

THE TEA ON THC

GET THE FACTS.

Some get high. Some get lost.
THC can increase psychosis risk.



Cannabis & youth: physical and mental health risks

From memory gaps to uncontrollable vomiting to increased risk of schizophrenia, the list of symptoms associated with early use of high concentration cannabis makes for disturbing reading.

Here's a rundown of what researchers have observed.

Short-term use is associated with:

- Cognitive impairment, memory and learning problems, lower academic achievement, increased dropout risk
- Memory and concentration problems
- Increased car accidents
- Worsening of underlying mental health conditions such as mood changes, suicidal thinking, and increased risk of psychosis
- Acute vomiting

Long-term use is associated with:

- Cannabis use disorder
- Breathing problems, same as from smoking tobacco
- Decreased motivation or interest in academics or work
- Increased risk for schizophrenia, depression, anxiety, anger, irritability, moodiness, suicide
- Reduced intellectual functioning, poor educational and psychosocial outcomes
- Persistent neurocognitive impairment, even after cessation, especially if use began before age 17

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Is marijuana becoming your best friend?

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There is no known “safe” dose.

THC is secreted into breast milk, reaching your baby.

The prevalence of cannabis use during pregnancy

Researchers are finding that THC is increasingly being used during pregnancy across all age groups, with rates particularly high among younger, urban, and socioeconomically disadvantaged people. National surveys indicate a doubling in reported cannabis use among pregnant women from 2002 to 2017, with usage rates ranging from 2% to 5% overall, and skyrocketing to 15% or even 28% in certain demographics. Study after study reveals a persistent rise in cannabis consumption during pregnancy.

Myth

- ✗ Cannabis is safer and less expensive than tobacco.
- ✗ Cannabis is a safe and effective treatment for morning sickness.
- ✗ There is no risk, or just a slight risk, to using cannabis only once or twice a week during pregnancy.

Fact

- ✓ For the fetus, cannabis poses risks similar to tobacco.
- ✓ No evidence supports this claim.
- ✓ Researchers already know that THC poses risks to fetal development, including to the nervous system. Research is still being conducted, but cannabis experts don't think there is any “safe” dose during pregnancy.

KNOW THE RISKS.

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Is your teen dabbing?

A third of teen cannabis users are using high concentration dabs.

Understanding youth & cannabis

As cannabis becomes more popular and widely legal for those 21 and over, concerning information about its effects have emerged, particularly for young people aged 11 to 21. People are often first exposed to cannabis as teens (11–13) and young adults (14–21), and prevention efforts are critical up to age 25. Clear communication about cannabis risks are complicated by a lack of evidence, especially for high concentration products.

Prevalence of cannabis use

Cannabis use among youth aged 11–14 is a significant concern due to its adverse effects on physical, mental, and cognitive development, especially with high concentration products. Prevalence varies by location and is influenced by local policies, availability, and cultural attitudes. Early cannabis use is discouraged because of its negative health consequences. Laws on cannabis use differ by state, so it's important to follow local regulations. Prevention efforts include education, community programs, and parental involvement, making it a public health priority to reduce youth cannabis use.

Youth's perceptions toward cannabis

Attitudes about the risk of using a substance can influence how much it is actually used. Young people view cannabis as less risky than other drugs, including alcohol and tobacco. Over the past decade, perceived risk for cannabis has declined due to legalization, yet youth use has remained stable. Educating youth about cannabis risks is essential to keep use rates stable or reduce them as legalization spreads in the U.S.

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