

KNOW THE RISKS: YOUNG PEOPLE AND

CANNABIS

THC is the primary compound found in cannabis that causes the "high".

Cannabis products come in all different forms, but all of them originate from the plant. Cannabis or hemp that is created and altered in a lab is synthetic cannabis, which is not regulated by the FDA and often has higher THC.



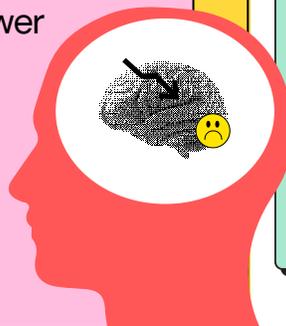
Cannabis comes in many forms, and can be smoked, vaped, dabbed or eaten. Check labels carefully to avoid accidents!



REMEMBER - CANNABIS IS A DRUG

In young people, cannabis can cause damage that can't be undone even if you stop using it. Know the risks:

- In the brain:
 - Permanent loss of up to 8 IQ points
 - Decreased coordination, slower reaction and processing
- Mental health:
 - Cannabis is linked to depression, anxiety, psychotic episodes, and self-harm



Addiction to cannabis is very real and very possible.

Cannabis use disorder (CUD) is when a person can't stop using cannabis even when they know it is harming their health and social life.

1 in 6 people who use cannabis before the age of 18 are at risk of addiction.

Why? In the last 20 years, THC % in cannabis products has more than tripled. This is likely leading to higher dependence and tolerance in users.

If you are dealing with something, cannabis can make it worse.

Some adults use cannabis for medical reasons or stress relief, but exposure to higher levels of THC can **trigger stress, anxiety, panic, and insomnia.**

Cannabis users are more likely to have issues with relationships, education, and life satisfaction.

SPEAK UP AND SPEAK NOW!

If you or someone you know is struggling with cannabis addiction or wants to quit, there are resources available. Don't be afraid to ask for help.

Breathe California www.lungsrus.org
SAMHSA Text 1-800-487-4889
Santa Clara County Public Health