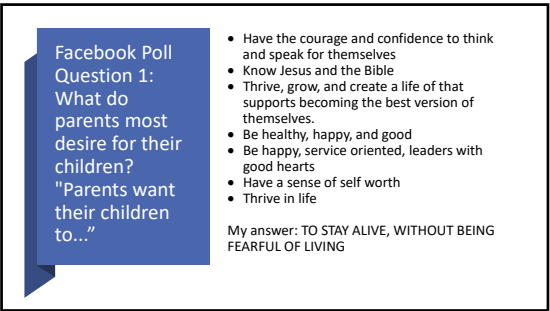
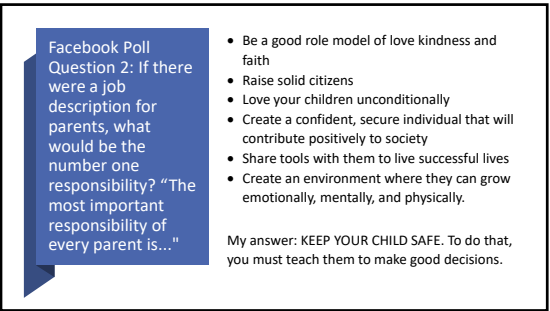


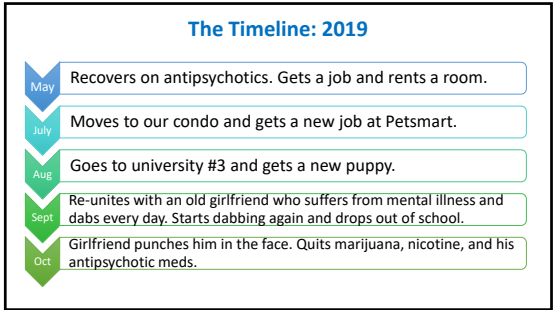
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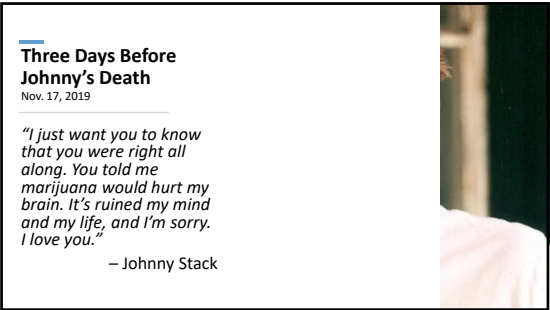
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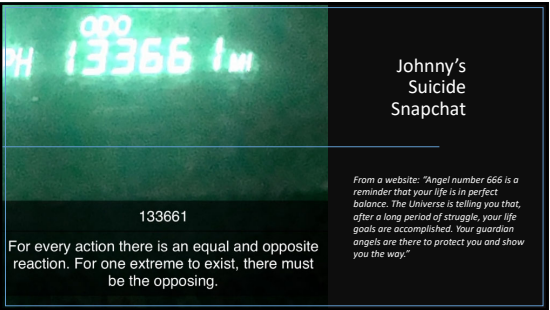
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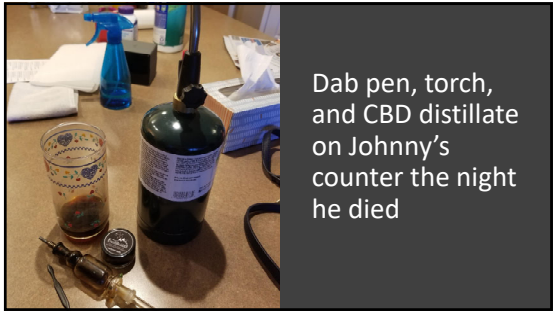
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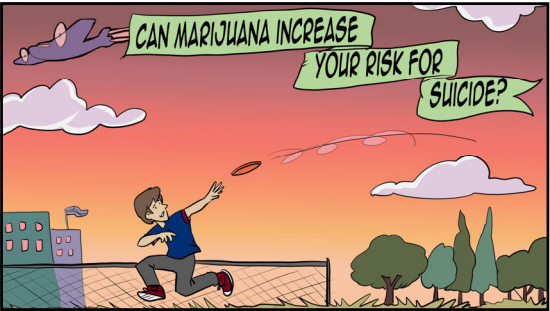
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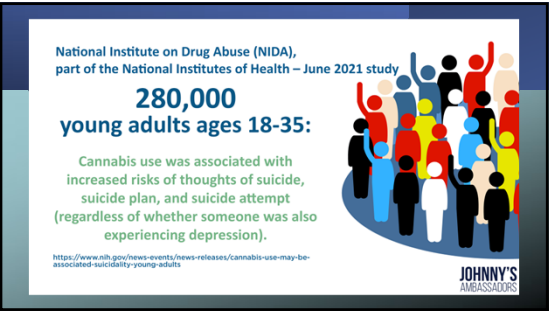
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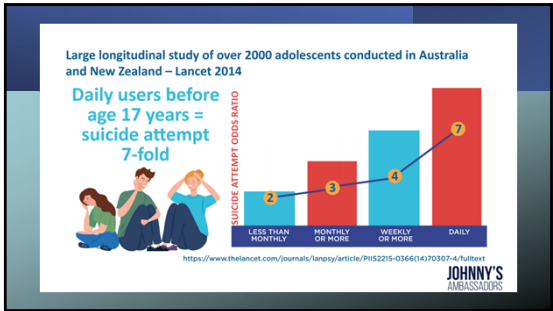
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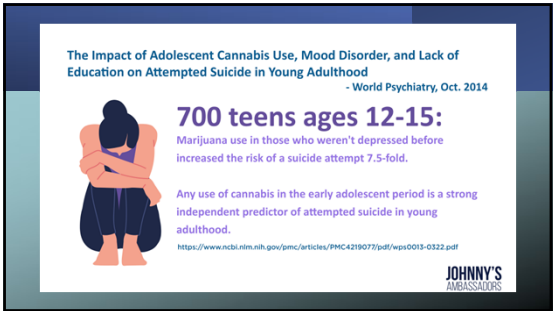
