

# THE FACTS ABOUT TEENS AND MARIJUANA.

**Here's some good (and surprising) news:  
When it comes to reliable information on marijuana and other drug use,  
teens look to their parents and other trusted adults in their lives.**

And here's some even better news: **We know that talking to teens works.** Whether it's in the car, over dinner, or just a walk around the neighborhood, when you discuss marijuana use with your teens, they're listening.

They will have questions, and you know from experience that you'll need to have answers.

## So... how does marijuana affect teens?

- 1 Marijuana can hurt their grades. Early marijuana use can change the way a teen's brain develops and have lasting effects on memory, learning, and intelligence.
- 2 Marijuana is more addictive for teens than adults. In WA, most teens who enter drug treatment programs report marijuana is the main drug they use.
- 3 Using marijuana can affect coordination and reaction time and is related to more fatal crashes in WA, especially when mixed with other substances.
- 4 Using marijuana can lead to unpredictable behavior and poor decision making that can put the user and others in harm's way.
- 5 It is against the law for people under 21 to use marijuana. This law is often inequitably enforced and avoiding marijuana use can protect teens from interactions with law-enforcement and the criminal legal system. Getting caught and the associated stigma could impact the ability to get a job in the future or get financial aid for college.



Now that you have the facts, **talk to your teens about the potential dangers of marijuana use.** Be clear about your rules and expectations. Let them know that you are there for them.

For additional information and to learn more about the facts, visit **StartTalkingNow.org**. If your teen wants to learn more about making healthy choices, they can check out **YouCanWA.org**.

If your teen feels more comfortable speaking with a peer, there is a confidential and free helpline staffed by trained teens. Encourage your teen to call, text, or chat **1-866-TEENLINK (833-6546)**.

If you think that your teen is struggling with marijuana or other substance use, contact their doctor or the **Washington Recovery Help Line at 1-866-789-1511**.