

# YOUR MIND MATTERS

Research shows that marijuana can have negative effects on the adolescent human brain. This includes changes to the brain structure (size and how areas are connected) and function. So, what does this really mean for you?

**DID YOU KNOW YOUR  
BRAIN IS ALWAYS GROWING?**

**GUESS WHAT ELSE NEVER STOPS GROWING...**

- **THE HUMAN NOSE AND EARS**
- **YOUR AGE**
- **AMERICAN LOBSTERS**
- **THE UNIVERSE- INCLUDING THE GALAXIES WITHIN IT!**

Weed affects your brain development! It hurts your ability to develop and improve things like self-control, creative thinking, and decisions-making skills. Marijuana use is even linked to a decrease in IQ scores (up to 8 points). Those are points you don't get back!

**This is YOUR time to  
keep learning and growing!  
Don't let marijuana steal your control.**



# THE TRUTH IS

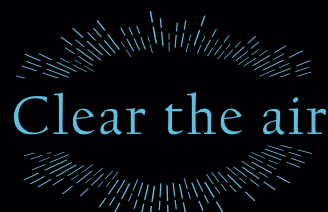
*Using marijuana carries real risks...risks that can interfere with your health, safety, and success.*

Weed can have a major effect on your mental health. It can change the development of your brain, which negatively impacts your creativity, decision-making, and self-control. Marijuana use is linked to depression, anxiety, and schizophrenia in teens.

It's no secret that marijuana is also illegal for those under 21. There are serious consequences of getting caught with this substance that can hurt everything you've got going for you. Using weed lowers your inhibitions, which means you're less likely to think about the consequences or pay attention to things that are normally important to you. Don't risk your talents and dreams on weed.

## Secrets to Success...

- "Coming together is a beginning; keeping together is progress; working together is success." — Henry Ford
- "I've failed over and over and over again in my life—and that is why I succeed." — Michael Jordan
- "Success isn't about the end result, it's about what you learn along the way." — Vera Wang





# CLEAR THE AIR

***FACT IS - USING WEED CAN MAKE IT HARD TO THINK CLEARLY.***

*It interferes with your brain development and negatively affects your memory, attention, and decision making. Those are all important skills needed to learn and grow.*

You may not be able to see your brain, but it's still one of the most powerful parts of you who you are. It allows you to make decisions for yourself and interpret the world around you.

When you use weed, you're preventing your mind from doing what it's meant to do, which is helping you making the best decisions. Don't hurt yourself or your brain by using marijuana.

***That's not cool.***

***WITH THE FACTS IN FRONT OF YOU, CHOOSE A PATH THAT IS FREE OF MARIJUANA.***

**The best foods to boost your brain and memory:**

- Broccoli
- Pumpkin Seeds
- Dark Chocolate
- Eggs
- Oranges

# CLEAR THE AIR

## **THE TRUTH IS...**

**ACCORDING TO RESEARCH, MOST HIGH SCHOOLERS IN ILLINOIS DON'T USE MARIJUANA. IN FACT, MORE THAN HALF THINK IT'S UNCOOL.**

*THERE'S PLENTY OF REASONS WHY MORE TEENAGERS CHOOSE NOT TO MESS WITH MARIJUANA. NOT ONLY IS IT ILLEGAL, BUT IT CAN ALSO HURT YOUR FRIENDS AND FUTURE. MARIJUANA USE CAN LEAD A PERSON TO WITHDRAW FROM THE PEOPLE THEY CARE ABOUT AND LOSE MOTIVATION TO SHOW UP FOR IMPORTANT THINGS. WEED CAN QUICKLY MAKE YOU FEEL OUT OF CONTROL. HIGH LEVELS OF THC, OR TETRAHYDROCANNABINOL, THE CHEMICAL RESPONSIBLE FOR MOST OF MARIJUANA'S PSYCHOLOGICAL EFFECTS, CAN RESULT IN PSYCHOTIC REACTIONS, PANIC ATTACKS AND EVEN ADDICTION.*

**KEEP YOUR COOL AND OWN THE CHOICE TO STAY CLEAR OF MARIJUANA.**

Resources: [https://www.cadca.org/sites/default/files/practical\\_theorist\\_12\\_cannabis\\_the\\_current\\_state\\_of\\_affairs\\_final.pdf](https://www.cadca.org/sites/default/files/practical_theorist_12_cannabis_the_current_state_of_affairs_final.pdf)  
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## **SECRETS TO SUCCESS!**

- "ACTION IS THE FOUNDATIONAL KEY TO ALL SUCCESS." —PABLO PICASSO
- "SUCCESS ISN'T ABOUT HOW MUCH MONEY YOU MAKE, IT'S ABOUT THE DIFFERENCE YOU MAKE IN PEOPLE'S LIVES." - MICHELLE OBAMA
- "I HAVE LEARNED THAT SUCCESS IS TO BE MEASURED NOT SO MUCH BY THE POSITION THAT ONE HAS REACHED IN LIFE AS BY THE OBSTACLES WHICH HE HAS HAD TO OVERCOME WHILE TRYING TO SUCCEED." —BOOKER T. WASHINGTON