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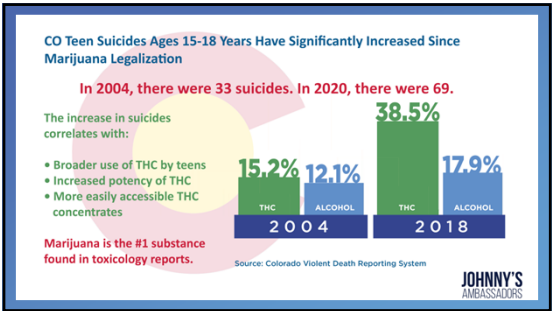
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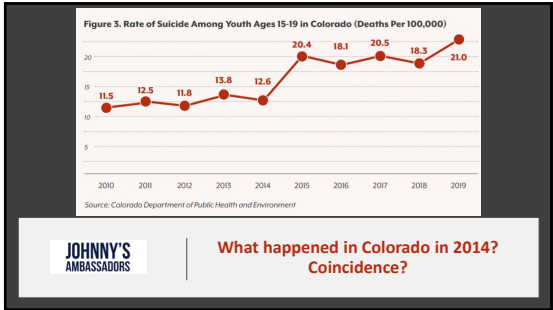
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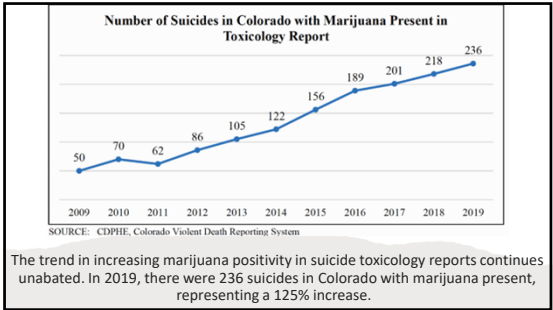
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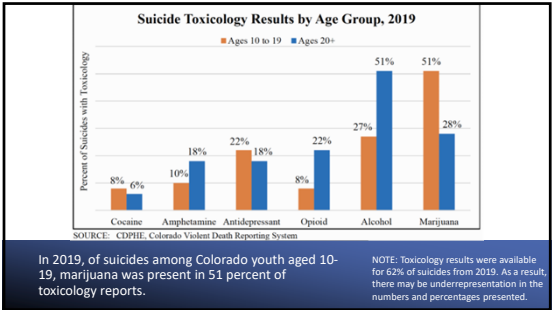
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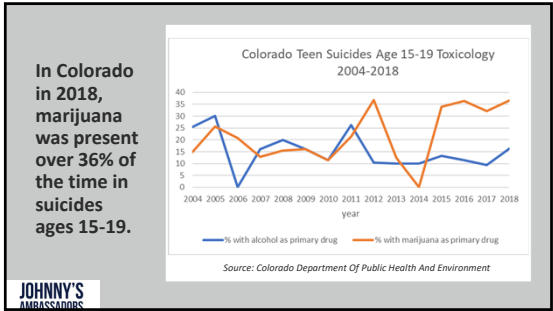
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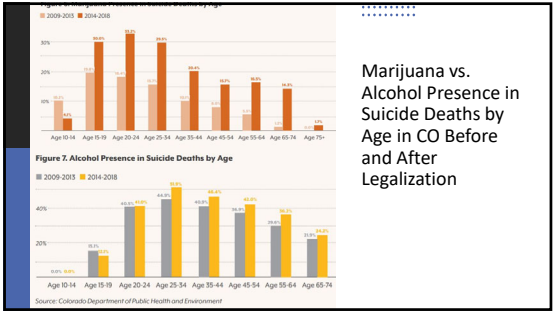
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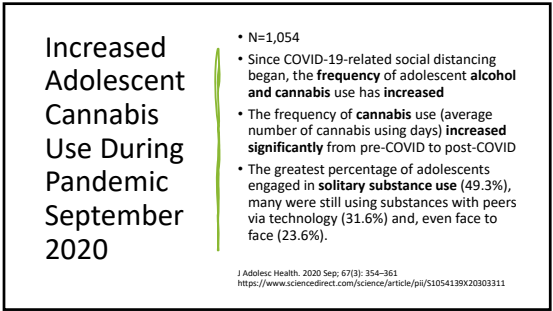
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To Summarize

