

This sounds risky.

It's no secret that marijuana can harm your body and developing brain. You know it is a risky choice. Did you know that research shows your brain isn't fully developed until you're about 25? That's wild — and true. And, it's a really good reason to not use marijuana. Rewiring your brain is just not worth it.

- ✓ 90% of Americans with a substance abuse problem started smoking, drinking or using other drugs before age 18. (abovetheinfluence.com)
- ✓ Did you know that research shows your brain isn't fully developed until you're about 25? That's wild - and true. (<https://www.ojjdp.gov/pubs/237145.pdf>)

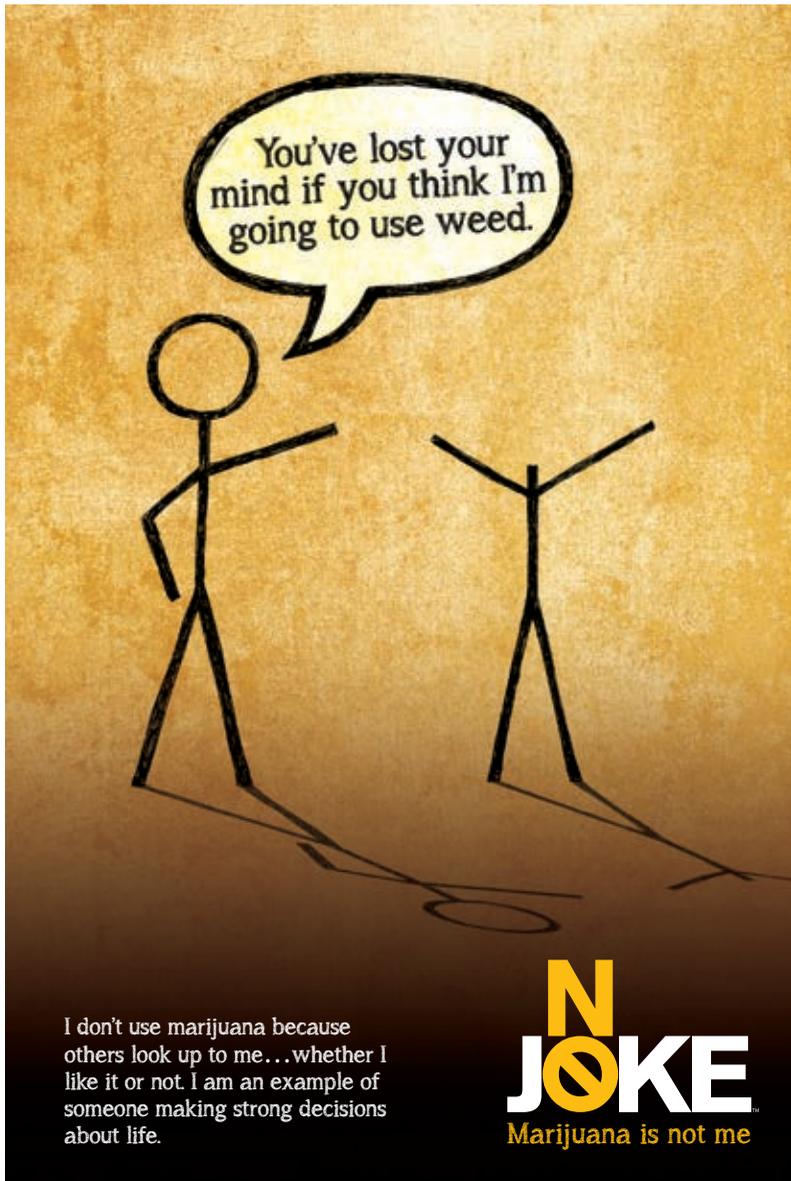
Thoughtful Quote

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”

– Roy T. Bennett, Author

Fun Fact

“Sphenopalatine ganglioneuralgia” is the scientific term for brain freeze. The best way to make a brain freeze stop is to rub or press your tongue against the roof of your mouth.



Peer pressure isn't all bad.

