

BE OPEN TO GENTLE ENCOURAGEMENT

Knowing where to turn for help can make all the difference. Whether you're looking for information about cannabis, dealing with peer pressure, need someone to talk to, or want to learn more about health and wellness, there are people and resources ready to support you without judgment.

WHY NEW INFORMATION MATTERS

Learning builds new neural pathways in your brain (teens are especially wired for this! New information helps you:

- Stay current and contribute meaningfully to conversations
- Improve decision-making with accurate facts
- Fight misinformation and spot truth from fiction

Cannabis Information

- Trusted Health Care Providers
- School Counselors and Health Educators
- National Alliance on Mental Health Minnesota (namimn.org)

“Remember: Admitting you don’t know something is a strength, not a weakness.”



CRITICAL THINKING TOOLS

Understanding how to check sources helps you spot the difference between truth and fiction—and helps others do the same. We’re living in the age of social media and AI, and false information spreads quickly. Always ask: Who said this? Why? What’s the evidence?

Here are some tips for boosting your critical thinking skills.

- Don’t be afraid to ask questions
- Think with your head AND heart
- Listen to understand, not just respond
- Challenge your own beliefs—growth lives in discomfort

CRISIS AND MENTAL HEALTH SUPPORT

Minnesota Crisis Line: 1-800-273-8255

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Lifeline: 988



BE OPEN TO THE
FACTS ABOUT CANNABIS

**BE ———
CANNABIS
— AWARE.ORG**