



LIVE ABOVE THE INFLUENCE

MARIJUANA: GET THE FACTS

1 IT'S NOT SO NATURAL.

Marijuana has more than 400 chemicals, including the mind-altering chemical THC. The average potency of THC has increased dramatically since the 1980's.

2 IT'S NOT POPULAR.

Although teens think everyone is using marijuana, the fact is that most teens don't. Four out of five Sherburne County 11th graders do NOT use marijuana regularly.*

3 IT IMPAIRS DRIVING.

Marijuana is the most common illegal drug involved in car crashes. Marijuana affects skills required for safe driving – alertness, concentration, coordination, and reaction time.

4 IT LIMITS PERFORMANCE.

Marijuana impairs your attention, motivation, memory and learning. It can also increase your risk of injuries in activities and sports.

5 IT'S ADDICTIVE.

Because your brain is still growing, it may be hard to quit when you want to. Marijuana accounts for the largest percentage of treatment admissions among those 12 to 17 years old.

6 LIFE HAS MANY CHALLENGES.

Show others you're strong enough to face them. Live above the influence.

7 STAY ORIGINAL.

Be True. Be You. Be Real. You're better without drugs and alcohol.

8 DON'T KEEP IT IN. TALK IT OUT.

No problem is too big or too small. There are numerous resources, many right in your community, where you can get information and help. Talk with your school counselor, teacher, healthcare provider, or another trusted adult.

Get contact information for local agencies at www.sherburnesupcoalition.org/community-guide. Treatment can help you, a friend, or someone you love get back to the person you or they once were.

Sources:

- 2016 Minnesota Student Survey
(*Note: Regularly is defined as no marijuana use in the past month.)
- National Institute on Drug Abuse [NIDA]

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