



Your sibling and Marijuana

Bros & Sis

Your sibling and Marijuana

Having a brother or sister who smokes marijuana can be frustrating. It can make them boring and unmotivated. It can really get in the way of you and your sibling having a good relationship.

What are the immediate effects?

- Strong sense of well-being and happiness
- Relaxation and feelings of euphoria
- Anxiousness and paranoia
- Poor attention and concentration
- Increased heart rate
- Dryness in mouth and throat
- Altered sense of time and space
- Reduced coordination
- The 'munchies'

What are possible long term effects?

- Bronchitis, lung cancer and other respiratory diseases.
- Decreased motivation.
- Decreased concentration, memory and ability to learn new things.
- Decreased sex drive.
- Decreased sperm-count in men.
- Irregular menstrual cycles in women.
- Psychological effects, like paranoia.

It can also contribute to them developing schizophrenia if they are already vulnerable to getting the disorder.

How can you help your brother or sister?

- Have a read of the 'how to help your brother or sister' fact sheet
- If motivation is a real problem, try to have a non-judgemental chat to them about what they think of the benefits and consequences of using marijuana.
- You could discuss things that they might like to do, other than smoking.
- If you need them to do things for you, set a few ground rules. Eg. 'if you don't clean up after yourself, I won't drive you to buy snacks when you've got the munchies'.

Is marijuana addictive?

This issue is not fully understood. However, the following is known:

- Most people don't become tolerant to the effects of marijuana unless they use large amounts over a long period of time.
- Withdrawal symptoms are unlikely to develop amongst occasional smokers of marijuana.
- Marijuana isn't nearly as 'physically'

addictive as drugs like heroin.

- Long-term users trying to quit may experience cravings, irritability, difficulty sleeping, and anxiety. They may also display increased aggression peaking about a week after last smoking marijuana.
- The 'addictive' aspect of marijuana may be mainly psychological. Marijuana users often say that using marijuana is like living in a cloud. It buffers them against things going on around them.

Is marijuana dangerous? Can my brother or sister overdose on it?

There is no record of any deaths being caused by marijuana. It's almost clinically impossible to overdose.