

The Magical Brain

Your brain is a magical three-pound organ. It's responsible for all of your bodily systems functioning to keep you alive. Despite all that, your brain can still be influenced by drug use as your brain develops – and it develops up to 25 years of age.

Marijuana could cause damage to your developing brain. Marijuana has an immediate impact on thinking, memory and attention, time perception, coordination and movements. Using marijuana has even been linked to an actual decline in IQ points, and those points do not come back when marijuana use stops.

CRAZY FUN BRAIN FACTS:

- Our brain can generate about 23 watts of power – that's enough power for a lightbulb!
- Brain information can travel up to a crazy 268 miles per hour.
- Sixty percent of the human brain is made of fat – the fattiest organ in the whole body.

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Source: www.nm.org/healthbeat/healthy-tips/11-fun-facts-about-your-brain,
www.cdc.gov/marijuana/health-effects/brain-health, www.samhsa.gov.

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Not Cool, Now and Never

As soon as you start thinking about what's cool, you can just as easily come up with a list of what isn't cool. Using marijuana is at the top of the "Not Cool" list for so many reasons. First things first - according to the Monitoring the Future study from the University of Michigan (a huge survey of youth across our nation), most teens in the United States do not use marijuana.

In fact, teen marijuana use has even gone down. So, don't start thinking or telling your friends and parents that "everyone is doing it" because it's clear they aren't. Teens across the nation have spoken; they know which list marijuana belongs on – and that is very cool.

ACTUAL COOL THINGS:

- Being a supportive friend.
- Respecting your family.
- Speaking your mind.
- Volunteering for a cause you care about.
- Being weed-free.

ACTUAL NOT COOL THINGS:

- Using marijuana.
- Phone battery at 0%.
- Bad hair days.
- Cafeteria burritos.
- Flat tires.

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Source: www.monitoringthefuture.org

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Just Wrong and All That

Have you ever heard the phrases “go with your gut” or “trust your instinct”? What does your gut or instinct tell you when it comes to marijuana? Marijuana use has consequences that range from memory and attention issues to affecting athletic performance, making it harder in school and on the field or court. Driving while under the influence of marijuana can even land you in trouble with the law.

Marijuana use is more than just wrong for your health. It can make things you care about and have worked hard for go wrong. Students who use marijuana have a higher chance of not finishing high school or obtaining their college degree. You have worked too hard setting yourself up for success to let marijuana use get in your way. You’ve got goals and your amazing future self to consider.



TEENY TINY NO BRAINER QUIZ:

- T / F – Using marijuana can cause legal troubles.
- T / F – You work hard to achieve your goals.
- T / F – Using marijuana can make it harder to achieve those goals.

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Source: www.samhsa.gov/marijuana

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