

K.N.O.W. 2 PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

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

A WESTCHESTER VIRTUAL SPEAKER SERIES

RESEARCH ON MARIJUANA AND LESSONS LEARNED AFTER LEGALIZATION: IMPLICATIONS FOR YOUTH AND THE POWERFUL ROLE OF PARENTS & CAREGIVERS

"TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Today's Marijuana is NOT the Weed You Remember:

- Tetrahydrocannabinol (THC) is the psychoactive component of marijuana
- THC potency in marijuana has changed dramatically over the years:
 - 1-1.5% in the 1970's
 - 2-3% in the 1980's
 - 4-5% in the 1990's
 - 20% or higher today for flower products, 60% or higher for concentrates
- Potency matters. Science shows that THC potency higher than 10% is connected with a variety of negative outcomes
- Many adults dismiss marijuana as "no big deal" or say they used marijuana when they were young and had no problems; The fact is, today's marijuana is a completely different drug!

Marijuana Use Puts Adolescents and Teens at Risk:

- Legalization of marijuana for adults increases access to marijuana for everyone (including youth), and reduces the perception that marijuana is harmful; "Easy access" and "reduced perception of harm" are known risk factors for youth use
- High potency marijuana (10% THC or higher) is associated with:
 - Increased risk of psychosis and other mental health impacts
 - Increased risk of addiction and use of other drugs
- The more someone uses marijuana, the more their cognitive abilities and academic outcomes are affected (grades, IQ, high school and college drop-out, etc.)
- Many of the reasons people report for using marijuana (including "reducing anxiety," "improving mood," "helping with sleep") can actually be signs of withdrawal and may mean a young person is having a problem with marijuana addiction.
- The idea that marijuana is not addictive is a MYTH. 1 in 11 adults who use marijuana will become addicted. For youth that number is 1 in 6.

Because their brains are still developing, youth and adolescents are particularly vulnerable to these risks. Prevention matters in a BIG WAY for this age group!

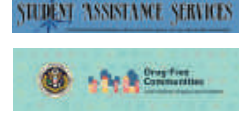
[Click Here for Tips About How to Talk to Your Kids About Marijuana](#)

Parents and Caregivers Matter!

- Youth who know their parents/caregivers don't want them to use marijuana are less likely to use, so be clear and consistent about your expectations
- Despite sometimes hearing that "everyone uses," most youth and young adults DO NOT USE marijuana; If kids want to do what "everyone is doing," the most popular choice is NOT to use
- It's important for parents and caregivers to share local data about what's really happening

Connect with your local coalition to learn more!

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