

GET THE FACTS ABOUT MARIJUANA

Tips for Teens!



Public Health
Prevent. Promote. Protect.
Kanabec County Community Health

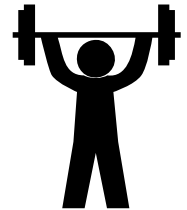
Marijuana affects your brain.

Your brain keeps developing until your mid-to-late 20s, and marijuana can disrupt this growth. Using marijuana can impact your memory, learning, concentration, and attention.



Marijuana impairs your performance.

Marijuana impacts timing, movement, and coordination, posing a threat to athletic performance and elevating the likelihood of injuries.



Marijuana affects your mental health.



Marijuana amplifies depression or anxiety instead of helping it. There is also a connection to an increased risk of developing schizophrenia and psychosis.

Marijuana affects your driving.



Driving under the influence of marijuana is both hazardous and against the law. Marijuana impairs various skills essential for safe driving, such as reaction time, coordination, and concentration.

Marijuana is associated to struggling in school.

Marijuana negatively impacts attention, concentration, learning, and memory. Using it regularly is connected to lower grades, more absences, and an increased chance of dropping out of school.



Marijuana is addictive.

Because your brain is still growing, early use of marijuana is more likely to lead to addiction. Research indicates that 1 in 6 people who begin using marijuana during their teenage years will develop an addiction to the drug.

Products popular among teens, like oils in vape cartridges and edible items, often contain an average of 50 - 90% THC, the main mind-altering chemical in marijuana. In contrast, back in the 1990s, regular marijuana contained an average of 4% THC.



Most teens are making healthy choices.

In a typical month, most students that attend a high school in Kanabec County DO NOT use marijuana. Talk to others and show them with your actions - you don't need alcohol or drugs to have a good time or cope with life's challenges.



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