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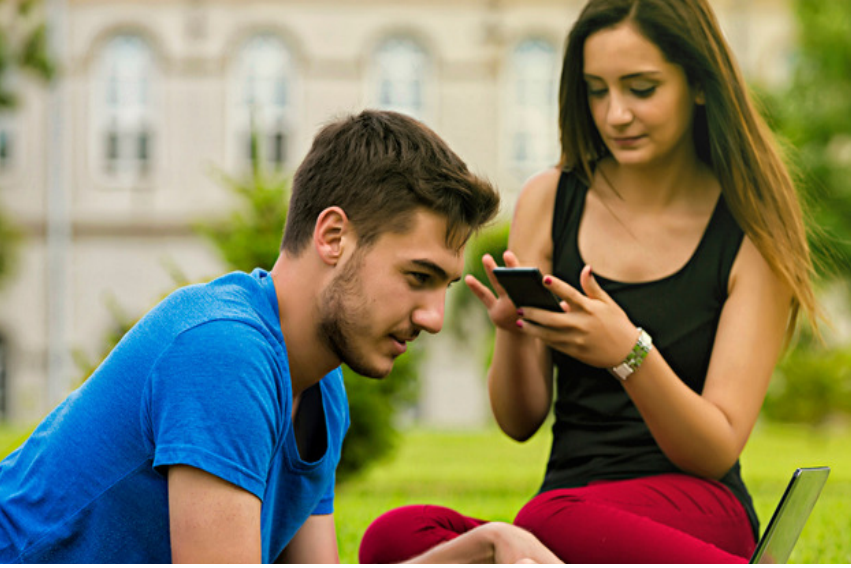
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YOU > MARIJUANA

Marijuana can decrease teens' motivation to pursue the things they care about. It may cause problems at school, at home, or in their relationships.

Signs that a teen may have a problem with marijuana:

- Difficulty quitting
- Use that interferes with relationships
- Continued use even though it affects responsibilities at work, home, or school

CHOOSE YOU

Using marijuana doesn't just affect the body and mind, it can also impact a young person's future.

The penalty for underage possession of marijuana can include community service or educational sanctions. Using marijuana can result in getting fired from a job, losing a spot on an athletic team, or missing out on school.

If you are looking for resources or support around marijuana or other substance use, please call 311.

For more info, visit bphc.org/marijuana.

*Health effects and other information adapted from www.CDC.gov/marijuana

WHY DO SOME TEENS USE?

Some teens may use marijuana to deal with stress. Others may use because they are bored or curious.

Using substances to manage stress, depression, and/or anxiety won't help these feelings go away. When young people rely on substances to feel "normal," it prevents them from building the skills and relationships necessary to cope during hard times.

Making choices about marijuana is not always easy. It can help for young people to talk through their choice with a friend, family member, or mentor.



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