**4 ways Cannabis Effects the Adolescent Brain**

1. The use of cannabis causes problems with memory, attention and problem-solving in teens. All directly affect school performance.
2. The use of cannabis also affects judgment, concentration, reaction time and coordination. This can lead to accidents and car crashes. According to a recent study published by Boston University, the percent of crash deaths involving cannabis more than doubled from 9% in 2000 to 21.5% in 2018.
3. Cannabis is addictive. There’s a belief among some it is not possible to get hooked. To the contrary, research has shown that 24% of those who endorse symptoms of Cannabis Use Disorder starting using cannabis in their teens.  And unfortunately that number is on the rise.
4. There’s also significant physical effects to cannabis use. It can harm your teen’s lungs. Just like tobacco, cannabis smoke irritates the lining of the mouth, throat and lungs. In fact, cannabis smoke has many of the same toxins and cancer-causing chemicals as tobacco smoke.

Cannabis has powerful effects on young brains and research echoes the potential damage this drug can have on the growing brain. All the more reason for teens to abstain from cannabis use. Please continue to talk to your teens about this topic and share these facts. Please reach out to Candi Davenport MS LADC for more information or questions, cdavenport@relatemn.org or 952-491-8174.