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. 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.  

**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. 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. 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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