

cannabis

CONVERSATIONS

→ For ages 18-21 ←



Before you begin, think about whether the person you're talking to is looking for connection, facts or direction.

WHAT to SAY

(Choose the ones you think you relate to most.)

1

"You matter to me and I care about you. I want you to stay safe and healthy."

3

"Instead of just trying it, do some research first. Cannabis is becoming more common, like alcohol, but that doesn't make it harmless or O.K."

2

"Using marijuana can get in the way of school, college or employment."

4

"If you use cannabis to deal with life, your brain doesn't get used to coping with difficult emotions. Your brain needs to learn, and it is up to you to make the decision to face difficult situations without drugs."

LAWS

Washington State
Marijuana Law



- It is illegal for anyone under the age of 21 to possess and/or use marijuana (unless medically authorized).
- Regardless of age, it's illegal to drive while under the influence of any amount of marijuana.
- It's illegal for anyone to use marijuana in public places.
- It's illegal to grow marijuana plants without a state issued license.
- It is illegal for adults to provide marijuana to minors. It is also illegal for parents to provide marijuana to their children.

BRAIN matters

Every brain & body is different.
Here's what we know so far.



Your brain continues to develop until age 25.

- **Development:** Marijuana affects the parts of the brain that control emotions, memory, and judgement.
- **Coordination:** THC in any form will likely impair the ability to drive, play sports, and do other activities.
- **Learning and Memory:** Heavy marijuana use by young adults can cause problems with thinking, memory & learning.
- **Dependence:** Repeated marijuana use can lead to addiction—which means people have trouble controlling their drug use and often cannot stop even though they want to.

(NIDA)

TIPS to ★ CONNECT

HELPING starts with a **CONNECTION**

- Respect their **boundaries**, and yours too
- Don't **judge** or **talk down**
- **Listen** more than talk
- **Connect**, don't try to convince
- Know where you stand, but **allow room** for disagreement

**WHO
can
HELP?**



Almost everyone has a sassy aunt or cool uncle. Enlist your favorite to help out!

Good/Mutual Friends • Coworkers • Siblings • Roommates
Cousins • Aunt/Uncle • School teacher, counselor, professor

TAKE CARE OF YOURSELF!

Seeing a friend struggle is hard, make sure you get support too. Remember: you can't make their decisions for them and you can't change other people.

developed by



youthNow.me