



BESIDES THE HEALTH REASONS TO AVOID POT, THERE'S THIS:

If you're under **21**, recreational
cannabis use is still illegal in Oregon.

And no matter how old you are,
DRIVING while under the
influence of marijuana is
against the law.



Oregon
Health
Authority

More about how pot use
affects young people:
healthoregon.org/marijuana



There's a lot we don't know yet about how weed
affects young people's health. But this much is clear:

USING POT WHILE YOU'RE YOUNG CAN KEEP YOU FROM REACHING YOUR FULL POTENTIAL.



YOU'RE ALMOST ALL GROWN-UP. BUT YOUR BRAIN IS STILL GROWING.



Your brain is in a critical time for development. Areas of your brain related to decision-making and learning are maturing and will still be developing well into your twenties.

This means your brain may be particularly vulnerable to the negative effects of any substance, including pot.

When you use weed to get high, you may have difficulty learning, memory issues and lower math and reading scores. Being high can also make it more difficult to drive, play sports, play video games, bike or do other activities you enjoy. And people who start using pot at a young age may find it harder to stop.

BEING A TEENAGER IS HARD ENOUGH.



PEOPLE LOOK UP TO YOU.

You may not realize it, but your choices have a powerful effect on younger siblings, cousins and friends. When they see older people in their lives using weed, they may want to use it, too.

The full impact of pot use on young people's health is not known. But based on the current science available, young people should avoid cannabis because it potentially can harm your health, in the short term and possibly the future.

