

Marijuana (Cannabis/THC): Information for Teens



Marijuana (Cannabis/THC): Information for Teens was created by the Chippewa Valley Coalition for Youth and Families, a school-community coalition in mid-Macomb County, Michigan. It provides research-based information from national sources, including the Centers for Disease Control and Prevention (CDC) and others.

Please note that the term "marijuana" is used throughout the lesson because it is the term still used in the Michigan Model for Health. The terms "cannabis/THC" are also used in this lesson for increased clarity.

This lesson takes approximately 2 hours to present, with activities and discussion.

The lesson has been reviewed by Sara Orris, Health Consultant at Macomb ISD and can be used to complement the Michigan Model for Health. National Health Education Standards were considered during the creation of this lesson and can be found at: <https://shapeamerica.org/standards/health/new-he-standards/>

A Message to Teachers and Others Using Marijuana (Cannabis/THC): Information for Teens

Many children and adolescents today have significant misperceptions about marijuana. National drug survey data, Monitoring the Future 2025, shows a positive trend across

the grade levels, including high school, in the perception that marijuana use can be harmful.

The intention of this PowerPoint lesson, with video, is to provide accurate, research-based information to educate youth about the real dangers of marijuana use, especially during adolescence.

This lesson is intended to be used as an instructional unit for students in high school health or other classes and/or for educational presentations to youth groups in other settings, e.g., churches, recreational centers, etc.

When some adolescents are provided with information about the dangers of marijuana use, they may respond with adamant disbelief, given their lack of fact-based information and the likelihood that some are marijuana users. In piloting this unit, we discovered that expressions of disbelief can lead to stimulating and helpful discussions.

We have also found it constructive to take the following positions, in presenting this information:

I am not trying to convince you of anything. I am providing you with research-based information to consider.

You might do some research yourself to see what you discover, however, there is much misinformation about marijuana on the internet. I can give you some reliable and research-based resources to review. Be careful to separate opinion from research-based facts.

Information to assist in using Marijuana (Cannabis/THC): Information for Teens:

Many of the slides have accompanying information.

These include TEACHER NOTES that provide supplemental information for teachers.

Other slides may have TEACHER COMMENTS, statements found useful during the piloting of the curriculum to enhance student learning. Some Teacher Comments are purposefully informal to be “student friendly”.

In addition, some slides provide suggested Group Activities to promote discussion.

Supplemental materials-Cannabis: The Facts You Need to Know, created by the National Institute on Drug Abuse-are available for this lesson at:

https://nida.nih.gov/sites/default/files/NIDA_YR20_INS1_StudentMagazine.pdf

<https://nida.nih.gov/research-topics/parents-educators/lesson-plans/cannabis-the-facts-you-need-to-know>

This presentation was updated during August 2026.

What is Marijuana?

Also called *cannabis, THC, and dabbing*

A mixture of the dried and shredded leaves, stems, seeds, and flowers of the cannabis plant

Has a chemical in it called
delta-9-tetrahydrocannabinol (THC),
the main addictive ingredient

Centers for Disease Control and Prevention (CDC)

A Reminder – some of the following slides have
TEACHER COMMENTS, statements that may be used in class to enhance the lesson, and/or
TEACHER NOTES, supplemental information for teachers

Teacher Notes:

What is marijuana?

Marijuana refers to the dried leaves, flowers, stems, and seeds from the Cannabis plant.

The plant contains the mind-altering chemical THC and other similar compounds.

Extracts can also be made from the cannabis plant.

Marijuana is often vaped and sometimes mixed into foods, “edible marijuana”, or drinks.

<https://www.cdc.gov/cannabis/about/index.html>

Group Activity



Estimate the percentage of 12th graders that reported never using marijuana in an anonymous national survey.

Group Activity (Preparing students for next slide):

Estimate the percentage of 12th graders that reported never using marijuana in an anonymous national survey.

Write the estimated percentages on the board.

(The next slide provides the answer.)

The survey is the Monitoring the Future Survey conducted by the University of Michigan each year.

National Monitoring the Future Survey (2025)

University of Michigan

12th Graders

**Over 65%
had NEVER USED
Marijuana**



Teacher Comments:

Many people your age overestimate the number of teens that use marijuana.
Over 65% of 12th grade students that took an anonymous national survey said they HAD NEVER used marijuana.

How does this compare to your guess?

