



## USING MARIJUANA UNDER THE AGE OF 21

Choosing to use cannabis (marijuana, hashish, weed, pot, edibles, etc.) before 21 can affect the plans you've made for your future.

### WEED USE AFFECTS YOUR PERFORMANCE

These facts about how cannabis use influences your body and brain will help you make informed decisions about your health.



#### BRAIN

Human brains do not fully develop until our mid-20s. Regular cannabis use before then can lead to harmful physical changes that can permanently impact your memory, learning, and attention.<sup>1,2</sup>



#### LUNGS

Like tobacco, smoking cannabis can harm your lungs. Marijuana smoke has many of the same toxins and chemicals found in tobacco smoke, and inhaling them increases your risk of developing lung problems.<sup>3,4</sup>



#### SUCCESS

Research shows that if you start using cannabis before you are 18 or use cannabis regularly you may be at higher risk for:

- Skipping classes<sup>12</sup>
- Getting lower grades<sup>13</sup>
- Dropping out of school<sup>14</sup>
- Unemployment or not getting the kind of job you want<sup>14,15</sup>



#### DRIVING

Cannabis can negatively affect the skills that are needed to drive safely, including reaction time, coordination and concentration, increasing the risk of getting into a car crash.<sup>10,11</sup>



#### MENTAL HEALTH

Regular marijuana users are significantly more likely than nonusers to develop long-lasting mental disorders, including anxiety and depression.<sup>5,6</sup> Individuals with a family history of mental illness are at an even higher risk.<sup>7,8,9</sup>



#### YOUR RECORD

If you are under 21 and caught in possession of weed without a valid medical marijuana ID, you will face legal consequences, as will the person over 21 who supplied you with weed.



### WEED USE ISN'T THAT POPULAR

In 2018, only about 1 in 5 high school students in Illinois reported using cannabis in the past 30 days.<sup>16</sup>

For more about Illinois' cannabis law, check out [LetsTalkCannabisIL.com/The-Law](https://letsstalkcannabisil.com/the-law).

If you have additional questions regarding nonmedical marijuana use in Illinois, please email [letstalkcannabisil@prevention.org](mailto:letstalkcannabisil@prevention.org).



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## USAR MARIHUANA ANTES DE LOS 21 AÑOS

Elegir usar cannabis (marihuana, hachís, hierba, mota, comestibles, etc.) antes de los 21 puede afectar los planes que haz hecho para tu futuro.

### USAR MARIHUANA AFECTA TU RENDIMIENTO

Estos datos sobre cómo el consumo de cannabis influye en tu cuerpo y tu cerebro te ayudarán a tomar decisiones informadas sobre tu salud.



#### EL CEREBRO

Los cerebros humanos terminan de desarrollarse por completo hasta alrededor de los 25 años. El consumo regular de cannabis antes de ese momento puede provocar cambios físicos dañinos que pueden afectar permanentemente la memoria, el aprendizaje y la atención.<sup>1,2</sup>



#### LOS PULMONES

Al igual que el tabaco, fumar cannabis puede dañar tus pulmones. El humo de la marihuana tiene muchas de las mismas toxinas y sustancias químicas que se encuentran en el humo del tabaco, y su inhalación aumenta el riesgo de desarrollar problemas pulmonares.<sup>3,4</sup>



#### ÉXITO

Las investigaciones muestran que si comienzas a usar cannabis antes de los 18 años o usas cannabis con regularidad, puedes correr un mayor riesgo de:

- Faltar a clases<sup>12</sup>
- Obtener calificaciones bajas<sup>13</sup>
- Abandonar la escuela<sup>14</sup>
- Desempleo o no conseguir el tipo de trabajo que deseas<sup>14,15</sup>



#### CONducIR

El cannabis puede afectar negativamente las habilidades necesarias para conducir de forma segura, incluyendo el tiempo de reacción, la coordinación y la concentración, lo que aumenta el riesgo de sufrir un accidente automovilístico.<sup>10,11</sup>



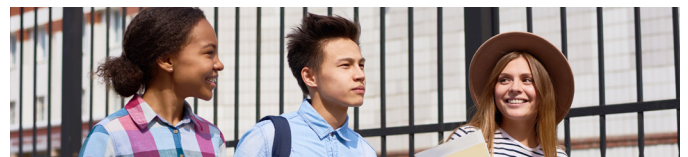
#### SALUD MENTAL

Los consumidores habituales de marihuana tienen una probabilidad significativamente mayor que quienes no consumen de desarrollar trastornos mentales de larga duración, como ansiedad y depresión.<sup>5,6</sup> Las personas con antecedentes familiares de enfermedades mentales corren aún mayor riesgo.<sup>7,8,9</sup>



#### REGISTRO PENAL

Si eres menor de 21 años y te descubren en posesión de marihuana sin una identificación válida de marihuana medicinal, enfrentarás consecuencias legales, al igual que la persona mayor de 21 años que te proporcionó la marihuana.



### USAR MARIHUANA NO ES TAN POPULAR

En 2018, solo alrededor de uno de cada cinco estudiantes de secundaria en Illinois reportó haber consumido cannabis en los últimos 30 días.<sup>16</sup>

Para obtener más información sobre la ley de cannabis de Illinois, visita [LetsTalkCannabisIL.com/The-Law](https://letsstalkcannabisil.com/the-law).

Si tienes preguntas adicionales sobre el uso de marihuana no medicinal en Illinois, envía un correo electrónico a [letstalkcannabisil@prevention.org](mailto:letstalkcannabisil@prevention.org).



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