marijuana.

When lawless cartels control drug production and sales, [there will be violent crime](#). So people in the U.S. who illegally purchase marijuana are not merely breaking the law, but are also fueling criminal organizations and the violence they perpetuate.

While there does seem to be evidence that legalizing pot has [more positive effects than negative ones](#), it's difficult to prevent every negative consequence that could arise from selling it, whether legally or illegally. Some argue, for example, that because [legalizing marijuana has hurt the revenue of Mexican drug cartels](#), drug runners have put their energy into producing heroin and have thus escalated the opioid crisis in the U.S. On the

other hand, there is some evidence suggesting that legalizing marijuana in the U.S. has led to a [decrease in deaths from opioid overdoses](#) (but some officials believe that the research [oversimplifies the issue](#)).

—— Why would teens want to use marijuana?

It's "cool." Media has great power to make various choices and values seem desirable or repulsive, and movies and TV shows often portray drug use in a light-hearted or satirical manner or as a way of having a good time. While watching people use weed in media isn't going to brainwash teens into using it, culture does have power to influence how we see the world. Because of their status in pop culture, celebrities and professional athletes can also have a strong influence over the decisions young people make, and many stars do use and/or glorify drug use. Often, though, we see the damaging impact that drugs have in the lives of famous people. More on that below.

Not only does the idea of marijuana being necessary for a good time come across in media, but many students get this idea from their friends. So they want to experience what the drug is like for themselves to see if what their friends say is true. Plus, anything forbidden has an inherent appeal simply because it's forbidden. Because it's illegal for those under 18 to use marijuana, it has a draw similar to alcohol of being a rite of passage into increased maturity. [Rebellion is an obvious reason](#) why many kids start using drugs.

It's fun. As previously mentioned, the short-term effects of marijuana include feelings of euphoria and an altered perception of reality. At the beginning of the movie [This Is the End](#), actor Seth Rogen's character invites his friend over to hang out, and the two of them smoke pot and watch children's cartoons for hours. Although these cartoons would not normally be very exciting for men their age, they are in awe of the colors, images, and movements they see on the screen. They end up laughing hysterically at things that normally wouldn't be very funny. They view marijuana simply as a necessary part of having fun.

It provides an escape. Just about anything in life, whether it's video games, porn, food, or relationships, can become a form of escapism or self-medication. Drugs, of course, are a classic way people try to escape their lives. The physical impact of marijuana is something we should understand, but possibly one of the greatest dangers of marijuana is that people will rely on it to escape pain, grief, or boredom. Take as an example [Josh Gordon](#), wide receiver for the Cleveland Browns. Gordon has a status that many would covet, being a highly talented player in the NFL. But even though he has somehow been able to perform incredibly while under the influence, he has missed the vast majority of games he could have played in, either from being suspended or from being in rehab as the result of substance abuse.

Gordon notes, "A bunch of guys smoke weed before the game," then mentions he doesn't think he's been sober for any game in his professional career. He originally started using drugs in his childhood to cope with trauma and with his insecurities: "I didn't want to feel anxiety, I didn't want to feel fear." While he was a highly functioning addict, Gordon says he realized that he could either continue his self-destructive lifestyle and eventually kill himself, or he could take his problem seriously

and be able to continue in his career.

Many teens who suffer anxiety choose to smoke weed so that they can relax and be free from their worries. Many who choose to use pot are likely misinformed about its dangers. For teens who suffer from depression, it gives them an opportunity to feel a sense of happiness that they don't feel elsewhere. Unfortunately, this doesn't always work and can [worsen the symptoms of psychosis](#) in some people.

It provides community. High school subcultures have always existed, and the bigger the school, the stronger these cliques generally become. There are jocks, nerds, musicians, artists, and academics. There will undoubtedly be differences in how each of these subcultures views marijuana usage. [One study](#) found that high school athletes are more likely to use marijuana than their non-athlete counterparts. Not only is marijuana usage a part of these subcultures, but a [marijuana subculture](#) of its own exists in most high schools. There are many students who live to smoke marijuana and hang out together to smoke it, and they are often looking for more people to join them. Many young students who don't feel like they have a place in any of the typical circles (they are not athletes, academics, etc.) can find community with others who smoke pot.

Pop culture reinforces all these ideas. References to weed in pop culture date [as far back as 1928](#) with Louis Armstrong's song "Muggles" (a slang term for the drug). There have been many others throughout the decades, but some more recent songs that do so are (*warning: read lyrics at your own risk!*) D.R.A.M.'s "[Broccoli](#)," "[I Get the Bag](#)" by Gucci Mane, "[Rockstar](#)" by Post Malone, and "[MotorSport](#)" by Migos, Nicki Minaj, and Cardi B. In pop and especially hip hop culture, artists tend to talk about weed and other drugs as signs of their wealth and status, but also as ways to medicate their pain.

