

# Just the Facts



## YOUTH & MARIJUANA

Marijuana is the most abused illicit drug by teens, surpassing tobacco use.

Marijuana is addictive – both physically and psychologically.

1 out of 6 teens who try marijuana will get addicted to it.

The potency of marijuana has been increasing steadily since the 1960s.

The risk of developing a substance use disorder decreases with every year substance use is delayed during adolescence.

Regular marijuana use by youth negatively impacts brain development.

Marijuana causes brain cells to slow down to the point of inactivity.

Many teens don't perceive marijuana as harmful, which leads to increased use.



### RISKS OF MARIJUANA USE

- Impacts on brain development
- Decreased reaction time
- Affects learning (decreases attention span, impaired memory)
- Respiratory problems
- Problems with friends and family
- Mental health problems
- Decreased motivation
- Difficulty coping with emotions

### WARNING SIGNS OF MARIJUANA USE

- Mood, academic, and/or social changes
- Red eyes / smell on clothes
- Reduced motivation or interest
- Memory problems

**Not sure how to start conversations about Chemical use or other concerns with your child?**

**YSB can help. Call: (651) 439-8800 or visit: [ysb.net](http://ysb.net)**

*Helping youth and families learn the skills they need to be more successful at home, in school and throughout the community.*