



**NO ONE  
DOES YOU  
BETTER  
THAN  
YOU.**

## IT CAN BE HARD TO BE IN MIDDLE SCHOOL.

There are so many things going on with you and your friends. One thing that doesn't have to be hard is choosing not to use marijuana.

You and your friends know that using weed can cause harm to your lives. Marijuana use affects how the brain functions – from learning and memory to coordination and judgement. Using marijuana is just not worth it!

Find more information at:

<https://teens.drugabuse.gov/drug-facts/marijuana>





**IT'S  
THE WAY  
YOU DO THE  
THINGS  
YOU DO.**

## BIG CHANGES

Middle school is a time of big changes! It can be easy to forget all you've learned about making healthy decisions.

Your parents and trusted adults have taught you what is good and not good for you and now it's time to act. You know weed can mess with your body and harm your brain but remember it can also harm your friendships.

Be a support to your friends and they will be to you. Choose not to use marijuana – together!





**YOU  
DON'T  
BORROW  
COOL.  
YOU OWN IT.**

## MEETING EXPECTATIONS

Peer pressure can be hard to avoid but that isn't always a bad thing.

Friends can help you keep your cool around marijuana.

When your friends decide not to use weed it can be easier to make that same healthy decision yourself.

