

The background of the image shows the silhouettes of a man and a woman standing side-by-side, looking out at a sunset. The sky is a gradient of colors from deep purple at the top to bright orange and red near the horizon. The sun is partially visible as a bright orange glow between the two figures. The overall mood is serene and contemplative.

YOUR BEST ADVICE INVOLVES FACTS.

**THE BEST ME,
WEED-FREE**

CHRIS VOSS, FORMER FBI HOSTAGE NEGOTIATOR, POINTS OUT, “WHAT YOUR MIND ENVISIONS, SO YOUR LIFE WILL SURELY SOW.”

To bring those ideas to life, protect your brain and avoid using weed while underage. While researchers continue to learn about weed’s impact, here’s what they know:

- The teen brain goes through major construction, especially the part of the brain involved in making decisions, maintaining attention, and working toward goals.
- If weed is introduced during this time, its main ingredient, THC, can disrupt the construction process and affect the brain functions mentioned above.

Give your ideas a chance to become a reality by ***staying weed-free.***

A silhouette of a person in profile, facing left, pointing their right hand towards a whiteboard. The whiteboard is tilted and has some faint lines on it. The background is a bright, warm sunset or sunrise over a body of water, with the sun low on the horizon. The entire image is framed by a solid red border.

**YOUR BEST IDEAS
COME FROM A SHARP MIND.**

**THE BEST ME,
WEED-FREE**

EMPOWER YOUR FRIENDS TO MAKE HEALTHY CHOICES.

Remind them weed use is still
illegal for ***those under 21.***

If they wonder why, share that this law is in place to prevent harm to the brain and body. Research shows weed uniquely impairs the developing teen brain and its functions. Inhaling the toxins and chemicals in weed smoke, like ammonia and tar components, also can increase the risk of lung problems.

Talk with a trusted adult if you or a friend is struggling with weed. You can also connect with the Illinois Helpline by texting ***"HELP"*** to ***833234.***