1. Repeated cannabis use in teens interferes with the development of the prefrontal cortex, (the part of the brain directly behind the forehead), which affects executive functions. The PFC is particularly active in adolescence, as the brain prunes some synaptic connections and firms up those most useful.

2. There's no doubt marijuana impacts mental development in young people, which is also why it's illegal for recreational use until the age of 21. Even proponents of marijuana acknowledge this science.

3. The loophole for young people ages 18-to-20 to get "medical" cards makes it worse. They can't buy alcohol or cigarettes, but they can lie about having a migraine and legally buy shatter and sell it to other younger children (this creates the GRAY market).

4. Our youth are becoming psychotic and dying by suicide at alarming rates.

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SIGNS OF SUICIDE

You have a friend who's been using marijuana and seems to be struggling.

How would you know if he or she is suicidal?

Remember the acronym C-A-R-E and watch for these four signs of suicide:

20

CARE

CIRCUMSTANCES  
(LIFE SITUATIONS)

• Divorce of parents

• Relationship breakup

• Bullying

21

CARE

ACTIONS  
(BEHAVIORS)

• Giving treasured items away

• Reaching out to loved ones to say goodbye

• Suddenly wanting to be closer to God

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CARE

REMARKS  
(WORDS)

• "People would be better off without me."

• "I'm not going to be around to see it."

• "I'm done."

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CARE

EMOTIONS  
(FEELINGS)

• Extreme sadness or crying

• Depressed state or hopelessness

• Suddenly happy after period of sadness

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REACH OUT YOUR HAND. I CAN HELP!

