

It is difficult to pinpoint the exact qualities that makes a person cool, since pretty much everyone has a different idea of what 'cool' is. While people can be wildly different, they can be considered cool because they project a certain 'something' that makes them stand out. There are some traits, however, that seem to connect all cool people together. One is that they know what they stand for.

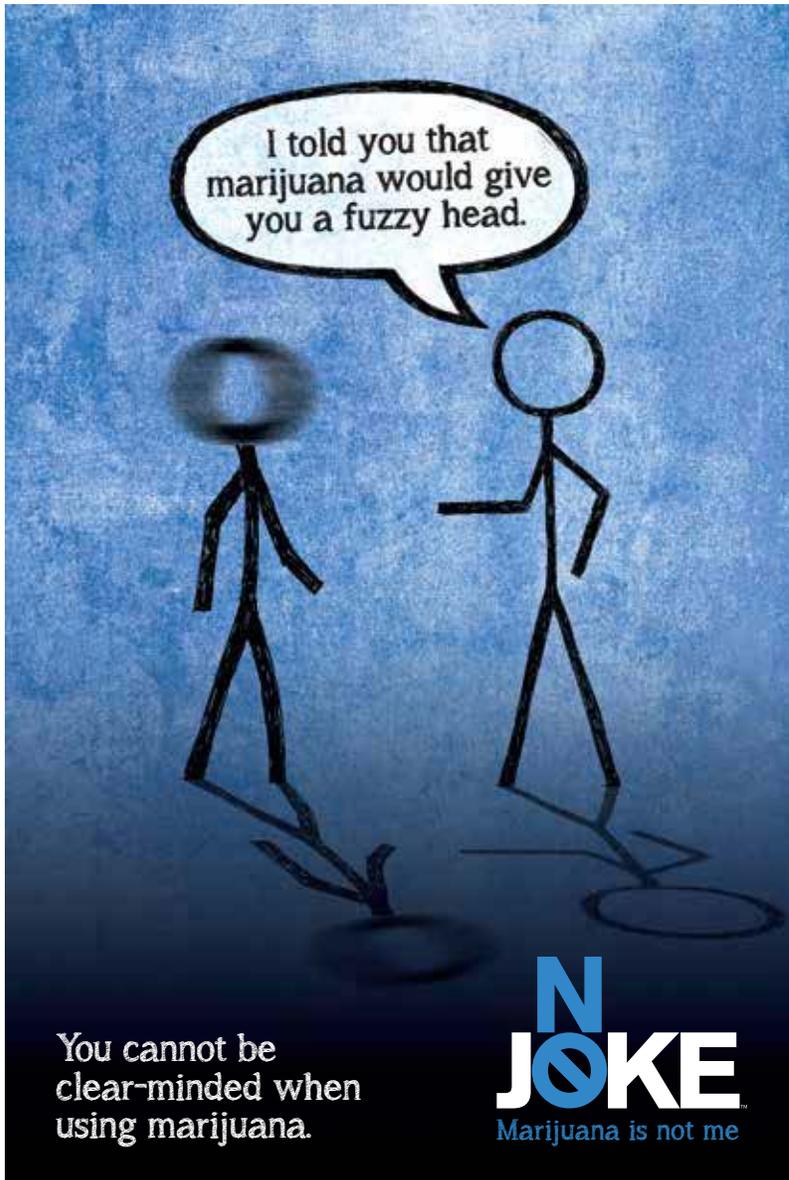
To be cool is about knowing what you stand for and sticking to it. Standing for a marijuana-free life is cultivated by sharing your decision without apology or explanation. Even though that can be scary, it's a skill we can all improve. By projecting confidence and sticking to it – even if what you think, or what you care about, is unpopular – you will have the 'it' factor that's hard to deny.

Just for fun trivia!

1. What 2 letters don't appear on the telephone dial? (no cheating!)
2. How many curves are in a standard paper clip?
3. Where would you find the Sea of Tranquility?

Answers: (1) Q & Z; (2) 3 curves; (3) The moon

And THAT is cool!



Research shows that marijuana can have negative effects on the adolescent human brain. This includes changes to the brain structure (size and how areas are connected) and function. So, what does this really mean for you?

