

Lit. Sci. 3 Discussion notes about social media and marijuana articles:

Why are psychologists concerned about social media and teens? What trends have they seen over the last ten years?

correlation in time in increase social media use and an increase in teen and young adult depression.

ubiquity of internet phones about 2010.

constant comparison

Which part of the brain (and which of its functions) are significantly affected by teen marijuana use? Scientifically, why does this occur in the brain?

pre-frontal cortex: self control, conscience, decision-making, prioritizing

messes with connections between neurons: neuronal pathways: synapses

What are the two main ingredients of marijuana and their effects that can now be separated?

CBD: doesn't get you high

THC: gets you high

affects the development of pre-frontal cortex until age of 25.

developing decision-making skills until 25

What do the authors propose as the nation decriminalizes and legalizes marijuana and why?

Keep it illegal until you're 25: for pot and for THC

From Healthline: CBD is used to help with other various conditions, such as:

- [seizures](#)
- inflammation
- [pain](#)
- psychosis or mental disorders
- [inflammatory bowel disease](#)
- nausea
- [migraines](#)
- depression
- [anxiety](#)

THC is used to help with conditions such as:

[pain](#)

- [muscle spasticity](#)
- [glaucoma](#)
- [insomnia](#)
- low appetite
- nausea
- anxiety

CBD vs. THC: Side effects

CBD is well-tolerated, even in large doses. [Research](#) THC causes temporary side effects, such as:

- increased heart rate
- coordination problems
- dry mouth
- red eyes
- slower reaction times
- memory loss

These side effects are part of the compound's psychoactive properties.

Neither compound is fatal. However, high THC use may be connected to long-term negative psychiatric effects. This is especially true for adolescents who consume large amounts of THC.\