BRAIN matters

Your brain continues to develop until age 25.

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

> 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.

(NIDA)

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

Almost everyone has a sassy aunt or cool uncle. Enlist your favorite to help out!

Good/Mutual Friends • Coworkers • Siblings • Roommates
Cousins • Aunt/Uncle • School teacher, counselor, professor

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.

developed by youthnow youthnow.org

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