

POTTY

By Students

MOUTH

For Students



APR/MAY 2020
ISSUE 7

SAVE THE DATE!

UPCOMING EVENTS ANNOUNCEMENTS &

CHECK OUT ALL OF JMU'S VIRTUAL EVENTS!

Visit jmu.edu/studentaffairs/virtualprogramming to see how you can stay connected.

CONGRATS TO THE CLASS OF 2020 GRADUATES!

CELEBRATION TIPS:

- Wear your cap and gown
- Tune in May 8 for a virtual conferring of degrees
- Video call friends and family
- Make a special meal
- Reflect on your achievement

HISTORY OF 4/20

There was a group of high school students who called themselves the 'Waldos' and met after class every day at 4:20 to smoke outside their school. The students started to use 420 as a code for marijuana. This reference eventually reached the band The Grateful Dead and the High Times magazine where it was spread throughout the world.

Source: <https://time.com/4292844/420-april-20-marijuana-pot-holiday-history/>

CANNABIS FACTS

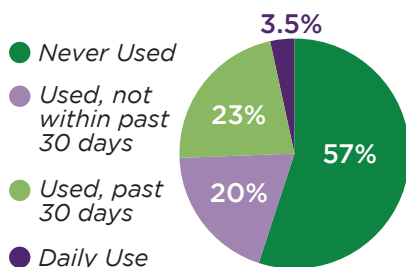
THC potency has increased on average from 3-4% in 1995 to current estimates of 12%.

Potency can increase anxiety, paranoia and trigger other mental health problems.

CBD is the chemical in cannabis that decreases anxiety.

The Ratio of THC to CBD
1995 - 14:1
Present - 80:1

College Student Cannabis Use



ACHA Data (National College Health Assessment) of past year, month and daily/near daily cannabis use in Spring 2019. Data from 67,972 students at 98 schools.

REFLECTIONS AS A VIRTUAL RESOURCE

Has your experience with alcohol or cannabis changed as a result of quarantining? Reflections is an opportunity to examine the role of either alcohol or cannabis in your life, get a personalized feedback report and have a virtual meeting with a specially-trained facilitator to discuss your use during these difficult times and beyond.

To learn more about Reflections or to request an appointment, please email Jessica Williams at willi7jb@jmu.edu.

RIDDLE ME THIS...

What do you get when you eat cannabis?

A pot belly

This issue of Potty Mouth is brought to you by the UHC Marketing Team:

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Potty Mouth Questions?
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#webleedpurple

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