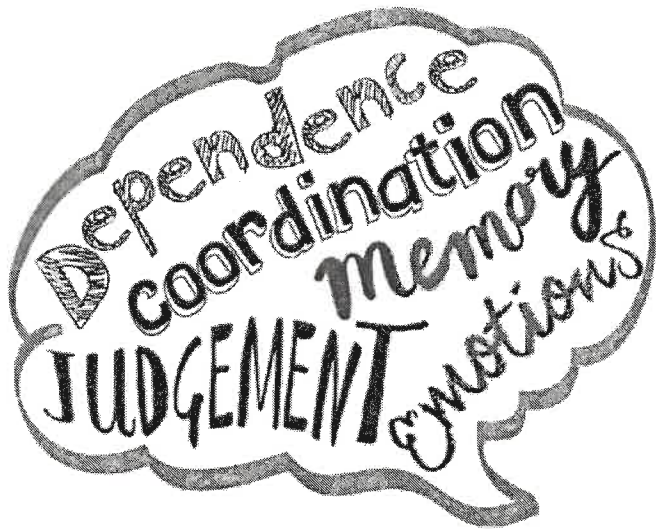


BRAIN matters

Every brain & body is different.
Here's what we know so far.



Your brain continues to develop until age 25.

- **Development:** Marijuana affects the parts of the brain that control emotions, memory, and judgement.
- **Coordination:** THC in any form will likely impair the ability to drive, play sports, and do other activities.
- **Learning and Memory:** Heavy marijuana use by young adults can cause problems with thinking, memory & learning.
- **Dependence:** Repeated marijuana use can lead to addiction—which means people have trouble controlling their drug use and often cannot stop even though they want to.

TIPS to ★ CONNECT

HELPING starts with a **CONNECTION**

- Respect their boundaries, and yours too
- Don't judge or talk down
- Listen more than talk
- Connect, don't try to convince
- Know where you stand, but allow room for disagreement

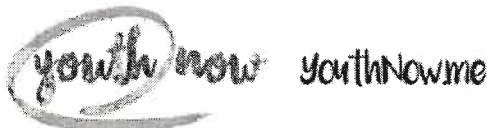
(NIDA)



TAKE CARE OF YOURSELF!

Seeing a friend struggle is hard, make sure you get support too. Remember: you can't make their decisions for them and you can't change other people.

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