

Course Information Sheet

Marijuana: Harmful or Harmless? (3 education hours)

Course Description: People often debate whether marijuana is an addictive drug that has negative effects on the user. This course explores marijuana—how it is ingested, the effects of long-term use, whether it is addictive, and treatment options for those who believe they are problem users. Students of this course will explore their own use of marijuana to determine if it is harmful or harmless.

Course Objectives:

1. Identify common ways marijuana is ingested
2. Understand the scientific facts about marijuana and how the body responds to its long-term and short-term use
3. Identify withdrawal symptoms of marijuana
4. Identify the physical and emotional consequences of marijuana use
5. Explore how marijuana impacts the individual's life via a self-help handout based on Motivational Interviewing concepts. This includes sections on self-evaluation, decision balance, questions for reflection, goal setting, and information for obtaining further assistance

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=19>