

Your Brain is Your

There is a part of your brain called the amygdala that is extremely active in your teen years. To instantly see it work, think of something that scares you. For example, maybe you're afraid of spiders because you were bitten by a black widow when you were 5 years old. How do you feel when you see a spider today? You probably feel your heart race a little just from thinking about it. Your negative emotional response was stored in the amygdala, and that memory reminds you to avoid spiders. This is a protective feature because it increases your

BFFF!

motivation to AVOID harmful things.

It's the same way with marijuana. There can be some negative consequences of using marijuana that can change your life forever. Your brain is

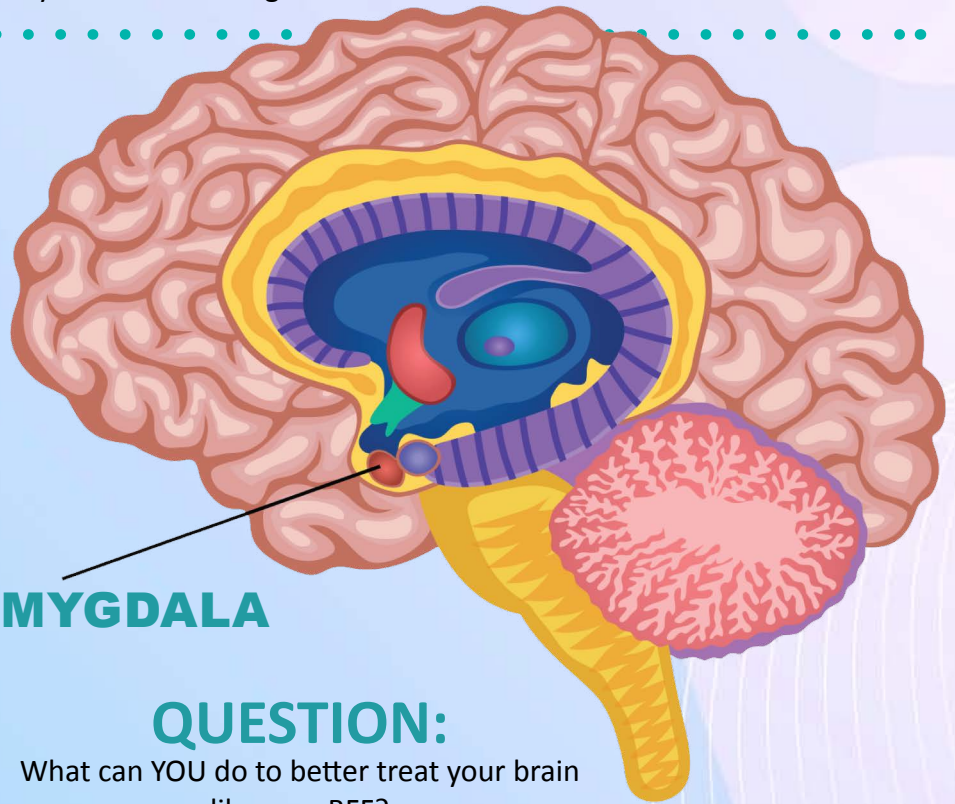
the only one you get, and marijuana can damage it. Your brain is your BFF, and you don't want to hurt it. Trust each other and take care of each other. Your brain is trying to be your BFF by helping you stay safe. Sometimes, healthy fear is a motivator to avoid

Your amygdala gives you a healthy fear of:

- Triggering schizophrenia or paranoid delusions
- Damaging your memory so you can't succeed in school
- Losing your friends
- Not reaching your future goals

Instead, treat your brain like your BFF:

- Avoid ALL THC products and substances
- Choose friends that support your motivations
- Take care of your brain with healthy food
- Focus on the goals you want to achieve



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QUESTION:

What can YOU do to better treat your brain like your BFF?

REFLECT

