

BE THE INFLUENCE

# CANNABIS CONVERSATION STARTERS

ENGAGE OUR YOUTH

TRY TO DETERMINE IF THEY ARE LOOKING FOR **CONNECTION, FACTS OR DIRECTION**



## PROVIDE A LISTENING EAR FACTS AND KNOWLEDGE TO MAKE A RIGHT CHOICE

There is an incredible amount of misinformation out there, and I want you to feel comfortable to come to me with any questions you may have. Let's think of someone else you may be able to go to as well. If we don't have the answer, we will do our best to get it.

## YOUTH BRAIN DEVELOPMENT VOICE YOUR CONCERNS

Every brain and body is different, and using marijuana may have a different impact on your brain development, coordination, learning and memory. You can't predict if you will become dependent when using for the first time.



## IMPAIRMENT THE "HIGH" ONE FEELS WHEN USING

Effects from this "high" could include: altered senses, altered sense of time, changes in mood, impaired body movement, difficulty with thinking and problem-solving, impaired memory, hallucinations and delusions (when taken in high doses), and psychosis (risk is highest with regular use of high potency marijuana).

## SOCIAL MEDIA POTENTIAL CONSEQUENCES

As mentioned above, using marijuana with THC does cause impairment. You may be around others if you decide to use. Can you trust them to not post to social media? Are you prepared to deal with the consequences if this does happen?



## LEGAL FOR RECREATIONAL USE SET CLEAR BOUNDARIES

It is confusing, because Michigan recently made marijuana legal for adults who are 21 and older. You may know adults who use marijuana. No matter why they use, it is not safe for you. A good comparison is the legal age to purchase and consume alcohol is 21 or older.



## ADDICTION SUBSTANCE USE DISORDER

Marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it's causing health and social problems in their life. People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder.

