

Cannabis & Teen Mental Health

REASONS TO TALK WITH YOUR TEEN ABOUT WEED

WEED CAN MESS WITH TEEN BRAIN DEVELOPMENT

You might have laughed at your own parent's warning that "smoking weed kills brain cells," but research is starting to show just how vulnerable the brain is before we're in our mid-20s. Because teen brains are still growing, cannabis can negatively impact the parts of the brain responsible for memory formation, attention, coordination, and emotional regulation.

Studies show that cannabis can harm teen mental health

From school to social media, kids often experience stress and anxiety on a regular basis. Using weed to self-medicate has become a common coping method. But the fact is, underage use is linked to negative mental health effects.

Increased risk of psychosis

Youth who use weed, especially those who are genetically at risk, are more likely to experience temporary hallucinations and paranoia, as well as long-lasting disorders like schizophrenia.⁴

2x more likely to have depression

Using weed can increase a teen's chance of developing mental health issues like depression, anxiety, and even thoughts of suicide.^{1,2,3}

4-7x more likely to become dependent

Teens who start using cannabis before age 18 could have a more difficult time quitting later on in life.⁵



A simple conversation can help protect teens' health. Talk with kids and encourage them to **learn more about the risks** of underage cannabis use.

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