

# Marijuana (Cannabis)? “No! Never!”

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Recently, the number of people arrested for marijuana use has increased, and the spread of marijuana abuse among young people, especially those under 30, has become a problem.

Despite the fact that marijuana is addictive, there is false information, such as that it is not addictive, in the world. Despite the fact that marijuana can have significant negative effects on physical and mental health, there is also false information such as that it is not harmful. So, it is suggested that such false information may cause the spread of marijuana abuse.

Addiction to marijuana may begin with using small amounts, then continuing to use it, then becoming difficult to control the use of it, and finally becoming unable to withdraw from marijuana use both mentally and physically. Furthermore, with requiring stronger effects, it is thought that some people become heavy users of more harmful illegal drugs than marijuana.

There are acute and chronic harmful effects of marijuana. Acute effects include a wide variety of symptoms, such as elevated mood, euphoria, anxiety, fear, confusion, panic attacks, perceptual alteration, short-term memory impairment, judgment impairment, ataxia, and effects on driving. Chronic effects include drug addiction and withdrawal symptoms, such as anxiety, emotional instability, sleep disorders, cognitive function impairment, and memory impairment. Also, chronic use increases the risk of using other harmful drugs. These adverse effects affect daily life and work performance, lead to a decline in learning ability, and influence health risks, especially among young generations. Furthermore, it increases the risk of accidents in daily life and interferes with social life.

Regarding marijuana, since there are some countries and regions where it is legal, misinformation that marijuana is safe is thought to be one of the factors related to marijuana abuse; however, it is important to realize that the reason why marijuana is legal is not because it is safe. While traveling in countries or regions where it is legal, using marijuana may cause some accidents or serious incidents due to acute reactions. So, its use should be avoided. Also, while studying abroad, using marijuana, even just once, may cause you to become addicted to it and you will not be able to stop even after you return to your home country. In countries where it is not legal, which is most countries in the world, the use of it may be treated as a crime and you could be sentenced to heavy punishment. Furthermore, the recognition that use of marijuana is not a crime is thought to be one of the factors related to marijuana abuse, although the recognition of possession and transfer of marijuana is also a crime in Japan. However, “The Revised Marijuana Control Act” was promulgated in December 2023 and enforced from December 2024, and even the use of marijuana has been added to prohibition in addition to possession and transfer. So, the use of marijuana has become a crime.

Marijuana and illegal drugs have the possibility to ruin your dreams and future, even with just one use. Please protect yourself from marijuana and other illegal drugs with the right knowledge, right information and your own opinions.

If you are invited to try marijuana or other illegal drugs, it is important to clearly say “I will not do it”. Also, it is important not to be misled by suspicious information and to communicate the dangers properly. If you find it difficult to express your opinion, please try to just leave the situation.

If you have any questions, please consult the Health Care Center, TUFSS.

References:

“What is Marijuana”? [in Japanese]

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Information and basic knowledge for Marijuana abuse prevention [in Japanese]

[https://dapc.or.jp/kiso/22\\_cannabis.html](https://dapc.or.jp/kiso/22_cannabis.html)

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<https://www.mhlw.go.jp/content/11121000/000744312.pdf>