There are also plenty of movies and TV shows that portray and/or make light of marijuana use. The TV show *Weeds*, which aired from 2005–2012, depicted a single mom who grows and sells marijuana to support her family. It's difficult to find a single Seth Rogen movie where he doesn't constantly smoke marijuana in order to enjoy life. *Pineapple Express* is a well-known example—the title is actually a strain of marijuana. One of the main reasons Rogen's movies are so beloved by teens and young adults is because they are so relatable

—— Based on the research and the Bible's guidance, what should we think about using marijuana?

1. There is a continual theme in Scripture to obey the law when those laws are good, moral and just, so if marijuana use is illegal, that is enough of a reason not to use it. Of course, more and more states are legalizing marijuana, so this point will likely become irrelevant eventually.
2. There is enough evidence to suggest that marijuana use in teenagers harms the development of the brain, so it's fair to make a distinction between teen and adult use. No matter what people conclude about adult recreational marijuana use, there is strong evidence that teen use will do long-term damage.
3. If we have no problem using opioids like morphine or oxycodone for medical purposes, it seems clear that there should be no problem with using marijuana for

medical purposes, given that opioids are far more addictive.

4. The only psychoactive substance the Bible gives us any guidance on is alcohol. Scripture permits some drinking while giving strong warnings against drunkenness (Deut. 14:26, Ps. 104:14-15, Jn. 2:1-9, Prov. 20:1, Eph. 5:18, 1 Cor. 5:11). Comparing alcohol to marijuana is somewhat tricky because both substances affect people differently depending on a person's genetics, gender, etc. When abused, alcohol's effects are much more severe than marijuana's. However, this does seem clear: being drunk means that people have lost their normal ability to [control their minds and bodies](#). The whole point of taking marijuana is to get high, which by definition means that people do not have full control over their faculties. Based on this reasoning, any use of marijuana to get high is immoral from a biblical point of view.
5. 1 Corinthians also reminds us that while "[everything is permissible for me](#)," not everything is beneficial. We also shouldn't be "mastered by anything." This is a strong warning for anyone who is tempted to dabble in mind-altering drugs. Sure, it might be legal, but that doesn't make it good or moral. And, since marijuana does have dependency concerns, it would be wise to consider how easy it would be to be "mastered" by it (though it's TBD if/how CBD can be used to treat pain and other maladies, and since CBD isn't mind-altering like THC, it may be a whole different conversation).
6. One of the main reasons why so many teens (and adults) turn to marijuana is to ease anxiety, reduce stress, and to cope with suffering. It's understandable; nobody willingly wants to suffer. But, if we run from our pain, if we always seek to medicate it or escape from it, we might be missing something that God is trying to teach us through our pain. "[Christianity teaches us](#) that suffering is real...is often unfair...but there is a purpose to it, and if faced rightly, it can drive us like a nail deep into the love of God," who also suffers with us.
7. In so many ways, the use of marijuana is tied to our pursuit of pleasure. And in a culture that believes pleasure is the pathway to happiness, it's easy to see why our society would embrace the use of marijuana in the same way we embrace other pleasures like eating, drinking, or sex. There's nothing wrong with being happy or enjoying moral pleasures, but God doesn't call us to a life devoted to achieving pleasure or happiness. He calls us to a life dedicated to holiness, joy, and peace. Happiness is almost always tied to circumstances or moments of pleasure, whereas joy is far more transcendent. It's a fruit of the spirit, and unlike fleeting moments of happiness, joy can be a permanent posture of the heart. Ultimately, a life consumed by pursuing happiness and pleasure will actually never fully find them. Why? Because the abundant life is found only through Christ, by abandoning our pursuit of happiness to serve and follow Him. As counterintuitive as it may seem, it's by choosing to serve Him above everything else—including our desire to have a good time—that we find what our hearts so desperately desire.

We think [Susanna Wesley had a wise perspective](#) when she said:

How would you judge the lawfulness or unlawfulness of "pleasure"? Use this rule: Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sight of God, takes from you your thirst for spiritual things or increases the authority of your body over your mind, then that thing to you is evil. By this test you may detect evil no matter how subtly or how plausibly temptation may be presented to you.

— How do I start this conversation with my kid?

Most teenagers who use marijuana [begin by age 16](#). If it is readily available to teens or they spend time with friends and/or siblings who use, these factors increase the likelihood that they will try it. So while it's rare for 10-year-olds to use marijuana, most kids have likely heard of it by the time they are that age, which means we need to start teaching them how to think through this complex issue around that time.

It's important that you don't assume that your kids would never try marijuana. If you assume that it's possible they might, you'll be prepared if they do. Regardless, your children probably have questions about it, and those questions will get answered somehow, whether it's by you, their friends, the media, or the internet. As their parent, you have a significant influence in your kids' lives, and what you communicate to them will impact how they view marijuana. So how should you go about discussing this issue with your children?

Be knowledgeable. If we make inaccurate or misinformed statements, we will lose credibility. It's important that you have researched the issue and thought through your opinions on marijuana use before you talk to your kids about it.

Be understanding. Don't get angry with your kids if they say that marijuana might not be that bad. Sincerely ask them why they think that is true, and work with them to understand where they're coming from. Show your kids you love them and respect their opinions, but that you want to help them think through the issue well. Remember that when they come of age, they will be in a position (depending on where they live and what the laws are then) to use legal marijuana. Rather than telling them what to think, your goal should be to help them make wise decisions on their own.

