

Dear \_\_\_\_\_,

We've heard some concerning news and thought you would like to know about it. It's come to my attention that you might have knowingly allowed youth to use marijuana that was not prescribed to them. This information is very troubling and, if true, I am BEGGING you to stop!

Even though the laws and norms around marijuana can be confusing, the evidence is clear on one fact: **No amount of marijuana use among youth is safe.** As adults, we must do everything in our power to protect youth from marijuana use.

Here are just a few of the risks associated with youth marijuana use:

- **Young People are More Vulnerable to Addiction:** Because young people's brains are still developing into their mid-20s, 1 in 6 teens who repeatedly use marijuana can become addicted. <sup>1</sup>
- **Impaired Driving:** Marijuana negatively affects a number of skills required for safe driving, including reaction time, coordination, and concentration. Couple that with inexperienced teen drivers, who think driving high is "safe," and the outcomes could be potentially tragic. <sup>2</sup>
- **Increased Risk of Mental Health Issues:** Issues such as depression, anxiety, and psychosis are more common in teen marijuana users than their non-using peers. <sup>3</sup> Marijuana-using teens are also at a higher risk of suicidal thoughts and suicide attempts.

Our community is working to eradicate youth marijuana use. While there's a few adults who provide to youth, most understand the risks and don't provide or allow youth to smoke, dab, or consume edibles. **Please join this majority and help us keep area youth safe.**

Sincerely,

A Concerned (*circle one*):    Parent            Neighbor            Teen            Community Member

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<sup>1</sup> NIDA. 2020, June 2. Is it possible for teens to become addicted to marijuana?. Retrieved from <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/it-possible-teens-to-become-addicted-to-marijuana> on 2020, Sept 11.

<sup>2</sup> NIDA. 2020, April 8. Does marijuana use affect driving?. Retrieved from <https://www.drugabuse.gov/publications/research-reports/marijuana/does-marijuana-use-affect-driving> on 2020, September 11.

<sup>3</sup> NIDA. 2020, May 28. Is there a link between marijuana use and psychiatric disorders?. Retrieved from <https://www.drugabuse.gov/publications/research-reports/marijuana/there-link-between-marijuana-use-psychiatric-disorders> on 2020, September 11.