WHY we say it THIS WAY

→ Focusing on your youth’s life and their goals is more effective than generalizing.

→ When you talk about cannabis (or any adult subject) in a factual and honest way, youth connect with the information better and trust easier. They know more than we realize.

→ Voicing your concerns and being open to questions and challenges is key for your teen to connect with you. Connection to caring adults is the best youth prevention.

→ Setting clear boundaries & expectations without judgment or shame is essential.

→ If youth know it is ok to be honest, they’ll talk about their opinions and ask questions—and knowing how they think about these issues is helpful.

BRAIN matters

Every brain & body are 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. (NIDA)

→ 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.