Be loving. We can't emphasize enough the importance of communicating that you love your kids and that your love is unconditional. It is crucial that, whether or not you and your kids agree when the discussion is over, they know that you love them and that your love will never go away. Remember that while it's easy to start lecturing your teens based on the belief that you're doing so out love, you're much more likely to communicate love if you listen more than you lecture. You might even suggest that you could research this issue together.

When you're driving somewhere with your kids, and you smell marijuana, instead of commenting on how awful it is, what if you asked aloud why that person might be using. What's their story? Why do they think this is the answer to their troubles or a pleasure worth pursuing? What would be a more healthy alternative to deal with the pressures of life or the pursuit of pleasure?

— Discussion Questions

- What do you know about marijuana?
- Do you know anyone who has tried it before? Have you tried it before?
- If you know people who use marijuana, how has that habit impacted their lives?
- Do you think it is more or less dangerous than other drugs?
- What do your friends think about it?
- Are you curious about or interested in trying it? Why or why not?

- Do you think people typically consider how the marijuana drug trade affects others throughout the world? Do you know how it affects people throughout the world?
- How does pop culture portray marijuana use? Do you think it's an accurate portrayal?
- Do you think it should be legal? Explain.
- What motivates people to try marijuana? Evaluate those motivations.
- Why doesn't the Bible say anything about it? Does that mean we can do whatever we want?
- What guidance do you think the Bible gives us about using marijuana or other mind-altering substances?
- Is there a difference between a drug like caffeine and a drug like cannabis? If so, what?
- What kind of life does God want us to live? Based on that, does marijuana make it easier or harder for us to live that kind of life? How so?

—— **What should I do if I catch my kid using it?**

[This resource has some useful information](#) on how to react if you find your children are using marijuana. Remember the importance of affirming that you love them no matter what. You will need to have a conversation about how they got it, why they used it, and whether they plan to continue doing so.

If they continue to use after you have talked to them about it, you will likely need to go to other resources for professional help. The fact they are using in their teenage years is concerning because of the damage weed can do to developing brains.

There are many good counseling services available, and they might be the best option for your child not to revert back to using marijuana. You'll probably want to find out what friends of theirs are also smoking marijuana and to encourage them to choose better friendships that won't encourage negative behaviors.

Although there is no silver bullet solution to the immense complexities of drug use, addressing the issue head on with love and making rational decisions for the betterment of your child will serve you well through this difficult time. After they are 21, they can legally use it in many states, and that is ultimately their decision to make. Helping them understand the reality of drugs in their teenage years will serve them well as they get older and make decisions for themselves.

—— **Final thoughts**

The majority of casual marijuana users are not necessarily ruining their lives. But God calls us to a higher purpose than simply not ruining our lives. He doesn't want us to escape reality or lose our self-control through mind-altering substances. We are not to set our hope on this world, which will ultimately leave us empty, but on the truly fulfilling hope that Jesus has given us.

Teaching our kids the realities of marijuana usage is important. But showing God's love to them and helping them show this love to others should be the driving force behind

our discussions. By framing our conversations this way, we will not only educate our kids about how to think about marijuana, but we will also show them how to love people well.

— Related Axis Resources

To read before talking with your kids:

- [“A Parent’s Guide to Teens & Opioids”](#)
- [“A Parent’s Guide to Teens & Alcohol”](#)
- [“A Parent’s Guide to Vaping”](#)

To watch with your kids:

- [Conversation Kit on Drugs](#)

— Additional Resources

Note: Axis does not necessarily agree with everything in all of the resources we’ve listed below, and we disagree outright with some of the information they contain. But we have listed these resources because we believe it’s worth being aware of their perspectives.

- [“Your Brain on Drugs: Marijuana,”](#) AsapSCIENCE
- [“How THC Replaces Your Brain’s Neurotransmitters,”](#) Science Plus
- [“Is Weed Actually Bad for You?”](#) Science Plus
- [“What Is Marijuana?”](#) Foundation for a Drug-Free World
- [“Marijuana: Facts for Teens,”](#) National Institute on Drug Abuse
- [“Christianity and Cannabis: WEEDIQUETTE - God on High \(Clip\)”](#) (This might be worth watching with your teens and discussing afterward. What did she mean by “spiritual experience”? Are we only supposed to “feel” God? How could her interpretation of what it means to be spiritual or to experience God be tainting her interpretation of Scripture? How could ours do the same to us?)
- [“Overall teen drug use stable, but marijuana edging up, survey finds,”](#) CNN
- [“What are the health effects of marijuana?”](#) Centers for Disease Control and Prevention
- [“Marijuana In America: History, Culture and People,”](#) CNBC
- Trailer for [Reefer Madness](#), a 1936 US government film created to spread fear about marijuana (might be worth watching with your kids for a laugh)

We’re creating more content every day! If you found this guide helpful and valuable, check out axis.org/guides each month for new Guides covering all-new topics and for other resources.