

PARENTS: Explain the Facts About Marijuana To Your Teen

Marijuana use can affect your teen's brain development, health, safety, and potential for success. Teens report they use marijuana to relax, reduce stress, have fun and self-medicate.¹

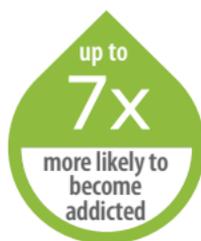
Most parents (83%) in Maine don't approve of teen marijuana use.⁵



TALK

Marijuana can lead to addiction

Youth who begin using marijuana before age 18 are 4 to 7 times more likely to develop a marijuana use disorder.²



Driving impaired is driving with reduced ability

It's unsafe to drive when using marijuana

Marijuana compromises:

- Judgment
- Alertness
- Concentration
- Coordination
- Reaction time³

Marijuana impacts the developing brain

Marijuana's negative effects on attention, motivation, memory and learning functions can last after the drug's immediate effects wear off – especially in regular users.³



Compared to their nonsmoking peers, students who smoke marijuana tend to get lower grades and are more likely to drop out of high school.³

¹Casco Bay Region High School Youth 2017 Focus Groups. ²Winters KC, Lee C-YS. "Likelihood of developing an alcohol and cannabis use disorder during youth: Association with recent use and age," Drug Alcohol Depend, 2008. ³National Institute of Drug Abuse (NIDA). ⁴Office of National Drug Control Policy. ⁵MIYHS 2015 student survey.

Facts To Know About Marijuana



THC (delta-9-tetrahydrocannabinol) is the chemical in marijuana that makes people high and can lead to addiction. Higher THC levels lead to quicker delivery to the brain.

Today's marijuana is stronger

Marijuana today has 60-90% THC – that's three times more potent than marijuana was back in the 80s.⁴



Age matters



The brain is not fully developed until age 25. The earlier someone starts using marijuana, the more likely the adverse effects such as:

- Complex planning
- Impulse control
- Logical and organized thinking

Risks of edible marijuana

Ingesting edibles with high levels of THC, even just once, can have serious and permanent repercussions. Marijuana edibles range from 40-80% THC.³



It takes 15-90 minutes for edibles to take effect

Studies show that edible marijuana can lead to increased overdosing by teens as there is a delayed effect of feeling high when ingested.



Additional resources: National Institute on Drug Abuse (NIDA), National Academy of Sciences, Center on the Developing Child at Harvard University, Monitoring the Future.

Casco Bay CAN
CREATE AWARENESS NOW
TOGETHER, PREVENTING YOUTH SUBSTANCE USE

Serving Cumberland, Falmouth, Freeport, Gray,
New Gloucester, North Yarmouth, Pownal & Yarmouth



www.cascobaycan.org



This brochure was developed under grant #1H79SP016497 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of ONDCP, SAMHSA, or HHS.