

BE OPEN

TO COURAGEOUS MOMENTS

BE OPEN TO SAYING NO

Choosing not to use cannabis (a plant that contains THC, the compound that makes a person feel high) is a personal decision, and you should never have to explain your reasons for saying no. Good friends will understand that you're making the best choice for yourself. But if you need a few reasons, we have some for you:

1. I'm prioritizing my mental health
2. Cannabis doesn't help me achieve my goals
3. I don't want to get in trouble
4. Not using feels right for me
5. I'm trying to do what's right for my body



BE OPEN TO THE FACTS

- Regular cannabis use during adolescence and early adulthood may have lasting effects on cognitive functions like memory, learning, and decision-making.
- Cannabis can reshape a growing brain.
- High-THC products can trigger mental health struggles.

The truth is, cannabis is stronger than you may realize.

Learn the facts at: **BeCannabisAware.org**



BE OPEN TO THE FACTS
ABOUT CANNABIS



***“Knowing the facts
helps you make
better life choices.”***

BE OPEN TO NEW IDEAS

Sometimes, being open to something new opens up a world of possibilities.

Being open to a new friend can mean new experiences, new memories to make, and new stories to tell. A new restaurant might open you up to new flavors and traditions you never imagined.

New information works the same way – it matters because it helps us adapt, grow, and make informed decisions in a world that's constantly changing.

*Life can be challenging, but here's
some good news. You've already made
it through every hard day you've faced.
For tips on navigating the ups and
downs, visit our website.*

**BE
CANNABIS
— AWARE.ORG**