
Congratulations on completing Marijuana 101. This is a summary of the information you provided during the program. The goal is to give you information so you can make the changes that are right for you.

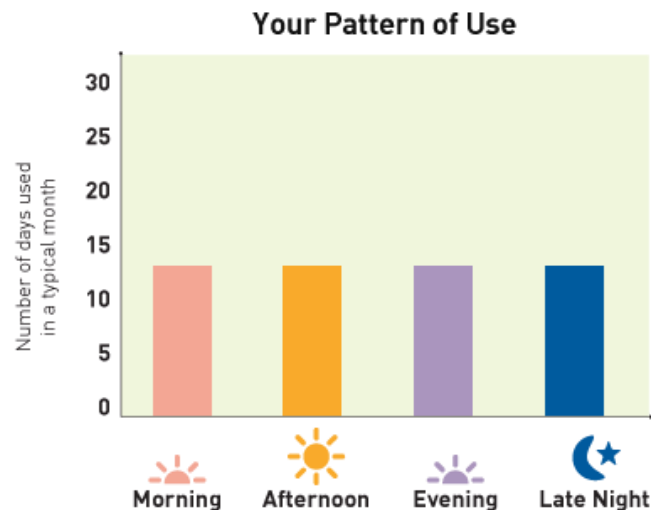
YOUR PERSONAL USE

This section shows the amount of marijuana you reported using at the time you completed Marijuana 101. If you have made changes since that time, the numbers in this, and other sections, may be different.

Your Pattern of Use

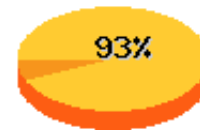
- You reported using marijuana on **13** days in the past month.

This graph shows your pattern of use over the past month and the time of day you were most likely to use.



People who use marijuana at more than one time during the day tend to have more problems than those who only use in the evenings. They are also more likely to show symptoms of marijuana dependence. This may or may not be true for you. Every person is different.

- Based on this amount, **93%** of young adult females drink less than you.



This compares you to a large national survey of U.S. adults, age 18-25. The survey asked adults all over the country about their drinking and drug use.



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Your Alcohol Use

- You also said you consumed **86** standard drinks of alcohol in the past month.

A "standard drink" is the amount of alcohol in about:

- 10-12 ounces of beer (5% alcohol) or
- 4-5 ounces of table wine (12% alcohol) or
- 1.5 ounces of 80 proof liquor (a "shot" of 40% alcohol)



Since you reported that you smoked marijuana and also drank alcohol, this may increase your risk for having problems. For some people, the combination of alcohol and marijuana can increase a person's risk for problems, compared to other people. For instance, there is some evidence that alcohol may increase THC absorption, which could lead to a stronger, more unpredictable effect.



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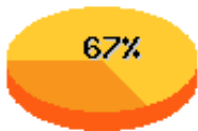
YOUR TIME

One way to see how marijuana fits into your life is to look at marijuana use alongside other activities you engage in. This shows the amount of time you spend engaged in three different activities.

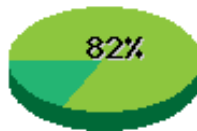
- **21%** of your time **working**
- **21%** of your time **exercising**
- **6%** of your time **socializing/partying**



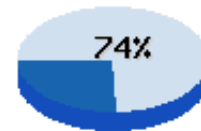
When you are engaged in those activities:



You are under the influence of marijuana **67%** of the time you are in **work**.



You are under the influence of marijuana **82%** of the time you are **exercising** or **playing sports**.



You are under the influence of marijuana **74%** of the time you are **socializing / partying**.



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PERSONAL RISK

This section shows the some of the things you said you had experienced related to your marijuana use.

You said that in the past month, the following things had happened to you because of marijuana use:

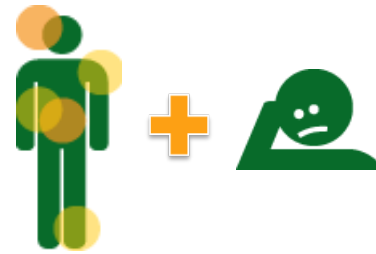
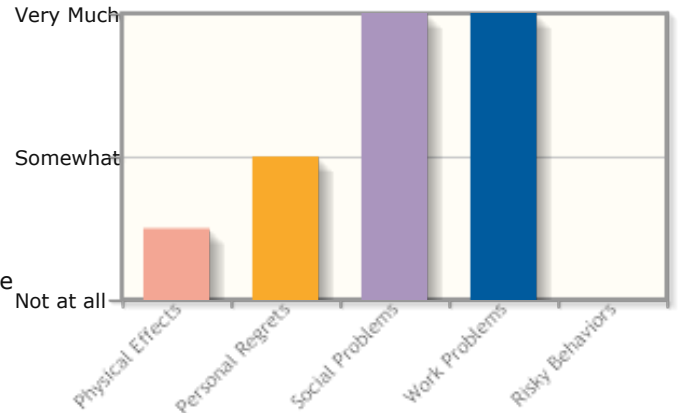
- Quality of my work has suffered
- Spent too much time
- Felt like I needed a hit of marijuana after I'd gotten up
- Become very rude, obnoxious, or insulting
- Neglected obligations to family or work
- Haven't been as sharp mentally
- Felt anxious, irritable, lost my appetite or had stomach pains after cutting down on marijuana use
- Often thought about needing to cut down using marijuana
- Had less energy or felt tired
- My boyfriend/girlfriend/spouse/parents have complained to me about my marijuana use
- Done embarrassing things