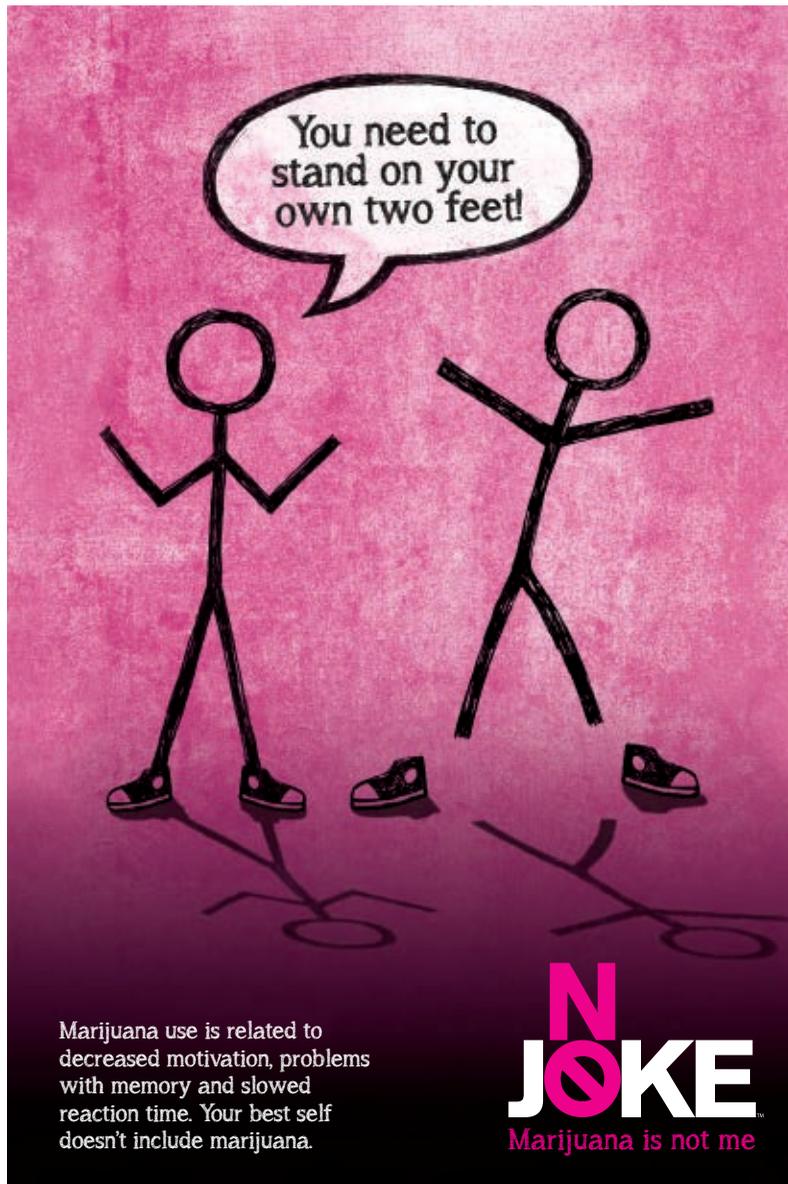
It often takes a friend to give us a push into trying something new. Trying a new sport or a new activity doesn't happen without good reason. Many times, those reasons are our peers. Like it or not, they influence our choices. Let yourself be the peer who uses their influence for good. Being seen as cool is something many students want. You can help them see that being cool is about not using marijuana by not using it yourself.

- ✓ Your peers influence your choices whether you know it or not.
- ✓ You can use your peer influence for good!

Fun Fact

In Peru, it's traditional to give friends and family yellow underpants on New Year's Eve.

Support others in your life — be encouraging when they're making the decision not to use marijuana. There are people you can talk to if you have questions or are concerned about someone's marijuana use. Take action and speak with a counselor.



You are in charge of you.

You are in charge of you, owning your choices. You know you are responsible for your actions, whether right or wrong. Choosing not to use marijuana can be an easy choice. Make it known that you choose not to use marijuana. Staying true to yourself and what the adults in your life have taught you not only feels good but also lets you focus on what matters.

