

TALK TO YOUR TEEN ABOUT THC



“I’d like to talk to you about THC.”

THC (tetrahydrocannabinol) is the chemical in marijuana products (natural or synthetic) that makes users high (weed, vapes, dabs, edibles). THC is particularly harmful for teens, so talk to them early and often about abstinence. Here are some talking points:

- THC is legal for adults in some states but that doesn’t make it legal or safe for teens.
- THC is particularly harmful for the adolescent brain and can lead to faulty development through the mid-20s.
- THC can keep you from reaching your full potential. Studies show teen users will earn less money later in life.
- THC potency is much higher today than when I was a teen. Hitting a dab pen today is the same as smoking 50 joints in the 1980s.
- THC impairs learning, IQ, memory, motivation, graduation rates, concentration, and math and reading achievement.
- THC is the #1 predictor that a teen will go on to use harder substances (over alcohol).
- THC damages your lungs and heart in addition to your brain and causes health problems.
- THC stays in your brain for four weeks and is very hard to stop once addicted.
- THC results in higher levels of truancy, aggression, fighting, and psychotic disorders.
- THC affects coordination, depth perception, and reaction time, so you should never get in a car with someone who has used THC.
- THC use as a teen makes it more likely you’ll have depression or suicidal thoughts. It doesn’t help with anxiety or stress long term.
- THC products should be declined if offered at a party. It’s hard to say no when others around you are using it, but you can always blame it on me.

**This (xxx) will be our code word if you need me to pick you up,
anywhere, anytime, no questions asked.**



www.drugabuse.gov/publications/drugfacts/marijuana & www.samhsa.gov/substance-use/learn/marijuana/risks