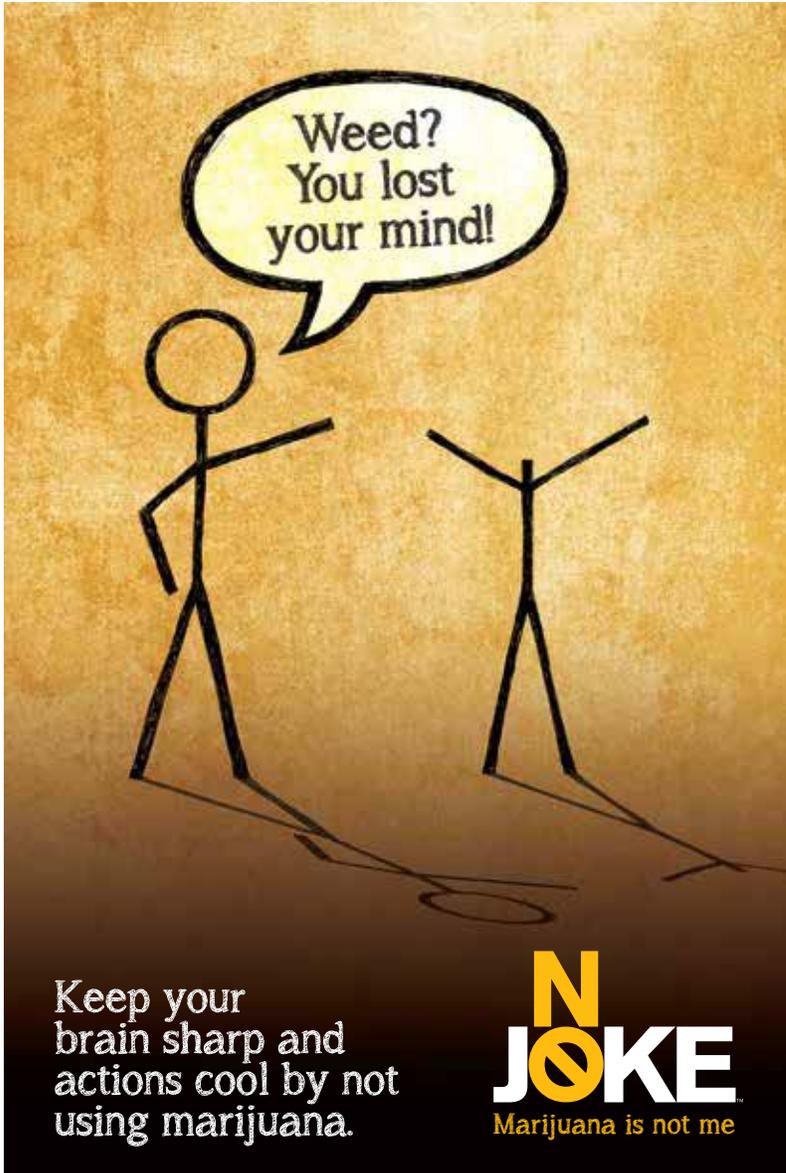
It means that during this important time of brain development, marijuana use can negatively impact the ability to develop and improve things like self-control, creative-thinking, and decision-making skills. These are important...and not worth the risk.

What's your plan? If you end up in a situation where marijuana is being used, do you have an exit strategy? Before going to a party or out with friends, talk with an adult to make a plan you agree on. Use them as your excuse if you like – They won't mind one bit.

Source: HHS.gov – Risks of Adolescent Marijuana Use

Strange, but true!

- Snails have 14,000 teeth and some can even kill you!
- Even though Froot Loops® are different colors, they all have exactly the same flavor.
- A stack of a billion dollar bills weighs more than 15 army tanks.



The majority of high school youth in Chicago reported that using marijuana is wrong*. There are many reasons for this. It could be because:

- Marijuana use has been linked to mental health problems in teens such as depression or anxiety.
- Youth who use marijuana tend to get lower grades as it effects memory, concentration and learning.
- Using marijuana puts your safety at risk. It reduces alertness, coordination and reaction time which jeopardized your safety.

Bottom line: Keep your brain sharp and actions cool by not using marijuana.

