



BLUNTS

MYTHS & REALITIES

Myth: Blunt wrappers don't contain nicotine.

Reality: A blunt wrap is almost always made of a tobacco leaf. **Nicotine is naturally occurring in tobacco leaves** and is highly addictive.

Myth: You can't get addicted to marijuana.

Reality: 17% of young people who start using marijuana become addicted to it.¹ When smoking blunts, users aren't just inhaling marijuana smoke, but also tobacco, which contains the addictive drug, nicotine.

Myth: Marijuana is now legal in California so it must be safe.

Reality: Just because a product is legal doesn't mean it is safe. **Inhaling any burned product is harmful** to the lungs. Aside from lung health, **regular marijuana use by young people is associated with lower IQ scores, impaired school performance, and higher school dropout rates.**^{2,3,4}

Myth: Marijuana smoke isn't as bad as cigarette smoke.

Reality: Secondhand **marijuana smoke has more than twice as much tar and ammonia as tobacco smoke**, and more than 8 times as much hydrogen cyanide, which is found in pesticides.⁵ Smoke from blunts is a combination of poisons found in marijuana and tobacco smoke.

Myth: Marijuana must be safe because some doctors write prescriptions for it.

Reality: Marijuana is not an approved medicine and **can have some severe side effects, such as hallucinations, paranoia, anxiety, panic attacks, memory loss, abdominal pain, and recurring vomiting.**^{6,7} Smoking blunts combines marijuana with tobacco, a product known to cause death and disease.

Quit today, visit kickitca.org for free help.

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