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**Cannabis[[1]](#footnote-1): Quick Facts**

* Cannabis is illegal for people under 21
* Cannabis is stronger than it has been since the 90s— increasing its adverse effects
  + Marijuana with more than 15% THC content carries a 3x-5x increased risk of developing psychosis depending on frequency of use. Knowing Marijuana potency can be life saving. [[2]](#footnote-2)
* Cannabis is an addictive substance. People who use it can go on to develop cannabis use disorder and are more likely to become addicted to other substances.
* Cannabis can increase the risk of mental health conditions, such as depression and anxiety.
* COVID-19 injures the lungs. Cannabis increases that damage.

**Parents, did you know?**

* Cannabis will affect your child’s developing brain. Be careful when pregnant or breastfeeding.
* Cannabis smoke has many of the same cancer-causing chemicals as cigarette smoke. Keep kids’ lungs healthy by keeping kids away from marijuana smoke and vapor.
* Kids can’t tell the difference between cannabis brownies and regular brownies. Secure edibles and all cannabis products where kids can’t access them.
* You can teach prevention early on: Talk with your kids about staying healthy. Introduce fruits and vegetables as a foundation for a healthy brain and body
* If you see an opportunity to talk about cannabis, engage your kids in conversation. Listen to what they have to say about what they are hearing.
  + Stick with the facts about cannabis.
  + Let them know this product isn’t safe for kids who are still growing.

**Learn more:**

[www.greenpeakalliance.org](http://www.greenpeakalliance.org)

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1. For the purpose of this document, we are referring to “cannabis” with THC that is smoked, ingested, or inhaled to get high. [↑](#footnote-ref-1)
2. Stuyt E. (2018). The Problem with the Current High Potency THC Marijuana from the Perspective of an Addiction Psychiatrist. *Missouri medicine*, *115*(6), 482–486. [↑](#footnote-ref-2)