# 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



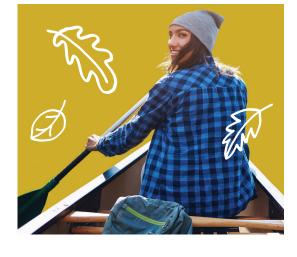




### **BE OPEN** TO THE FACTS

- 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** 



# "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.

