

**Youth cannabis use
can lead to lasting
behavior and
memory problems.**



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Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.

Chances are your teen doesn't know all the risks of marijuana. Help bridge their knowledge gap by keeping up with the risks and sharing them.

CURRENT RESEARCH TELLS US:

- ✔ The teen brain is still developing and more vulnerable to the harms of marijuana.
- ✔ Regular teen marijuana use physically changes the prefrontal cortex, a part of the brain involved in making decisions, emotions and behaviors.
- ✔ This change in the brain is linked to negative outcomes like lower graduation rates, delayed graduation, and mental health disorders.

Empower your teen to live marijuana-free. Relay the risks.

Source: <https://www.sciencenewsforstudents.org/article/cannabis-may-alter-a-teens-developing-brain>

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PERFECTION.**



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Set aside time to let your child know that teen marijuana use isn't allowed and why this is your expectation. Consistent and authentic conversations will help you get the message across to your child.

It's helpful to plan for these conversations but try not to overthink or over-script them. If you're curious about when to have these talks, consider these situations:

- ✔ Passing by a dispensary during a car ride.
- ✔ Watching a show or movie that depicts marijuana use.
- ✔ Before your teen heads over to a friend's house.

Talks with your teen about not using cannabis don't need to be flawless, but they should be frequent.
