

Cannabis & Teen Mental Health

REASONS TO TALK WITH YOUR TEEN ABOUT WEED

STUDIES SHOW THAT CANNABIS CAN HARM TEEN MENTAL HEALTH

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

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 before age 18 are at higher risk of developing cannabis use disorder and may find it difficult to quit later in life, even if they experience negative impacts from cannabis.⁴



Cannabis can have long-lasting effects on teenage lungs

We all know smoke is harmful to lung health because of the toxins and carcinogens that are released. Even cannabis smoke contains chemicals like ammonia, hydrocyanic acid, nitrosamines, and many of the components of tar. When teens inhale all of that, they increase their risk of developing lung problems like chronic cough, bronchitis, and asthma.⁵

Self-medicating with cannabis can come with risks

If you think a teen would benefit from medically prescribed cannabis, talk to a licensed healthcare professional before allowing them to use it. They will assess your child, discuss the possible risks, efficacy, and goals of the treatment, and track any progress or setbacks.⁶

Encourage teens to read about the risks of early cannabis use. A simple conversation can help protect their health.

Sources

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