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JOHNNYSAMBASSADORS.ORG

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My Essential Values

Johnny Stack

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Values

1. Altruism

2. Patience

3. Conviction

4. Enthusiasm

5. Gratitude

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Conviction - Definition

con-vic-tion

/ˈkɒn.vɪk.ʃən/

noun

conviction; plural noun: convictions

1. a formal declaration that someone is guilty of a criminal offense, made by the verdict of a jury or the decision of a judge in a court of law

"she had a previous conviction for a similar offense"

synonyms: declaration (pronouncement) of guilt, sentence, judgment

"she will appeal against her conviction"

antonyms: acquittal

2. a firmly held belief or opinion

"she takes pride in stating her political convictions"

synonyms: belief, opinion, view, thought, persuasion, idea, position, stance, More

"the quality of showing that one is firmly convinced of what one believes or says"

synonyms: certainty, certitude, assurance, confidence, sureness, positiveness, no shadow of a doubt

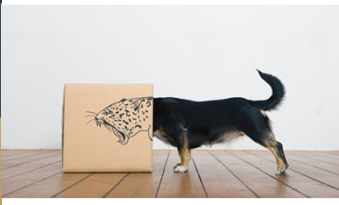
"she spoke with conviction"

antonyms: uncertainty, doubt

In other words, I think conviction means showing confidence in what you believe in and know is the truth, and to stand by it.

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Conviction - Practice



Conviction should be practiced because if you aren't going to hold your ground resolutely and believe in yourself and what you stand for, then no one will. Many great and powerful leaders are only where they are today because they have conviction. We can practice conviction by being knowledgeable about what we're talking about so that we have the utmost confidence in ourselves. In my personal life, conviction is practiced by me not allowing myself to be pushed around or tread on, and by being confident in the decisions I make.

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Conviction - Role Model

Laura Stack

Writer

Books

Doing the Right Things R...

What To Do When There's...

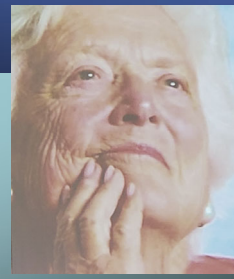
Execution Is the Strategy...

SuperCo... The Six Keys to...

View 45+ more

Though it may appear to be cliché and overdone, the biggest role model in my own life is my mother, Laura Stack. She is one of the most dedicated people I know to her profession, which is being an author and a speaker. She travels all across the world, speaking about time productivity and using her books as references. She truly is the definition of a competent, assured professional and she always believes in what she's doing. Her leadership skills that she's developed throughout her life have lead her to where she is today and creating her own independently run business, The Productivity Pro, and being a symbol of conviction to me and many others.

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The death of a child is so painful, both emotionally and spiritually, that I truly wondered if my own heart and spirit would ever heal. I soon learned that I could help myself best by helping others.

BARBARA BUSH

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"Forge ahead despite your pain and give meaning to your loss."

— Laura Stack

"Sometimes God will use your deepest pain to launch your greatest calling."

— Unknown

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Recommendations for Adults

(I wish I'd done a better job doing these things)

- Start talking about substance abuse early!
- Set clear NO USE rules
- Do not use marijuana yourself
- Keep track of your children and their phones
- Come up with a code word
- Help your child plan for social pressure to use
- Drug test

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Please Become One of Johnny's Ambassadors!

Sign Up

Join our weekly newsletter: [JohnnysAmbassadors.org/blog](https://JohnnysAmbassadors.org/blog)

Speak Out

Join and share our Facebook, Twitter, Instagram posts: [facebook.com/groups/JohnnysAmbassadors](https://facebook.com/groups/JohnnysAmbassadors)

Show Up

Join us for the 3<sup>rd</sup> Annual #StopDabbing Walk on Sunday, September 18, 2022: [StopDabbingWalk.com](https://StopDabbingWalk.com)

Share

Take our online teen and adult marijuana training: <https://johnnysambassadors.org/curriculum>

Support

We gratefully accept donations: [johnnysambassadors.org/donate](https://johnnysambassadors.org/donate)

JOHNNY'S AMBASSADORS

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From the Stack Family, thank you for being one of Johnny's Ambassadors!  
[Laura@JohnnysAmbassadors.org](mailto:Laura@JohnnysAmbassadors.org)

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