Physical effects are things like gaining weight or feeling tired. Feeling sick means throwing up or feeling hungover. Social problems are things like saying or doing mean things while you are drinking. School or work problems include things like sleeping through class or work, or failing an assignment. Risky behaviors are things you ordinarily would not do, like driving while intoxicated, or engaging in unprotected sex.

The areas that you noticed the most had to do with **Social Problems** and **Personal Regrets**.

This chart shows how often you reported experiencing things in five different areas:

Negative Consequences



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Marijuana Dependence



You also marked at least one item that suggests you might be experiencing at least some symptoms of marijuana dependence:

- Felt like I needed a hit of marijuana after I'd gotten up
- Felt anxious, irritable, lost my appetite or had stomach pains after cutting down on marijuana use

Most people who use marijuana do not use regularly, and most people stop after a period of experimental use. However, people who use more frequently can become dependent on marijuana in the same way as any other drug. Most surveys suggest about 10% of marijuana users become dependent on the drug.



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The Cost to you



You spend about **\$5469.60** per year on marijuana, alcohol and/or cigarettes. Which means you spend about **1899.2%** of your spending money on marijuana, alcohol and/or cigarettes.



You spend about **\$4128.00** (1433.3%) of your spending money on **marijuana**.



You spend about **\$1341.60** (465.8%) of your spending money on **alcohol**.



You spend about **\$0.00** (0%) of your spending money on **cigarettes**.

By Way of Comparison:

The amount of money you spend on marijuana, alcohol and/or cigarettes would be enough to...



buy about **5524** music downloads, or...



pay your cell phone bill for **124** months, or...



cover **61** of your car payments, or...



allow you to pay your rent for **85** months.

Driving Under the Influence

Reliable research examining the effects marijuana has on driving skills suggests that you are significantly more likely to be in a car crash after using marijuana. This research also shows that it can take as much as 10 hours for THC blood levels to return to levels safe to drive.

- You **sometimes** drink alcohol while also using marijuana.

People who use marijuana often use both alcohol and marijuana during the same occasion. The mixture of marijuana and alcohol in your body substantially increases your risk of being involved in a car crash and other negative consequences.

You reported that:

- You drove **24 days in the past month** within 2 hours of using marijuana. It is likely that you were driving while intoxicated.
- In the past month, **you rode 4 days** with a driver who used marijuana in the 2 hours prior to driving. It is likely that your driver was driving while intoxicated.



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LOOKING AHEAD

People who decide to make changes in their marijuana use do it in different ways. Some people start by asking friends or family for help. Other people try to avoid situations that might cause trouble for them. Each person is different.

On a scale of 1 to 10:

- You rated the **importance** of making a change in your marijuana use as an: **8**
- You rated your **confidence** in your ability to make a change in your marijuana use as a: **5**



You indicated that it is very important for you to change your marijuana use, and you are fairly confident that you can change. Your responses put you in a category of people who are most likely to see a benefit from making changes. For some, the process of change may mean avoiding friends or situations that lead to marijuana use. For others, it may mean making the choice to spend money on other things, or time on other activities.

If you were to make a change in your marijuana use, you said you could:



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NEXT STEPS

Based on your responses, here are some other things that might help you avoid future problems:

Write down the date and time of my next probation visit.

Date: ___/___/___ Time: _____ am/pm

Avoid people or places that might get me in trouble.

Tell someone about my plans to make changes.

Someone I could talk to: _____

Put a number in my phone of someone I could call if I needed to talk.

Someone I could talk to: _____

Make a list of my goals and plans for the next year.

Other goal: _____

Thanks again for completing Marijuana 101. We hope this information helps you to make the changes that are right for you.

You can find more information about marijuana at
<http://www.drugabuse.gov/publications/drugfacts/marijuana>

You can find drug and alcohol treatment services in your community by calling the National Drug and Alcohol Treatment Referral Service at (800) 662-HELP (1-800-662-4357), or by visiting
<http://findtreatment.samhsa.gov/>