

TOO FOCUSED TO USE MARIJUANA

I make a lot of decisions every day. I use the facts to help me stay focused on my success. For example, I decided not to use marijuana. Here are the facts:

- Marijuana affects self-control. It can seriously affect your sense of time and coordination, impacting things like dancing and playing sports.
- Marijuana affects brain development. Tetrahydrocannabinol (THC), the chemical responsible for most of weed's psychological effects, affects brain cells throughout the brain, including those related to learning and memory, coordination, and addiction.
- Ninety-five percent of Illinois youth my age think smoking marijuana is wrong to do.

I'm focused on my success, which is why I don't use marijuana!

WORTH QUOTING:

"When you really believe in something, you will stand up for it. You will push for it to become a reality." Marsai Martin, 16, actress and producer (black-ish, Little)

WOULD YOU RATHER..

...only use Netflix OR only use Hulu?

...read only e-books OR read only physical books?

...sit with a resting lion for ten minutes OR run across a hungry alligator's back?

TOO MOTIVATED TO USE MARIJUANA

I strive to make the best of each moment. My impact is what motivates me to make healthy decisions. I know that if I ignore real facts, the more chances I take with my health and well-being. So, that is why I don't use weed.

Some tips to motivate you to your best-self:

- Keep your edge! Marijuana affects your judgment, drains your motivation, and can make you feel anxious.
- Get the facts right. You do not function normally and cannot do things that require concentration under the influence of marijuana.
- Play it safe. Using marijuana puts your health, education, family ties, and social life at risk.

WORTH QUOTING:

"Instead of worrying about the future, you should try to change it while you still can." Great Thunberg, 17, Swedish Environmental Activist

WOULD YOU RATHER..

...never play video games OR never use your favorite mobile app again?

...have to do the laundry for your family OR cook meals for your family?

...always have the newest technology OR the best food in the world?

TOO COOL TO USE MARIJUANA

Being cool is all about my attitude and how I do things. I check the facts when making decisions to find out what is real. I even checked on weed! Here is what I found:

- Most youth my age in Illinois don't use marijuana – and don't think someone your age would be seen as cool by using weed. There is power in numbers!
- Marijuana is linked to problems in school. It dulls your attention, memory, and learning skills. It also affects timing, movement, and coordination. That can harm athletic performance.
- Vaping marijuana is not safer than smoking. You are still inhaling chemicals.

There are significant consequences to using marijuana. My cool is living my life without marijuana.

WORTH QUOTING:

"I've never got high; I've never smoked anything in my life." Billie Eilish, 18, Singer/Songwriter

WOULD YOU RATHER..

...be a famous rapper OR a famous singer?

...read minds OR have ready every book in the world?

...have all of your food be spicy OR have all of your food be sweet?

TOO Important TO USE MARIJUANA

I matter! My thoughts and opinions are worth sharing. My best self is growing every day, and I'm on my way.

Using marijuana has lots of negative consequences on the body, brain, and behavior. Effects include learning problems, poor coordination, and distorted perceptions (sight, sounds, time). Even attention and memory problems are linked to marijuana use. Maybe that is why ninety-five percent of youth my age across Illinois think it is wrong to use marijuana.

I'm important and will not use marijuana.

WORTH QUOTING:

"I have two hands: one for me, one for other people." Millie Bobby Brown, 16, actress/producer (Stranger Things, Enola Holmes)

WOULD YOU RATHER..

*...have super strength OR super hearing?
...live 100 years in the future OR live 100 years in the past?
...have a famous family member OR be the famous family member?*