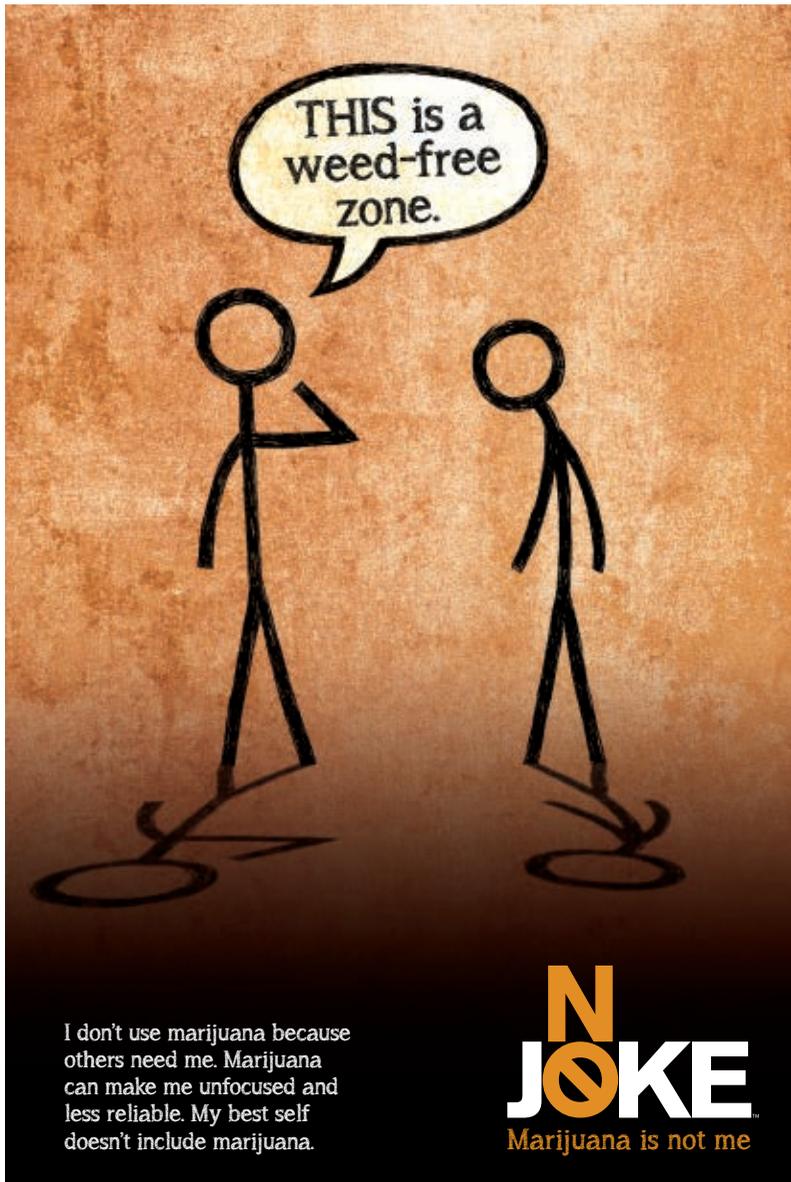
- ✓ Own your choices
- ✓ Make it known that you choose not to use weed
- ✓ Focus on what matters

Thoughtful Quote

“ There are no secrets to success. It is the result of preparation, hard work, and learning from failure. ”

- Colin Powell

If you're concerned about a friend who might need help choosing not to use marijuana, talk to an adult you trust — like a parent, coach, teacher, or school counselor.



Thoughtful Quote

“A healthy attitude is contagious but don't wait to catch it from others.

Be a carrier.”

– Tom Stoppard

You're in the ZONE!

Whether you know it or not, there are others who look up to you and want to be like you. They might even think you're cool and your choice to not use weed matters to them even more. It could be a classmate or a sibling, a cousin or neighbor. Set an example that you would be proud to have them follow — like deciding not to use marijuana.

- ✓ Set an example that makes you and others proud.
- ✓ Who looks up to you?

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 — “My mom would kill me if I smoked weed.” They won't mind one bit.