



Marijuana

You can help prevent marijuana use.

Impact and Accessibility



Over **9.22%** of youth in Kansas report they have used marijuana. Laws about marijuana use vary from state to state. Youth mistakenly associate this with marijuana having little risks and harms to their bodies.

Many youth report marijuana is:

- Less harmful than cigarettes
- Easy to get
- Used to cope with stress and anxiety
- Bought and sold on Snapchat and at sporting events
- Easy to conceal in vape devices

Why are youth in danger?



- 1 Youth are among the highest at risk populations for substance abuse
- 2 Use at a young age increases the risk of other drug abuse and addiction later in life
- 3 Use can cause poor mental health and problems with breathing, heart rate, and memory

What's the Big Deal?



Marijuana is **ADDICTIVE**.

Our brains do not fully develop until around the age of 25. Marijuana is a psychoactive drug that contains close to 500 different chemicals, including THC which is a mind-altering chemical compound. These chemicals and carcinogens can lead to serious health consequences and hinder brain development.

According to Kansas and federal law, marijuana is **ILLEGAL**. Even in states that have legalized marijuana it's still illegal for those under age.

Parents can prevent marijuana use by:



Clearly defining the rules and expectations and enforce consequences.



Talking with your child about having an "exit plan" if they are offered marijuana and practice it with them



Educating your child about the dangers and negative health consequences of marijuana use.



Modeling responsible behaviors and promoting healthy activities.

Know the warning signs



- Poor physical coordination, slow reflexes
- Irritability, anxiety, fatigue, trouble sleeping
- Declining school work or grades
- Memory problems, forgetfulness
- Unusual smell on clothes
- Slurred speech
- Abandoning academic, social, and recreational activities

Consequences of Marijuana Use



- Marijuana use has led to increased high school drop-out rates and poor academic performance.
- Young students who regularly use marijuana have an increased risk of developing mental illnesses.
- Legal consequences such as marijuana possession can result in jail time and fines. Marijuana distribution and intent to distribute can result in 1-30 years in prison.
- In car accidents, marijuana is the second leading drug found in the driver's blood stream.

If you or someone you know needs help with addiction, call:

DCCCA Outpatient Substance Use Treatment 785-830-8238
Kansas Substance Use Treatment Referral Line 1-866-645-8216
SAMHSA's National Helpline 1-800-662-HELP