“I would never get addicted to marijuana.” Contrary to common belief, you CAN become addicted to marijuana, which medical professionals call Cannabis Use Disorder (CUD). One out of six teens who start using marijuana at a young age will become addicted to it, and one in three teens who use marijuana daily will become addicted.

According to the American Psychiatric Association (APA), as listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), if you answered YES:

- To two or three of these questions, you have a mild addiction.
- To four or five questions, you have a moderate addiction.
- To six or more questions, you have a severe addiction.

The good news is it’s never too late to get help! Talk with a parent, counselor, teacher, or trusted adult and tell them you are having problems with your marijuana use and wish to stop!

**QUESTIONS:** When you feel uncomfortable, what could you do to feel better instead of using a chemical? What do you usually do when you’re happy? How can doing things that make you happy help you feel better when you’re sad?