

# WHY <sup>we</sup> say it THIS WAY

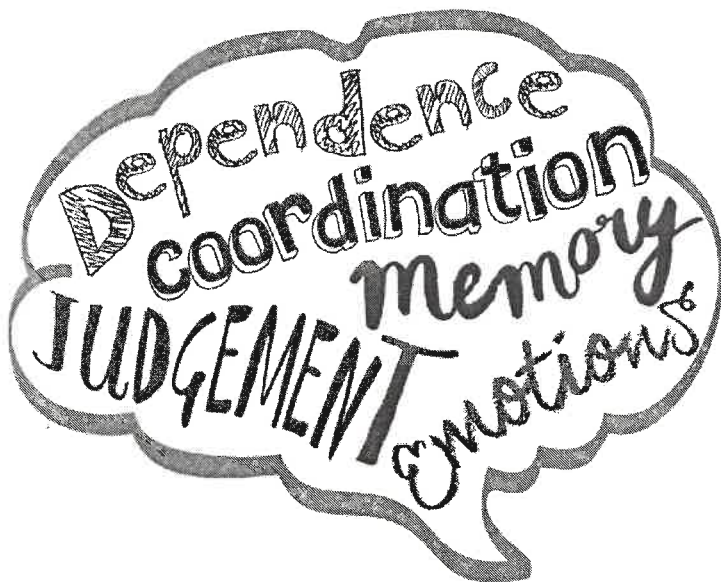
## KEEP IN MIND:

Some teens use marijuana to cope with life or unwind with friends. Help your teen connect to healthier options that work for them.

- 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.