

# EASY TO BUY, HARD TO IGNORE:

5 THINGS TO KNOW ABOUT CANNABIS & TEENS



## **EXTRA THC = EXTRA CONCERNS**

Marijuana products today are much stronger. Potency has increased from 3% to up to 90%. Many products are chemically derived, not grown. Big THC can = big problems like: mental health issues such as depression, anxiety, and psychosis, risk of suicide and addiction. **Big THC = Big Problems**

## **EARLY USE = LASTING PROBLEMS**

Using cannabis before age 25 can impact brain development, affect memory, learning, and decision-making and is linked to mental health issues. Adolescents using cannabis are more likely to engage in risky behaviors like unsafe sex, using other substances, and driving while intoxicated.

## **EVERYWHERE**

Cannabis products are cheap and easy to buy online and in retail stores. Marijuana is marketed to appeal to youth with trendy packaging and in fun flavors. Easy access can lead to more use. 1 in 6 youth who use before age 18 will develop cannabis use disorder. **More Use = More problems**

## **X - LOCK IT UP**

Like any harmful substance in your home, marijuana should be kept away from accidental or intentional use by children, visitors or pets. Safely store all marijuana or cannabis products in a secure location.

## **EXAMPLE**

You can make a difference. Avoid cannabis use around youth and never share your supply with them. It might be right for you, but it's not for them. Explain why and set expectations.

**Learn how to start conversations and take action to make youth safer and better prepared. Talk early and often and honestly. Your words are stronger than you think.**

[drugfreenh.org/cannabis-facts](https://drugfreenh.org/cannabis-facts)

