

BE OPEN TO DEEP LISTENING

Whether you're a parent, teacher, coach, or relative, your mentorship matters. Empowering young people with facts and open dialogue makes a lasting difference.



KEY MESSAGES FOR YOUTH:

Brain Development: “Your brain is still building until around 25. Using cannabis before your brain is fully developed can mess with memory, focus, and decision-making long term.”

Safety Facts: “Vaping or dabbing isn’t safer. Concentrates can have 2-4 times more THC than regular cannabis.”

Legal Reality: “Just because it’s legal for some people doesn’t mean it’s harm-free. Legal doesn’t equal harmless.”

Mental Health: “Mental health matters—and cannabis affects it. For some people, cannabis can worsen anxiety or trigger panic attacks—especially with family history.”

Driving Safety: “Driving high is still driving impaired. Even if you feel fine, cannabis affects your reaction time and focus.”



HOW YOU CAN MAKE A DIFFERENCE:

1. **Provide Credible Resources** Point them toward trusted sources like the National Alliance on Mental Health for Minnesota. Let them explore facts themselves—ownership builds understanding.
2. **Model Critical Thinking** Show how you evaluate information: “I saw this claim on social media. Here’s how I checked if it was legit.”
3. **Create Space for Honest Questions** Encourage no-shame conversations where young people feel safe asking anything. Empowerment starts when they feel respected, not judged.
4. **Focus on Decision-Making** Talk about weighing risks, considering health, and thinking long-term. This builds confidence for informed choices under peer pressure.
5. **Use Peer Influence for Good** Encourage youth-led discussions. Young people listen to their friends.

Professional Resources:

- Local Health Care Providers
- School Counselors and Prevention Specialists
- Youth Development Organizations
- National Alliance on Mental Health Minnesota (namimn.org)



BE OPEN TO THE
FACTS ABOUT CANNABIS

BE ———
CANNABIS
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