

What You Need to Know About CANNABIS AND THE TEEN BRAIN

KNOW THE FACTS

Long-term effects of cannabis use by teenagers may have lasting consequences. It can change brain function. It can make it harder to pay attention and do well in school. It can lead to reduced overall IQ and verbal IQ scores.

The American Academy of Pediatrics recommends that young people not use cannabis, alcohol or tobacco before the age of 21. Find out why below.

The teenage brain is still under construction. Young people can become dependent on cannabis more easily than adults.

The pre-frontal cortex area of the brain develops until age 25. Memory, problem-solving, making plans, and managing emotions all happen here. This part of the brain is especially vulnerable to cannabis use.

Any young person with a family history of psychosis, schizophrenia, or anxiety should avoid using cannabis. It may cause symptoms. It may make symptoms worse. Consult with a medical professional if you think you have any of these serious conditions.

Cannabis Today

Cannabis (also known as “marijuana”), is a plant with many different chemical compounds. THC (delta-9-tetra hydro- cannabinol) is a chemical in cannabis that makes you feel “high.” Cannabis can affect everyone in a different way.

There are many strains of cannabis. The amount of THC in each strain is different. Some strains are stronger than others. THC levels can be much higher than you expect.

THC is extracted from the cannabis plant to make concentrates. People consume concentrates by smoking, vaporizing, dabbing or eating them.

According to Stanford Medicine, the average product sold in plant form is around 20% THC and extracted products such as waxes and concentrates are often 80-90% THC.



What are some common cannabis concentrate products? Hash or hashish, kief, rosin, BHO (butane hash oil), shatter, wax, budder and edibles such as gummies or cannabis tonics. There are even more cannabis concentrates available.

“Marijuana has changed over time. The marijuana available today is much stronger than previous versions. The risks of physical dependence, addiction and other negative consequences increase with exposure to high concentrations of THC and the younger the age of Initiation.”

- U.S. Surgeon General

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**Humboldt County Cannabis Use
and Substance Use Disorder Prevention
and Treatment Programs**
humboldt.gov/SUD

Northern Humboldt (All Ages)

- **Department of Health and Human Services Adolescent Treatment Program**
134 D St., Eureka
707-441-3773
- **Boys and Girls Club of the Redwoods**
939 Harris St., Eureka
707-444-0153
- **Department of Health & Human Services Substance Use Prevention Program**
908 Seventh St., Eureka
707-268-2132 (Prevention only)
- **Humboldt Family Service Center**
1802 California St., Eureka
707-443-7358
- **marijuana-anonymous.org**
online 12-step meetings
- **Narcotics Anonymous Humboldt**
P.O. Box 6634, Eureka
707-444-8645
- **Two Feathers Native American Family Services**
1560 Betty Ct. A, McKinleyville
707-839-1933
- **United Indian Health Services**
1600 Weeot Way, Arcata
707-825-5000



Northern Humboldt (18 and Over)

- **Crossroads**
1205 Myrtle Ave., Eureka
707-445-0869
- **Department of Health & Human Services Healthy Moms Program** 2910 H St., Eureka
707-441-5220
- **Department of Health & Human Services Humboldt County Programs for Recovery**
231 Second St., Eureka
707-476-4054
- **Humboldt Recovery Center**
1026 N st, Eureka
707-223-3632
- **Waterfront Recovery Services**
2413 Second St., Eureka
707-268-9590 ext. 202

Southern Humboldt (All Ages)

- **SoHum Health**
509 Elm St.
Garberville, CA 95542
(707) 923-3921

Eastern Humboldt (all ages)

- **K'ima:w Medical Center**
535 Airport Road, Hoopa
530-625-4261 ext. 450

