

STRONGER THAN YOU THINK

There are big risks.

Youth marijuana use can be associated with depression, social anxiety, suicidal thoughts, and poor school performance. There is increasing evidence that heavy and/or regular marijuana use among young people may be associated with impaired learning and physical changes in the brain, affecting attention and memory.

When you say no - they don't have to.

Talk to youth about the risks of substance use. Help them prepare for when "no" isn't enough. Teaching refusal skills gives a child the tools they may need to decline using alcohol or drugs, like marijuana, or to get out of a dangerous situation.

HONEST CONVERSATIONS ARE STRONGER THAN YOU THINK.

#STRONGERNH



The developing brain (up to age 25) is impacted by substance use and can result in increased potential for developing a substance use disorder, dependence and poor mental health.

STRONGERNH.ORG



Accurate and up-to-date INFORMATION about alcohol, tobacco and other substances to inform your decisions and the conversations you have with others.

Every day ACTIONS you can take in your home, school, community or worksite to prevent substance misuse and promote wellness.

CONNECTION to substance misuse prevention professionals, activities and resources.