

BE OPEN TO NEW IDEAS

Sometimes, being open to something new opens up a world of possibilities. New information matters because it helps us adapt, grow, and make informed decisions in a world that's constantly changing. When you know accurate, up-to-date facts, you're better positioned to weigh the risks and benefits more clearly.



“Your brain is still building until around 25. Using cannabis a lot before your brain is fully developed can mess with memory, focus, and decision-making long term. That’s just biology, not judgment.”

THE SCIENCE YOU NEED TO KNOW:

Brain Development

Your brain develops until age 25, and THC can mess with this process—especially the prefrontal cortex that controls decision-making, impulse control, and emotional regulation.



VAPING AND DABBING DANGERS:

Vaping creates aerosol (like spray paint), not harmless vapor. Dabbing uses highly concentrated THC wax that's 2-4 times stronger than regular cannabis. Both:

- Produce cancer-causing formaldehyde
- Cause heart rate increases of 20-50 beats per minute
- Dabbing is a leading reason young people visit emergency rooms



HEALTH IMPACTS:

- Cannabis can increase anxiety and depression risks, especially with family history
- Regular use impacts sleep quality and can spike heart rate for hours
- Affects reaction time and coordination—doubles car crash risk
- Long-term use linked to decreased motivation and academic performance

Reality Check

92% of Minnesota high school students reported **NOT** using cannabis in the previous month (2022 MN Student Survey)



BE OPEN TO THE
FACTS ABOUT CANNABIS

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