

Alcohol and Marijuana Education and Feedback

Adolescent-SBIRT

Marijuana Facts



Learning, Memory, and Cognitive Function

- Marijuana makes it harder for you to focus, remember things, and learn new material.
- THC (the chemical that makes you feel high) blocks brain pathways that help you learn and remember.
- Even using marijuana just once or twice a week can change how your brain is wired; recent studies show structural brain differences in teens who use occasionally.
- Regular use as a teen can cause permanent harm to your thinking and reasoning abilities, as shown by new brain imaging research.
- It can lower your motivation and mess with your brain's reward system, making it harder to enjoy normal activities.



Academic Performance and Future Opportunities

- Marijuana use can drop your grades and make it harder to get into college or get a good job; recent data shows that teens who use marijuana are less likely to get B grades or higher.
- Teens who use marijuana are more likely to drop out of high school, with new studies showing dropout rates are twice as high compared to non-users.
- Starting marijuana before age 17 can lower your IQ, increase the chance you'll try other drugs, and raise the risk of depression or suicide over the next two decades.



Sports and Coordination

- Marijuana affects your timing, movement, and coordination, hurting your sports performance.
- It slows your reaction time, making accidents more likely, especially when driving; new research confirms marijuana significantly increases crash risk.



Judgment and Risky Behavior

- Marijuana affects your judgment, making you more likely to take risks you wouldn't normally take.
- It can lead to risky behaviors like unsafe sex, fights, stealing, or skipping school; national surveys show teens who use marijuana report more high-risk activities.
- Using marijuana underage can get you into legal trouble that affects your future.



Mental Health Effects

- Using marijuana regularly can increase feelings of depression, anxiety, or even suicidal thoughts; new evidence links long-term use to higher psychiatric risks.
- It can trigger episodes of psychosis, making you see or hear things that aren't there.
- Instead of helping with stress, marijuana can actually make emotional struggles worse over time.



Physical Health and Lungs

- Smoking marijuana can cause coughing, wheezing, and increase your risk of lung infections; recent health studies compare these risks to tobacco smoking.
- Using marijuana and tobacco together raises your cancer risk and makes quitting cigarettes harder.



Brain Development and Long-Term Damage

- THC stays in the teen brain longer, blocking important brain development for days after use; studies show these effects can last into the school week.
- Using marijuana as a teen can permanently change how your brain matures, with imaging research confirming long-term structural impacts.
- The younger you are when you start using, the more likely the brain changes will last for life.

Alcohol Facts



Learning, Memory, and Cognitive Function

- Alcohol makes it harder for your brain to store and recall new information.
- Drinking can damage brain areas responsible for decision-making and impulse control.
- Studies show that teen drinkers have more trouble focusing, remembering, and solving problems, even when they're not drinking.
- Drinking regularly as a teen can cause long-term or even permanent damage to brain development.



Academic Performance and Future Opportunities

- Alcohol use is linked to lower grades and a higher chance of dropping out of school.
- Research shows that teens who drink are more likely to skip school, fall behind on assignments, and miss out on sports or extracurricular activities.

- Drinking during adolescence increases the risk of developing alcohol problems later in life, making it harder to reach future goals.



Sports and Coordination

- Alcohol slows down your reflexes and coordination, which can hurt your sports performance.
- Even small amounts of alcohol can increase your risk of injury by making you less steady on your feet.
- Studies show alcohol use is linked to more sports accidents and slower recovery times after injury.



Judgment and Risky Behavior

- Alcohol lowers your inhibitions, making you more likely to do risky things you wouldn't normally do.
- Teen drinking is linked to unsafe sex, fights, accidents, and getting into trouble with the law.
- National surveys show that many car crashes, drownings, and falls among teens involve alcohol.



Mental Health Effects

- Drinking can make feelings of sadness, anxiety, or stress worse over time.
- Alcohol affects the parts of your brain that handle emotions, making it harder to cope with problems in a healthy way.
- Teens who drink are at higher risk of depression, anxiety, and even suicidal thoughts.



Physical Health

- Drinking weakens your immune system, making it harder for your body to fight off illness.
- Alcohol can harm your liver and other organs, even at a young age.
- Heavy drinking increases your risk of accidents, alcohol poisoning, and long-term health problems.



Brain Development and Long-Term Damage

- Drinking as a teen can interfere with the brain's growth and development.

- Studies show that alcohol can shrink parts of the brain linked to memory, learning, and emotional control.
- The younger you are when you start drinking, the more long-lasting the damage can be.

Reference Links

Marijuana

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