

# YOUR BEST MOMENTS ARE WORTH YOU REMEMBERING.

There are moments worth holding on to. What are some of those memories you don't want to forget? Maybe it's a special trip, a big win, or an exciting life transition.

***To keep your memory sharp, avoiding weed is important. Research shows that using weed as a teen makes you more likely to have poor memories and abnormally shaped brain structures, including the striatum, globus pallidus, and thalamus.***

"The memory processes that appear to be affected by cannabis are ones that we use every day to solve common problems and to sustain our relationships with friends and family," said Dr. John Csernansky, a former professor and researcher at Northwestern University.

***Your memories are a part of you and your story; they're too cool to forget.***

Other tips to improve your memory:

- Keep learning new things!
- Spend time with others.
- Be physically active every day.

**THE BEST ME,  
WEED-FREE**

# YOUR BEST PATH IS PAVED BY THE CHOICES YOU MAKE.

***Your healthy choices move you in a positive direction and help set you up for success.***

***Here is just one example:*** Turning off the TV early > spending more time studying > getting better grades > boosting your GPA > improving your college app > increasing your chances of getting into your dream college or program.

On the flip side, there are also choices, like using weed as a teen, that can take you down risky paths.

Teen weed use uniquely harms the developing brain and can easily become a habit. Research shows teens are more likely than young adults to get hooked on weed. But this may not be new to you. In a recent study, Illinois teens agreed that trying weed at their age can lead to regular use.

***Pave the best path forward and get where you want to go weed-free.***

**THE BEST ME,  
WEED-FREE**

# YOUR BEST STATE OF MIND HAPPENS WITHOUT WEED.

Mental health is important. It affects how people think, feel, and act. Although we can't control everything regarding our mental health, we can make choices to protect our mental well-being, like choosing not to use weed.

***Teens who use marijuana are at greater risk of anxiety and depression. They are also more likely to experience psychosis, a mental health condition that causes people to lose touch with reality.***

Avoiding underage weed use is a proven way to care for your developing mind. When facing difficult events or emotions, find healthy coping methods that won't leave you feeling worse later. Consider journaling, exercising, or trying therapy.

***Here are some other options if you are dealing with mental health struggles and need extra support:***

- Talk with a trusted adult, like your parent, guidance counselor, or coach.
- Contact the confidential Illinois crisis line by **calling or texting "988."**
- Download the **BeMe app** – a mental health platform designed to improve teen well-being.

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