



# 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.<sup>1</sup> 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.**<sup>2,3,4</sup>

**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.<sup>5</sup> 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.<sup>6,7</sup> Smoking blunts combines marijuana with tobacco, a product known to cause death and disease.

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