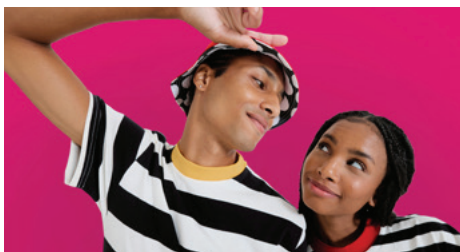


BE OPEN TO COURAGEOUS MOMENTS

Being brave doesn't always mean doing something risky—sometimes it means having the courage to say no when everyone else is saying yes. Good friends will understand that you're making the best choice for yourself. Critical thinking starts with curiosity, not assumptions, and it's okay to feel strongly about your choices—just make sure your facts are strong too.



SAYING NO WITH CONFIDENCE: READY RESPONSES YOU CAN USE.

1. *I'm prioritizing my mental health* "I learned that using cannabis can increase the risk of anxiety and depression. I'm all about keeping my mind clear and feeling good."
2. *Cannabis doesn't help me achieve my goals* "I have goals (school, sports, a future career, etc.) and cannabis can mess with memory, focus, and motivation. I don't want to risk that."
3. *I don't want to get in trouble* "Even if it's legal in Minnesota for adults now, it's not legal for us. I want to avoid getting in trouble and impacting my ability to play sports or get into college."
4. *Not using feels right for me* "I've made a personal choice not to use cannabis. It feels like the industry markets to young people, and I don't like feeling targeted."
5. *I'm trying to do what's right for my body* "I don't want to mess up my sleep or damage my breathing."

Critical Thinking Against Peer Pressure

- Ask questions: Who said this? Why? What's the evidence?
- Get information from multiple sources
- Remember: Most teens and young adults aren't regular cannabis users



BE OPEN TO THE
FACTS ABOUT CANNABIS

BE ———
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