

MARIJUANA: TEENS & YOUNG PEOPLE



Marijuana poses unique health risks to young people regardless of how it's used.

THE LAW

The law states that it is illegal to:

- Use marijuana under the age of 21
- Drive after using marijuana
- Use marijuana in a public space



HEALTH EFFECTS*

Use of marijuana by young people may cause long-term damage to their brains. Long term use of marijuana may increase their risk developing a use disorder, cancer, and have other negative health effects. Use can also impair judgement, which could lead to poor decision making such as having unprotected sex or using other drugs.

*Health effects and other information adapted from www.CDC.gov/marijuana

EDIBLES

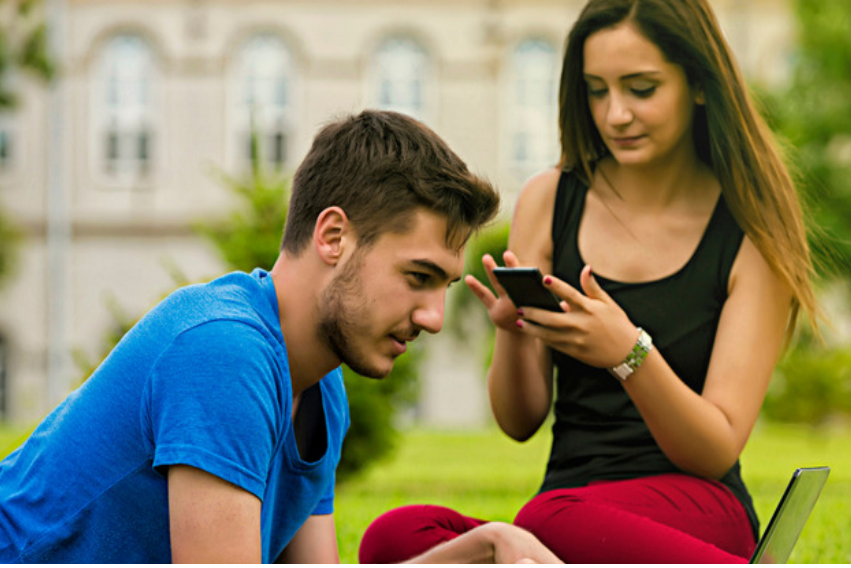
Sometimes marijuana is added to candy, food or drink. These are called "edibles." The effects of marijuana edibles are felt more slowly making it easier to overuse.

DABBING

Dabbing is vaporizing and inhaling highly potent marijuana concentrates. Dabbing can make it very easy to consume too much THC.

K2, SPICE, SPIKE

These and other "synthetic cannabinoids" are often made of a mixture of herbs, spices and chemicals. They are not marijuana products. They may cause unpredictable negative health effects such as a seizure, stroke or heart attack. The sale of these products is banned in Boston.



YOU > MARIJUANA

Marijuana can decrease teens' motivation to pursue the things they care about. It may cause problems at school, at home, or in their relationships.

Signs that a teen may have a problem with marijuana:

- Difficulty quitting
- Use that interferes with relationships
- Continued use even though it affects responsibilities at work, home, or school

CHOOSE YOU

Using marijuana doesn't just affect the body and mind, it can also impact a young person's future.

The penalty for underage possession of marijuana can include community service or educational sanctions. Using marijuana can result in getting fired from a job, losing a spot on an athletic team, or missing out on school.

If you are looking for resources or support around marijuana or other substance use, please call 311.

For more info, visit bphc.org/marijuana.

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WHY DO SOME TEENS USE?

Some teens may use marijuana to deal with stress. Others may use because they are bored or curious.

Using substances to manage stress, depression, and/or anxiety won't help these feelings go away. When young people rely on substances to feel "normal," it prevents them from building the skills and relationships necessary to cope during hard times.

Making choices about marijuana is not always easy. It can help for young people to talk through their choice with a friend, family member, or mentor.



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