

A Teen's Guide TO MARIJUANA



Marijuana

Natural marijuana is a mixture of dried flowers of *Cannabis Sativa*. HOWEVER, the marijuana sold on the street is not always 100% natural and can be combined with other more dangerous drugs, like Fentanyl.

21+

Recreational Marijuana

Recreational marijuana has been made legal in CT but IS NOT legal for those under 21. This is because the human brain does not finish developing until your mid- to late-twenties. Consuming marijuana underage can stall this development.



Unknown Danger

Marijuana might seem like a fun, danger-free, drug but it has its own set of repercussions. Some of these repercussions are reduced decision-making skills, increased risk of mental health issues, and decreased coordination and focus.



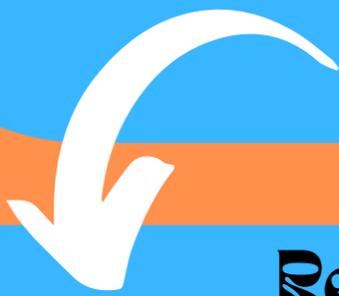
Long-Term Illness

A largely unknown repercussion of continued use of marijuana is *Cannabis Hyperemesis Syndrome*. The symptoms of this illness are nausea, persistent vomiting, dehydration, severe abdominal pain, and more. The main solution to this is stopping use of marijuana entirely.

What do I do if my friend is using Marijuana?

Self-Reflection

Check in with yourself and consider why you think this behavior is wrong. Marijuana is often seen as danger free, which is why your friend might be using. So figure out exactly why you believe it is a problem.



Reasoning

There are a bunch of reasons you might be worried your friend is using Marijuana, but here are some examples;

- Their health might be impacted by using
- They might get themselves in trouble
- They act inappropriately when they use
- They might jeopardize their future by using

Observe

Observe your friend and determine what changes when they use Marijuana. Does their behavior change? Are they less focused on important things? Has their personality changed? Do they seem sad or upset more often? Take note of these things so you can discuss them with your friend or an adult.

Approaching the Issue

This can be the hardest part. Take the time to observe their behavior and bring your concern to them. Be gentle, understanding, and calm. It is best to approach the conversation in a comfortable and private setting. Use "I" statements to express what you've observed and why you are worried. If they feel like they can, and want to quit, help them make small goals to aid in the progress.

For more information contact Hannah Ornburn at hornburn@cityofnorwich.org OR

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