



Signs of Teen Use of Marijuana & THC

1.

Change in Behavior: Teens who use marijuana might seem more relaxed, but they can also become more forgetful, lazy, or have trouble focusing. You may notice that their motivation to do schoolwork or activities drops.

2.

Red Eyes or Dry Mouth: As a vasodilator, a common physical sign is red or bloodshot eyes. Teens may also complain about having a dry mouth and drink more water than usual.

3.

Smell on Clothes or Breath: Marijuana has a distinct smell, which can cling to teen's clothes, breath, room and even their car, however vaped marijuana, whether in oil or solid form, often has little or no smell.

4.

Sudden Mood Changes: A teen using marijuana might experience frequent mood swings, ranging from giggly and happy to irritable or erratic, and use can trigger anxiety and depression.

5.

Changes in Eating Habits: Marijuana can increase appetite, so some teens may start eating more than usual, especially snacks or junk food (this is often referred to as "the munchies").

6.

New Friend Groups or Isolation: You might notice a teen distancing themselves from old friends or hanging out with new people who may have a different influence on their behavior.

7.

Decline in School Performance: Using marijuana can make it harder for teens to concentrate and remember things, which might lead to lower grades or skipping school.

8.

Paranoia: Marijuana can cause psychosis, paranoia, schizophrenia, and suicidal tendencies and thoughts, especially if the child didn't previously show these symptoms.

9.

Paraphernalia: Finding things like rolling papers, pipes, or vape pens may indicate marijuana use. Some teens may also use eye drops to reduce red eyes or burn incense to hide the smell.

