

Did you know?

86%



of Douglas County youth believe there is a risk of harm with youth marijuana use.

Any use puts them at risk and most youth know this and are making the healthy choice to NOT use.

LET THE YOUTH IN YOUR LIFE KNOW THEY ARE NOT ALONE.

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BE A RELIABLE SOURCE OF INFORMATION AND FACTS.

- ▶ Non-use is self-care
- ▶ Marijuana use has been linked to a range of mental health problems, such as depression and social anxiety.
- ▶ 9 in 10 adults with a substance use disorder started using substances before age of 18.
- ▶ Approximately 3 in 10 people who use marijuana have marijuana use disorder.
- ▶ Marijuana negatively effects skills required for safe driving such as reaction time, coordination, and concentration.
- ▶ Anything over 10% THC is high potency. Some extracts contain an average of 50%-90% THC.
- ▶ Youth who use marijuana are 9.9x more likely to use illicit drugs
- ▶ Marijuana use may have permanent negative effects on the developing brain.

SUPPORT YOUTH'S HEALTHY CHOICES.

- ▶ Setting clear and consistent expectations about NO USE helps keep youth safe and lets them know you care.
- ▶ Start a conversation. Listen, be honest, be open, be factual.
- ▶ Encourage activities and relationships that support and reinforce healthy choices.
- ▶ Help them build refusal skills and an exit plan to get out of risky situation.
- ▶ Help them recognize and manage stress and anxiety with healthy choices.

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