

AS A CAREGIVER, YOU MAKE A DIFFERENCE

A study of more than 400,000 individuals ranging from 13 to 17 years old found that cannabis use was associated with increased risk of developing mental health disorders by young adulthood, including psychotic disorders, bipolar disorder, depression, and anxiety disorders.



WHAT CAREGIVERS NEED TO KNOW



TODAY'S CANNABIS IS STRONGER

THC levels in cannabis have been increasing over the years, making the concentrations much stronger.



MENTAL HEALTH AND CANNABIS ARE CONNECTED

Some teens use cannabis to cope with stress, anxiety, or sadness, but ongoing use may increase the risk or worsen symptoms over time.



EARLY USE CAN LEAD TO LONG-TERM RISKS

New research shows that teens who use cannabis are more likely to develop mental health problems later in life.

Cannabis use before the brain fully develops at the age of 25 can affect brain development, memory, decision-making, motivation, and attention.

WHAT CAN I DO?



STAY CONNECTED

Talk honestly, openly, and often with your teen. Do your best to be nonjudgmental.



KNOW THE SIGNS

Be aware of changes in mood, sleep, motivation, and appetite. Trust your instinct!



SET EXPECTATIONS

Be clear about your views on youth cannabis use. Establish consistent boundaries.



COALITION
For a Healthy Community, Oxford Area

SOURCES:

- <https://www.cdc.gov/cannabis/health-effects/cannabis-use-disorder.html>
- <https://nida.nih.gov/videos/can-using-drugs-help-me-deal-anxiety-depression>
- <https://jamanetwork.com/journals/jama-health-forum/fullarticle/2845356>
- <https://www.brownhealth.org/be-well/kids-and-cannabis-your-child-using-marijuana>
- https://preventionactionalliance.org/wp-content/uploads/2024/12/Know_To_Start_Talking_about_Cannabis_2-1.pdf