



I KNOW MY PARENTS WANT WHAT'S BEST FOR ME, BUT I STILL **DIDN'T KNOW HOW TO ASK THEM ABOUT WEED.** MY FRIENDS HELPED A LITTLE BUT I REALLY STARTED LEARNING THE FACTS WHEN I **SEARCHED AND FOUND SOME GOOD SITES ONLINE.** NOW I KNOW WHAT'S TRUE AND MY FRIENDS ASK ME WHEN THEY HAVE QUESTIONS.

HANNAH, 13

There is a lot of information out there about marijuana, whether it's coming from your parents, your friends, a trusted adult, or an online source. It can be hard to know which information is true. If you've ever wondered about marijuana and wanted to learn more, check out these facts:

- If you're a tween, teen, or young adult, your brain is still developing. Use of marijuana before age 25 may have an impact on your brain development.
- There are two main types of compounds in cannabis: THC and CBD. THC is the chemical in cannabis that produces a "high" feeling. CBD does not make you high and may have medical benefits.
- THC acts on cannabinoid receptors, which are found throughout the body but mostly in the brain. Different cannabis products have different levels of THC. These brain areas are involved in memory, concentration, perception, and movement. THC interferes with the normal functioning of these brain areas.
- Like cigarettes, smoking cannabis can be harmful to your lungs. The smoke from cannabis has many of the same toxins and chemicals found in cigarette smoke, and can increase your risk of developing lung problems when inhaled.

If you want to learn more about marijuana or find other ways to be active in your community, visit our website and follow us on social media to keep up with events and resources in San Mateo County.

¹ [Let's Talk Cannabis](#)

² [National Institute on Drug Abuse](#)

³ [Neuroscience for Kids](#)