

# ZERO

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# PROOF

FALL/WINTER 2019

TEST YOUR  
**MARIJUANA**  
IQ

TRICK  
OR TREAT?

KNOW THE DIFFERENCE  
BETWEEN  
**CANDY AND  
DRUGS**

**PARENT  
POINTERS**

How to Support A Child Who is  
Being Bullied at School



*New Mexico* DEPARTMENT OF  
**TRANSPORTATION**  
MOBILITY FOR EVERYONE

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# TEST YOUR MARIJUANA IQ

SOURCE: [HTTPS://WWW.SAMHSA.GOV/MARIJUANA-QUIZ](https://www.samhsa.gov/marijuana-quiz)

1. Out of every 10 people who use marijuana, how many will become addicted

- a. 0
- b. 1
- c. 3
- d. All 10, in some way

A: The correct answer is 1. Research says that about 1 in 10 people who use marijuana may become addicted and 1 in 6 when use begins before age 18.

2. Which word ISN'T a slang term for marijuana?

- a. Asparagus
- b. Crop Dust
- c. Christmas Tree
- d. Thirteen

A: The correct answer is "crop dust." There are more than 1200 names for marijuana.

3. Can marijuana erase IQ points?

- a. Yes
- b. No
- c. I used to know

A: The correct answer is Yes. Marijuana use that starts in adolescence can lower your IQ score and permanently erase up to eight IQ points – even if you stop using.

4. The concentration of THC in marijuana has tripled in the last few decades. What does THC stand for?

- a. It doesn't stand, it falls down a lot
- b. Trihypercannacrystalline
- c. Tetrahydrocannabinol
- d. Trihypercocannabis

A: The correct answer is Tetrahydrocannabinol. Higher levels of THC may lead to higher rates of addiction.

5. What problems can marijuana cause during pregnancy?

- a. Lower birth weight
- b. Increased behavioral and attention problems
- c. Preterm birth or stillbirth
- d. Sadly, all of the above and more

A: The correct answer is all of the above and more. Using marijuana when you're pregnant can affect your baby's birth and develop

# TEST YOUR MARIJUANA IQ

**6. If a new mom uses marijuana after birth, can it affect her baby?**

- a. Nah, that kid's good.
- b. Yes. It can contaminate breast milk.

A: The correct answer is yes. Even small amounts of THC can wind up in breast milk and affect a baby's development. Secondhand smoke from marijuana can affect vulnerable people – like babies as well!

**7. Edibles are a safe way to use marijuana, right?**

- a. Yes, how bad can a brownie be?
- b. No, you have no idea how much THC is in that thing

A: The correct answer is no. Edibles are popular, but you can't be sure about the potency. They also take longer to digest and produce a high, so people might consume more and have a harmful reaction.

**8. What could tip the cops off to a high driver?**

- a. A smoke-filled car with its turn signal on for the last 10 miles
- b. Going 25 in a 55 mph zone
- c. Slower reactions, lane weaving, and decreased coordination
- d. All of the above, but especially slower reactions, lane weaving, and decreased coordination

A: The correct answer is all of the above. People who drive while high on marijuana can experience dangerous effects that can impair judgement and cause accidents.

**9. Your state has okayed marijuana in certain forms. Does that mean it's legal?**

- a. Heck yeah it is!
- b. Legal enough
- c. Um, maybe not

A: the correct answer is no. Even though some states are legalizing marijuana, it's only under certain conditions – which can vary. And marijuana remains illegal at the federal level.

**10. Using marijuana can lower the chance you will (choose one):**

- a. Finish high school
- b. Attend college
- c. Find success in your career
- d. Get off the couch

A: Trick question! All of the above. Research shows that marijuana use can lead to worse education outcomes and lower career achievement, which can lead to reduced life satisfaction.

**11. Because marijuana is a natural herb, it doesn't have health risks.**

- a. True
- b. False

A: False. You know natural doesn't mean safe. Marijuana has short-term and long-term health risks.



# KNOW THE DIFFERENCE BETWEEN CANDY AND DRUGS



**Did you know that some drugs can easily be disguised to look like candy? This can be very dangerous – EVEN DEADLY.**

While most teens are leery of taking substances they don't recognize or ask for, many drugs, like marijuana, cocaine, methamphetamine, ecstasy, and others can be disguised to look like candy, vitamins, herbs, or even medicine. In some instances the drugs can be baked into food and you might not even know it. They usually come from someone you know, or a friend of a friend, trying to get you to take them for health benefits.

These candy-like drugs can lower the perception of risk, is an attempt to hide drug use from authority figures, and can be really dangerous. Taking drugs – whether you are doing it willingly and especially if it's hidden – is dangerous. You don't know how each substance will affect you and you can get very sick and even die from the side effects.

The best thing you can do when being offered anything is to use your best judgment. If it doesn't feel right, say no. If you suspect someone is handing out unsafe candy-like items, tell a trusted adult – a parent, teacher, or friend who can help.

Always be aware of your surroundings, go to events with a buddy – there's safety in numbers and saying no is easier with a friend, let your family know where you are and how to contact you, never get into a car or take anything from anyone you don't know.





# PARENT POINTERS

## How to Support A Child Who is Being Bullied at School

<https://www.kidpower.org/library/article/prevent-bullying/>

For a lot of students, back to school means time spent learning and having fun with friends and classmates. But for more than 3.2 million children in the United States, back to school means increased anxiety, worry, and stress because they're being bullied.

**Prevention Starts with Awareness.** Pay attention to changes in your child's behavior. Take notice about what is happening when you drop off or pick up your child. Watch the interactions between your child and other children at school. Asking specific questions is a great way to gauge how happy your child is at school.

If your child tells you they are being bullied, if their general behavior changes, or if you witness bullying behavior yourself, it's a good opportunity to model for your child how to be powerful and respectful in solving problems. Following these simple steps can help you support your child and teach them how to handle the situation.

### STOP YOURSELF FROM KNEE-JERK REACTIONS.

1

As hard as it may be, your first job is to calm down. Take a deep breath and keep the lines of communication open. Tell your child that you're glad they are talking to you, that you're sorry this is happening and that you are there to help them make sure they feel safe and comfortable at school.

### GET YOUR FACTS RIGHT.

2

Do your best to not jump to conclusions or make assumptions. Take time to listen and ask questions to get the whole story. Be your child's advocate, but accept the possibility that your child might have partially provoked or escalated the bullying.

### PINPOINT THE CAUSE.

3

Does the school need more resources to help prevent bullying behavior? Does your child need to learn skills on how to set boundaries? Find out what the problem is before addressing it with school administrators or other parents.

### PROTECT YOUR CHILD.

4

Your priority is to protect your child, but taking a moment to get the full story and take in the big picture of the situation can make the difference in finding a solution and making the problem worse. Protecting your child might mean school administrators get involved in making a plan to stop the problem, or you might need to change schools.

### MAKE THIS A LEARNING EXPERIENCE.

5

As parents, it's normal to want to protect our children from all harm. But monitoring them too closely and not allowing them to fail, fail or get hurt can deprive them of the opportunity to grow. Young people can learn how to take charge of their own safety by developing skills to prevent and stop harassment themselves. Teach them to set boundaries and avoid people who are problematic for them, and to always speak up for themselves or for others who are being bullied.