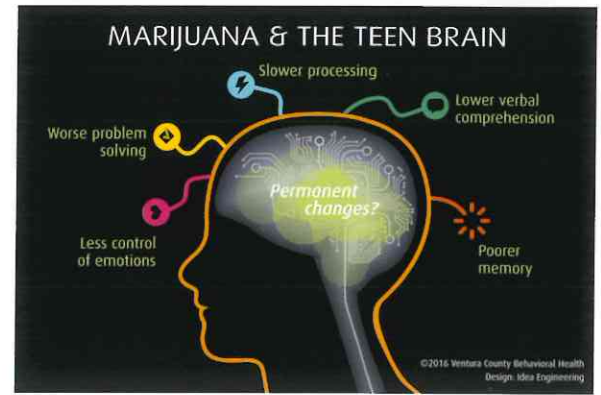


Preventing Youth Marijuana Use

What's the Problem?

- Marijuana is addictive and unsafe, especially for young people. The adolescent brain is still developing, and THC (the active ingredient in marijuana), can harm brain development.
- Marijuana's average potency has more than tripled in the last two decades.
- Heavy marijuana use is associated with higher rates of skipping class, lower GPAs, and failure to complete college.
- Studies have shown an association between chronic marijuana use and increased rates of anxiety, depression, suicidal thoughts, and schizophrenia.
- Alcohol and marijuana are the most frequently used substances by teens; over 20% of high school juniors in San Diego County report drinking in the past 30 days, and over 15% report using marijuana.
- About 1 in 6 teens who start using marijuana will become addicted. Marijuana is by far the drug of choice for adolescents admitted into treatment.



- Marijuana comes in many forms with unregulated and unpredictable amounts of THC, including candy, snacks, and vaporizing 'wax' used in electronic smoking devices or 'vape pens'.



How you can help reduce youth access to marijuana:

- According to public health research, reducing access and availability are effective ways to prevent alcohol, tobacco, marijuana and other drug use among youth.
- ✓ Understand the risks of youth marijuana use and be a positive role model; research information from credible sources and ask questions.
- ✓ If you're a parent, give clear no-use messages to your children.
- ✓ Support local policies that prevent increased access of marijuana to youth.
- ✓ Support alcohol and drug prevention efforts in your community. Join a coalition like the North Coastal Prevention Coalition.

More information and resources:

San Diego County Marijuana Prevention Initiative
www.mpisdcounty.net

San Diego County Access & Crisis Line
888-724-7240

San Diego County Social Services Referral
2-1-1 or www.211sandiego.org

Brain image courtesy of Ventura County Behavioral Health
www.venturacountylimits.org/mj

National Institute on Drug Abuse
www.drugabuse.gov

Partnership for Drug-Free Kids
www.drugfree.org

Community Anti-Drug Coalitions of America
www.cadca.org/drugs/marijuana
Smart Approaches to Marijuana
www.learnaboutsam.org

The mission of the North Coastal Prevention Coalition is to reduce the harm of alcohol, tobacco, marijuana and other drugs in the cities of Carlsbad, Oceanside and Vista through community action, education, support and collaboration.

Vista Community Clinic serves as the fiscal agent for NCPC grants and contracts.
Funded in part by the County of San Diego, HHSA, Behavioral Health Services.

For more information, call 760-631-5000 x7174 or visit
www.northcoastalpreventioncoalition.org

or
www.vcc.clinic

