

FOR IMMEDIATE RELEASE

July 15, 2024

CONTACT: Dr. Sharon Harris 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: CDC – What Parents Should Know About Cannabis and Teens

The teen years are a time of growth, exploration, and risk-taking. Some risk-taking may foster identity development and independence (e.g., running for student council, asking someone out on a date). However, some risk behaviors such as using cannabis can have adverse effects on a teen's health and well-being. Additionally, teens are also more likely to use cannabis since its legalization.

According to the Centers for Disease Control and Prevention (CDC), the teen brain is actively developing and continues to develop until around age 25. Cannabis use during adolescence and young adulthood may harm the developing brain. Compared with teens who do not use cannabis, teens who use cannabis are more likely to quit high school or not get a college degree.

Negative effects of teen cannabis use include:

- Difficulty thinking and problem-solving
- Problems with memory and learning
- Reduced coordination
- Difficulty maintaining attention
- Problems with school and social life

How can cannabis impact a teen's life:

- **Increased risk of mental health issues:** Cannabis use has been linked to a range of mental health problems, such as depression and social anxiety. People who use cannabis are more likely to develop temporary psychosis (not knowing what is real, hallucinations, and paranoia) and long-lasting mental disorders, including schizophrenia (a type of mental illness where people might see or hear things that aren't there). The association between cannabis and schizophrenia is stronger in people who start using cannabis at an earlier age and use cannabis more frequently.
- **Impaired driving.** Driving while impaired by any substance, including cannabis, is dangerous and illegal. Cannabis negatively affects several skills required for safe driving, such as reaction time, coordination, and concentration.
- **Potential for addiction.** Approximately 3 in 10 people who use cannabis have cannabis use disorder. Some signs and symptoms of cannabis use disorder include trying but failing to quit using cannabis or giving up important activities with friends and family in favor of using cannabis. The risk of developing cannabis use disorder is stronger in people who start using cannabis during youth or adolescence and who use cannabis more frequently.

The CDC urges parents to learn the facts about cannabis use and share that information with their children. Talk with children about the risks of using cannabis while their brains are still developing. Ask them questions about their cannabis use.

Know the facts about cannabis. People that begin using cannabis in their teens are more likely to have lasting brain developmental effects and a higher potential for cannabis use disorder.

The Centers for Disease Control and Prevention (CDC) is a federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. To learn more about the CDC please visit www.cdc.gov.

SAFE is the only alcohol and substance use prevention agency in Glen Cove whose mission is to eliminate alcohol and substance use in Glen Cove. Its Coalition is concerned about cannabis use- especially in youth as their brains are developing. The Coalition is conducting a prevention awareness campaign entitled "Keeping Glen Cove SAFE; Underage Marijuana Use," to educate and update the community regarding marijuana use and its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about Cannabis/Marijuana use at www.safeglencove.org.

