

# YOUR BRAIN IS AMAZING

Your brain can make millions of connections at impressive speeds, allowing you to process and store information efficiently. However, weed can negatively impact this process. Therefore, it's important to understand that using weed before your brain is done developing can have long-term consequences.

## WHAT CAN WEED DO TO YOUR DEVELOPING BRAIN?

### IMPAIR HOW NEW MEMORIES FORM

The hippocampus is like the boss of the brain when it comes to remembering stuff. When you use weed, the THC impacts the hippocampus, impairing your ability to make new memories.<sup>1</sup>

### AFFECT MOVEMENT & COORDINATION

Weed can impact the growth of your cerebellum, the part of the brain responsible for your motor functions and coordination.<sup>2</sup>

### MAKE ANXIETY & STRESS HARDER TO MANAGE

The amygdala is like the control center for all your feelings. The THC in weed affects your amygdala, making it harder for you to manage fear, anxiety, and stress.<sup>3</sup>

### IMPACT THE BRAIN'S ABILITY TO REGULATE

When you use weed, the THC creeps into your brain and overwhelms something called the endocannabinoid system (ECS). The ECS is like the manager that regulates your memory, coordination, alertness, and just generally keeping it together.<sup>4</sup>

## STRESSED OUT?

**Using weed regularly** before you are 25 can affect your amygdala, the part of your brain that helps you control emotions like anxiety and stress. Changes to this part of the brain may make those emotions harder to handle on your own later on.

**Using weed daily** can affect your CB1 brain receptors, which can increase your tolerance, meaning you may need higher doses over time to achieve the desired effect and lead to a dependency. You should be the one in control, not weed.<sup>5, 6</sup>



# LET'S TALK CANNABIS

1. Structural and Functional Imaging Studies in Chronic Cannabis Users: A Systematic Review of Adolescent and Adult Findings  
2. Verbal Learning and Memory in Adolescent Cannabis Users, Alcohol Users and Non-Users  
3. Multiple Mechanistically Distinct Modes of Endocannabinoid Mobilization at Central Amygdala Glutamatergic Synapses  
4. Getting High on the Endocannabinoid System  
5. Dependence on Delta 9-tetrahydrocannabinol: Studies on Precipitated and Abrupt Withdrawal  
6. Effects of Marijuana on Mental Health: Anxiety Disorders