

2020-2021

Marijuana Initiative Outcomes

The Student Prevention Leadership Teams (SPLT)

Marijuana Initiative was held virtually across

23 Monroe County Middle Schools and High Schools.

Information also reached over 4,000 people and had over 305 engagements on social media.

CANNABIS 101

WHAT YOU NEED TO KNOW:

MARIJUANA IS ADDICTIVE

THINK BEFORE YOU START!! 1 in 6 teens who try marijuana will become addicted.

*14.1 was reported as the average age for the first time marijuana use among Monroe County High School Students.

DRUGGED DRIVING IS UNSAFE AND ILLEGAL.

It is not safe or legal to drive after using marijuana products! *You are 3 to 7 times more likely to get into a car accident under the influence of marijuana.

CBD AND THC

THERE IS A DIFFERENCE BETWEEN THC AND CBD. The mind-altering chemical found in marijuana that gives you the "high" is THC (Delta-9-tetrahydrocannabinol). CBD (Cannabidiol) is the medicinal component of marijuana and generally does not cause euphoric effects.

NEGATIVE IMPACT

Marijuana can have an IMMEDIATE negative impact on self-control, decision making skills, school and sports performance.

*87.6% of Monroe County High School Students reported that their parents felt marijuana use to be wrong.

LONG TERM EFFECTS

When marijuana users begin using as teenagers, LONG TERM NEGATIVE EFFECTS can include: reductions in thinking, brain development, depression, bipolar disorder, memory issues, learning functions.

*25.7% of Monroe County High School Students reported having tried marijuana.

MARIJUANA

FACTS & MYTHS

WHAT YOU NEED TO KNOW:

MARIJUANA IS HARMLESS ← **MYTH**
Marijuana is harmful in many ways & TEENS are most susceptible to its harmful effects because their brains are still in the developmental stage. Harmful effects include cognitive impairment, causing problems w/ concentration & thinking, leading to impaired judgment, increased risk of developing anxiety, depression & risk of psychosis.

MARIJUANA IS NATURAL ← **MYTH**
There are various forms of marijuana including several synthetic forms of marijuana with unpredictable content, so although it's constantly promoted as "all natural," marijuana smoke contains more than 400 chemicals.

MARIJUANA IS NOT ADDICTIVE ← **MYTH**
Although it was once believed that marijuana was not addictive, recent studies show that it can lead to dependence & some heavy users develop withdrawal symptoms such as irritability, anxiety, & difficulty sleeping. Marijuana use, is in fact, often associated with behavior that meets the criteria for substance dependence established by the American Psychiatric Association in the Diagnostic & Statistical Manual of Mental Disorders & about 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6.

TO LEARN MORE

- asktolenlearn.org
- youthnow.me
- preventioncoalition.org
- drugfree.org
- drugabuse.gov
- drugfreeworld.org
- nida.org
- teens.drugabuse.gov

MARIJUANA

AND THE TEEN BRAIN

WHAT YOU NEED TO KNOW:

THE HUMAN BRAIN

The human brain is not fully developed until you are in your mid 20's. This means that your brain is still growing and developing in your teens and early 20's. Marijuana use of any kind during these years can have a lasting impact on the brain.

AMYGDALA

The Amygdala is the part of the brain that processes memory and emotions. Teens who use marijuana are more likely to experience anxiety and depression which can lead to lack of motivation and energy, and loss of interest in activities they used to enjoy.

PREFRONTAL CORTEX

PREFRONTAL CORTEX is referred to as "the CEO" of the brain. It controls the ability to make smart decisions. Marijuana use by teens can cause problems with thinking, memory, and learning resulting in poorer academic performance. Some teens believe that marijuana can help reduce issues with ADHD or anxiety, and improve their focus in school, but in truth adolescents who use marijuana may have a harder time learning and remembering.

FACT: MARIJUANA USE CAN CAUSE SIGNIFICANT CHANGES IN THE BRAIN

Marijuana use in teen years can cause significant changes to the "wiring" of the brain, & the pathways that are still building connections. Marijuana today has much more THC than a decade ago. Those high levels of THC can alter how the adolescent brain develops. Consuming THC makes the brain more vulnerable to addiction, impulse control issues & even mental

MARIJUANA

REFUSAL SKILLS:

IT CAN BE HARD TO SAY "NO" TO FRIENDS AND PEERS. IT TAKES COURAGE. BELOW ARE SOME REFUSAL SKILL TECHNIQUES THAT HAVE HELPED TEENS SAY "NO". PRACTICE AND BE PREPARED. IT WILL HELP YOU TO KNOW HOW TO DEAL WITH THE SITUATION BEFORE IT HAPPENS.

GOOD FRIENDS
One of the most important choices you can make is your choice in friends. If you surround yourself with friends that make good choices, then you will too. Make a pact to stick together in your stand against marijuana. "We" can sometimes feel stronger than "I". Together, you can resist being around people who make unhealthy choices.

SAY "NO THANKS"
In some situations, politely rejecting and saying no without an explanation is the best response. Saying "Thanks, but no thanks" is a nice way to say that marijuana is just not something you are interested in without offending the person.

OFFER AN ALTERNATIVE
Offering an alternative shows that you value the person and your friendship. You could say "No, lets go see a movie instead" or "No, lets go play video games". Suggesting another option will make it easier to say no.

GIVE A REASON
Stating a reason, fact or excuse often gets you away from the person or situation. Try saying something like "No thanks, I like to keep a clear head" or "My parents would ground me for life". Practice excuses and have one ready so that you won't hesitate and will feel confident in your response.

LEAVE THE SITUATION
If all else fails, leave the situation. It may feel risky, but with you leading the way out, you may be surprised by the number of kids who follow you because they do not want to do it either.

Student Prevention Leadership Teams (SPLT)

are made up of Monroe County High School and Middle School students that work hard to bring awareness and educate their classmates on the dangers of using drugs and alcohol.