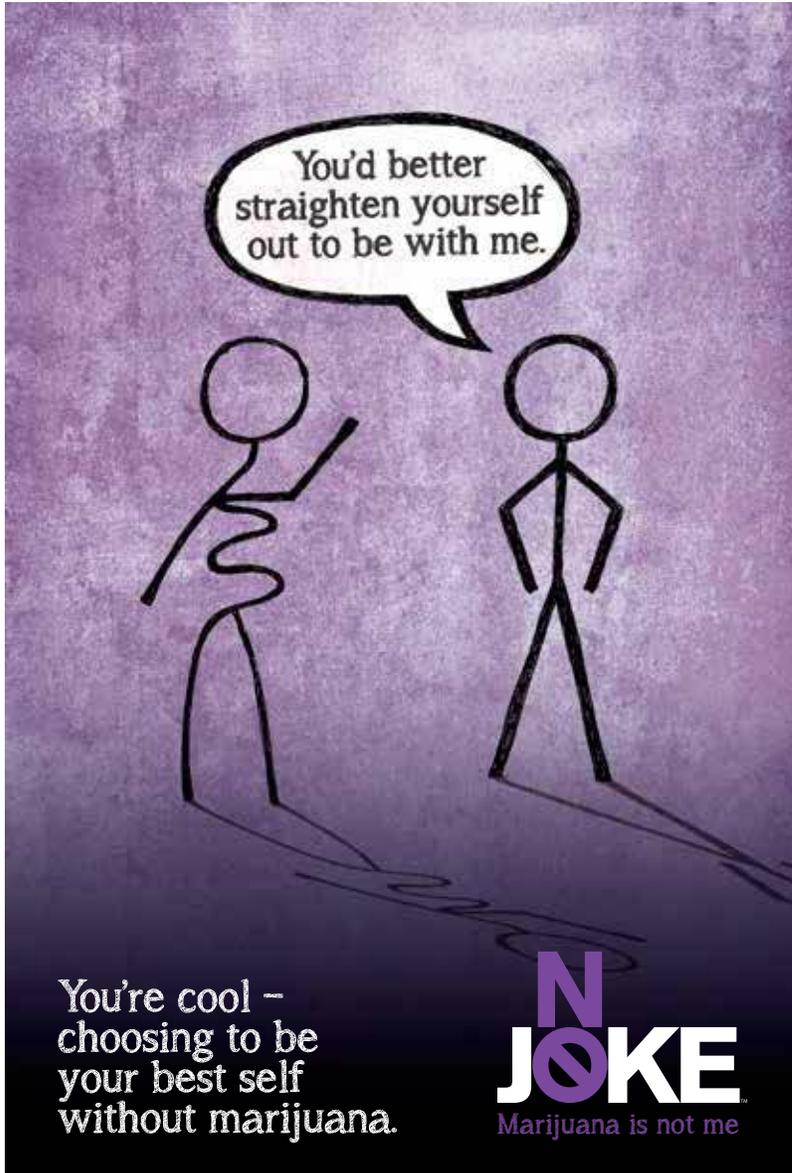
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*IYS 2018, Response to "How wrong do your friends feel it would be for you to smoke marijuana?" of little bit wrong, wrong, very wrong.

Just for fun trivia!

1. What 4 states can be seen from the Willis Tower on a clear day?
2. In 1937, Chicago became the first city in the United States to establish this type of bank. HINT: It saved lives!
3. The Chicago River runs backwards. Instead of flowing into Lake Michigan, it was reversed in 1900 to flow where??

Answers: (1) Illinois, Indiana, Wisconsin, Michigan; (2) A Blood bank; (3) The Mississippi River



You are one of a kind with your own strengths and talents. Sure, you have faced challenges, but life is a great big challenge for everyone. You matter to your parents, your friends, and especially to yourself and that should never be underestimated.

Because you matter, you know that marijuana use is too much of a risk.

You have value and the cost of using marijuana is not worth the price.



Strange, but true!

- Dead people can get goosebumps!
- If you run in the rain, you will get about 50% wetter than if you stand still.
- An ant can carry 50 times its body weight. That's like you carrying a SUV!