



volume

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Delay the first use Marijuana

Take the time
to **measure**
the benefits



The longer a young person waits to start using marijuana, the fewer consequences they are likely to suffer, according to research. So, even if you think it is inevitable that your teen will someday try marijuana, postponing first use is still a good idea. Kids are making decisions about future marijuana use as early as fifth and sixth grades.

- According to Dr. Nora Volkow, director of the National Institute of Drug Abuse, “teenagers may be more vulnerable to addiction. Those who start smoking at a younger age are at higher risk. **Approximately one in six will become addicted.**”

- “Young adults who started smoking pot regularly before they were 16 performed worse on cognitive tests of brain function than those who started smoking later. They performed particularly poorly on tests assessing executive function, which is responsible for planning and abstract thinking, as well as understanding rules and inhibiting inappropriate responses”

- Regular marijuana use in adolescence is known to be part of a cluster of behaviors that can produce enduring detrimental effects and alter the trajectory of a young person’s life, thwarting his or her potential.

IT STARTS WITH YOU !

JOHNSTON
SUBSTANCE ABUSE PREVENTION
COALITION
Coordinated By Tri-Town Community Action Agency

For more information and/or support with substance abuse-contact Patricia Sweet at PSweet@Tri-Town.org

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