

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

YOUTH MARIJUANA USE: WHAT DO WE KNOW AND WHAT SHOULD WE DO?

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

What We Know

- Substance use almost always starts in adolescence
- Adolescence is a time of intense brain development that continues into the mid-20's, making teens more likely to develop substance-related problems
- Marijuana potency has increased drastically in the past 25 years and coincided with an increase in treatment admissions for Cannabis Use Disorder (CUD)
- Despite perceptions, most kids don't use marijuana (69% of HS seniors DID NOT USE marijuana in the past year - Monitoring the Future, 2022)

Cannabis Effects

- Risks during childhood/adolescence
 - 2x rate of CUD
 - Adverse academic & occupational outcomes
 - Increased incidence of psychotic, mood & anxiety disorders including suicide
- Scarce evidence for treatment of mental health issues such as depression, anxiety or ADHD
- Driving performance & decision making are negatively affected (slower response times, motor skill impairment)
- Adverse effects on airways for both smoked and vaped marijuana/THC
- CUD affects 1/5 lifetime users (50% of those with severe CUD not functioning in any role)
- Danger during pregnancy – negative effects on fetus
- Evidence of therapeutic roles of specific pharmaceutical cannabinoids in adults (appetite loss in HIV/AIDS/Chemotherapy, seizures in specific conditions)

HOW TO CONNECT WITH YOUR TEEN

What We Should Do

- Discuss this topic – well informed kids make better decisions
- Be honest – do not minimize or exaggerate risks
- Keep it simple & allow for discussion
- Discuss the risk of addiction & if there is increased risk in your family
- Be clear about youth specific risks (brain development, mental health & cognitive ability)
- Establish clear expectations of non-use as the healthy choice for youth

PRESENTED BY



SUPPORTED BY



REGISTER AT [KNOW2Prevent.org](https://know2prevent.org)

QUESTIONS?
INFO@KNOW2PREVENT.ORG

