



# MIND

# MATTERS

## **When problem come up, your brain helps you solve them.**

Let's be honest. Life can get hard. But in those difficult moments, your brain helps you think through the situation, so you know what to do or at least what next step to take... like going to someone you trust.

Using marijuana can make solving those problems harder. Not only does it slow down problem-solving, but it can also harm your brain, relationships, and well-being.

You've got so much in front of you! It's not right to let marijuana get in the way. If you're going through challenges now and need extra support, you can always go to a trusted adult for support, like a teacher, guidance counselor, or parent.

There are resources you can check out if you or someone you know may be struggling with marijuana. You can call the Illinois Helpline any hour of the day, any day of the year. Visit [helpline.org](http://helpline.org), call 833-234-6343, or text "HELP" to 833234.

Source: <https://www.prevention.org/Resources/7e0e4874-8b39-48e5-a414-ebecce20b0ed/Preventing%20Marijuana%20Use%20Among%20Youth.pdf>

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# Using marijuana now can change your brain structure.

It's true! When you use marijuana as a teen, you put your developing brain at risk.

It can change the shape of the white matter in your brain. Think of the white matter as your brain's superhighway. It helps the brain quickly send and receive messages to and from the rest of your body. Changes to white matter are harmful and can be permanent. They affect your memory, learning, and attention. Those are changes you can't undo.

It's not cool to hurt your helpful brain! Choose not to use marijuana.

**Other mind-blowing facts:**

- Your brain isn't fully formed until your mid-twenties.
- The average attention span for a middle schooler is 10 to 12 minutes.
- The brain is at least half fats.



Learn more here:  
[https://www.prevention.org/Resources/a1d92b53-934d-4705-847b-a4b3cf25958c/LTC\\_IL\\_UsingMarijuanaUnder21.pdf](https://www.prevention.org/Resources/a1d92b53-934d-4705-847b-a4b3cf25958c/LTC_IL_UsingMarijuanaUnder21.pdf)

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**Your brain is  
behind almost  
everything  
you do!**

Every second your brain is at work helping you out- from keeping your body at the right temperature to understanding what your friends are saying.

**BUT** with marijuana, thinking, speaking, and doing become more challenging. When THC, marijuana's active ingredient, reaches your brain, it temporarily slows everything down (and there's no way of stopping this). Meaningful, everyday tasks can become harder to accomplish - like studying for your test, talking with your parents, or listening to your friend when they have a hard day. Plus, using marijuana when under 21 is illegal and can get you into trouble.

You, your family, and your friends deserve the best of you and your brain!

**Oh, Mind Goodness!**

- Human brains have enough memory to store the entire Internet.
  - Brain information travels up to 268 miles per hour.
  - The average brain weighs about three pounds.