



14% of 12th graders in Trumbull reported driving after using marijuana and **23% have ridden with a driver under the influence** in the past year.



DRIVING HIGH



DRIVING DRUNK

Driving after using marijuana is just as dangerous as driving drunk!

MARIJUANA AFFECTS YOUR ABILITY TO DRIVE.

The perception of harm is low among teens and adults nationwide when it comes to driving after using marijuana. A 2020 MADD survey found **1 in 8 adults admitted to driving within 2 hours of using marijuana** and 41% believe it's safer than driving drunk. These attitudes are particularly dangerous because **teens are more likely to do the same if they don't think their parents disapprove.**

WHY IT'S SO DANGEROUS

- It **slows your reaction time and impairs coordination**, which interferes with the ability to make quick decisions.
- It **distorts perception** of time and distance.
- It **impacts concentration**, which can lead to poor speed control and inability to read signs.
- **It stays in your system for a long time!** When inhaled, effects can last up to 5 hours. When consuming edibles, the effects last even longer. High potency marijuana in any form can cause impairment for up to 10 hours!



Conversations are the key to prevention.

Visit TPAUD.org or scan the QR code to learn more and get tips for talking with your kids.





No matter how
you use it, today's
marijuana is
**STRONGER
THAN EVER!**

ANY WAY YOU CONSUME IT, TODAY'S MARIJUANA CONTAINS AT LEAST 3X THE THC!

- In the 1970s, marijuana contained about 1–3% THC, the psychoactive ingredient in marijuana. Today the average potency is 18–23% THC. Some concentrates, like the dab pens teens prefer, can contain as much as 95–99% THC.
- Those who use high potency marijuana daily are five times more likely to develop a severe mental illness.
- Of the Trumbull youth who reported using marijuana: 74% vaped it and 63% consumed edibles.

IT'S POSSIBLE TO OVERDOSE ON MARIJUANA

- While a marijuana overdose is not deadly, too much THC can cause: extreme confusion, anxiety, paranoia and panic, fast heart rate, delusions or hallucinations, increased blood pressure and severe nausea or vomiting.
- It is very easy to overdose on edibles because it can take up to two hours to feel the effects, which leads people to eating more.

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**Visit TPAUD.org or scan the QR code to learn
more about the different forms and potency.**



Let's
#MentionPrevention



Frequent
marijuana use
damages the
teenage brain,
CAUSING IQ LOSS.

**Regular use of marijuana impacts
attention, memory, and concentration.**



THE BRAIN IS DEVELOPING UNTIL AGE 25

and frequent marijuana use interferes with development.

Using marijuana several times a week and/or using high potency products (like dabbing) can:

- Lower grades and test scores
- Make it less likely that they enroll in college
- Increase the chances of dropping out of college
- Interfere with future career success
- Cause addiction

TEEN MARIJUANA USE CAN LEAD TO ADDICTION

- The younger a teen starts using marijuana, the greater chance of becoming addicted!
- Even if they are not addicted, studies suggest about 30% of people who use marijuana have some level of marijuana use disorder.

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Daily use of high potency marijuana

INCREASES THE RISK OF PSYCHOSIS FIVE-FOLD

THC, the psychoactive drug in marijuana, affects memory, learning, attention, judgment, and emotions. Using marijuana as a teen can cause long-term effects, since the brain doesn't stop developing until age 25.

While many people believe marijuana will make them feel relaxed and carefree, it can:

- Cause or worsen anxiety and depression.
- Increase the risk for developing serious mental illnesses, like schizophrenia or psychotic disorders, if a person is already at a higher genetic risk.

RISK FOR SUICIDE INCREASES SIGNIFICANTLY

- Teens who use marijuana at least once a month are **3X MORE LIKELY TO HAVE SUICIDAL THOUGHTS.**
- Teens 17 and under who are daily marijuana users are **7X MORE LIKELY TO ATTEMPT SUICIDE.**

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