



Don't be Fooled: Marijuana Use is Not Safe for Teens.

Teens who use marijuana are at an increased risk for addiction.

- Research has established that marijuana is addictive. Approximately 1 in 6 who begin smoking marijuana as teens will become addicted.¹

Marijuana use lowers teens' good judgment and self-control.

- Heavy marijuana use is linked to an increased risk of motor vehicle accidents. And, more than half (57%) of Emergency Department visits for illicit drug use among 12-24 year olds in 2011 involved marijuana.^{2,3}

Your teen only has one brain and one body.

- Using marijuana weekly or more has been shown to double a teen's risk of depression or anxiety.^{4,5}

Marijuana use keeps teens from doing their best in school, work, and learning new skills.

- Marijuana use in teens has been linked to lower academic performance and reduced job prospects.⁶

Marijuana use negatively affects athletic performance.

- Marijuana impairs eye-hand coordination, reaction time, motor coordination, concentration, and can last up to 24 to 36 hours after use. It also reduces exercise capacity and increases fatigue.⁷

Teens who use marijuana can't know for sure what they are putting into their bodies and how it will affect them.

- On average, today's marijuana is 3 times stronger than it was 20 years ago.⁸

What risks matter most to you? Talk to your teen.

Parents, you can learn more about marijuana and its risks for young people by viewing this short video, *Marijuana: A Video Guide for Parents and Professionals*, any time between **October 17th and October 25th** at www.ctbh.org.

Teachers, you and your students can view the video, *Everything You Need To Know About Marijuana in 22 Minutes*, for 7th -12th graders, in your classroom any time between **October 17th and October 25th** at www.ctbh.org.

*All citations can be found at www.ctbh.org. For more info on this topic, the research behind the statements and other public health concerns, visit www.ctbh.org, www.drugfree.org, and www.maineparents.net.

Educational videos from Human Relations Media.

This initiative is a collaboration of the three York County Healthy Maine Partnership Coalitions: Choose To Be Healthy, Coastal Healthy Communities Coalition and Partners for Healthier Communities.



Citations:

- ¹ Wagner, FA and Anthony, JC (2002) From first drug use to drug dependence: developmental periods of risk for dependence upon cannabis, cocaine and alcohol. *Neuropsychopharmacology* 26(4), 479-488.
- ² Ashbridge, M. & Hayden, JA (2012) Acute Cannabis Consumption and Motor Vehicle Collision Risk: Systematic Review of Observational Studies and Meta-analysis. *British Medical Journal*, 344:e356.
- ³ Substance Abuse and Mental Health Services Administration, Drug Abuse warning Network, 2011: *National Estimates of Drug Related Emergency Department Visits*. HHS Publication No. (SMA) 13-4760, DAWN Series D-39. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.
- ⁴ Hayatbakhsh, M.R. et al. (2007) Cannabis and Anxiety and depression in young adults: A large prospective study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 46(3):408-17.
- ⁵ Patton, GC et al. (2002) Cannabis use and mental health in young people: cohort study. *British Medical Journal*, 325:1195-1198.
- ⁶ Meier, MH et al. (2012) Persistent Cannabis Users Show Neuropsychological Decline from Childhood to Midlife. *Proceedings of the National Academy of Sciences*. 109(40) e2657-e2664.
- ⁷ Wadler, Gary M.D., New York University School of Medicine, "Drugs and the Athlete."
- ⁸ Mehmedic Z, et al (2010) Potency Trends of r9-THC and Other Cannabinoids in Confiscated Cannabis Preparations from 1993 to 2008, *Journal of Forensic Science*, 55(5):1209-17.