MOST TEENS DO NOT USE MARIJUANA.

Teacher Notes:

The Monitoring the Future Survey is funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health (NIH). The survey is conducted by the University of Michigan.

To view full survey data, visit <https://monitoringthefuture.org/wp-content/uploads/2025/12/mtfvol12026.pdf>

For a long time, people believed smoking cigarettes was safe.

Important lessons can be learned from the history of tobacco.

Many years ago, tobacco was used as a medicine for some illnesses.

Research began to link cancer to burned tobacco.

Tobacco companies tried to hide the dangers from the public.

Tobacco use caused millions of deaths before the public were made aware.

In 1998, the tobacco industry was fined \$206 billion for the damage.

It took decades for the public to learn about the dangers of tobacco.

How long will it take to understand the dangers of marijuana?

Scholastic Magazine

Teacher Notes:

Read the slide and encourage discussion.

Marijuana (Cannabis/THC) is NOT Safe.



WARNING

Even though Michigan has legalized
adult use of marijuana,
research shows that...

**Marijuana is NOT a safe drug,
especially for teens and young adults.**

CDC

Teacher Comments:

In 2018, Michigan legalized the use of commercialized marijuana for individuals over the age of 21.

This does not mean that marijuana is a safe drug, especially for teens and young adults.

<https://www.cdc.gov/cannabis/health-effects/brain-health.html>

Group Activity



Why Do Some Teens Use Marijuana (Cannabis/THC)?



Group Activity (Preparing students for next slide):

Ask students more specifically “Why do you think some teens try marijuana after they have been given information about how risky marijuana use is?”

Brainstorm and write their answers on the board.
Discuss their answers.

(The next slide provides the answers.)

Marijuana (Cannabis/THC)?

Pressure from friends

Boredom

Influence of media

Insecurity/To “fit in”

To rebel

To deal with depression and/or anxiety

Curiosity

Misinformation (Believe it’s safe)



Partnership to End Addiction

Teacher Notes:

This automated slide reveals common answers based on research from Partnership to End Addiction.

Compare student answers with the slide.

Note and discuss any reason why teens use marijuana that hasn't been mentioned.

<https://drugfree.org/article/why-teens-drink-and-experiment-with-drugs/> April 2024

Marijuana (Cannabis/THC) is NOT Safe.



The amount of THC, the addictive chemical in marijuana, has increased significantly over the years, making marijuana a much stronger and more addictive drug today than it was in the past.

New Scientist 2023

Teacher Comments:

Delta-9-tetrahydrocannabinol (THC) is one of over 400 chemicals in marijuana. It is the main addictive ingredient in marijuana, responsible for many of its known negative effects.

Teacher Notes:

All forms of marijuana are mind-altering (psychoactive).

In other words, they change how the brain works. Since THC is the main addictive chemical in marijuana, the amount of THC in marijuana determines its strength or potency and therefore its effects.

The THC content of marijuana has been increasing since the 1980s due to the engineering of the cannabis plant by the cannabis industry.

New Scientist. Is cannabis today really much more potent than 50 years ago? 11 October 2023

<https://www.newscientist.com/article/2396976-is-cannabis-today-really-much-more-potent-than-50-years-ago/#:~:text=The%20data%20shows%20a%20clear,has%20increased%20more%20than%20tenfold.>

MARIJUANA (Cannabis/THC) HAS BECOME MUCH STRONGER OVER THE YEARS RESULTING IN:



Cannabis Use Disorder (Addiction)
Anxiety, Depression, and Psychosis
School Failure and Dropout
Emergency Room Visits
Heart Attack and Stroke
Poison Control Calls

CDC

Teacher Comments:

Addiction is a powerful urge to keep taking a drug, even when it is causing harm (problems in relationships, with academics, legal issues, emotional problems, etc.).

Cannabis Use Disorder is the diagnosis given by doctors to people who are addicted to marijuana.

Further explanation of addiction is provided later in this PowerPoint.

American Psychiatric Association. (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.)

Teacher Notes:

THC, the addictive element in marijuana, has increased significantly over time.

The data shows a clear trend: over the last 50 years, the average amount of tetrahydrocannabinol (THC) in cannabis – the plant's main psychoactive component – has increased more than tenfold.

New Scientist. Is cannabis today really much more potent than 50 years ago? 11 October 2023

<https://www.newscientist.com/article/2396976-is-cannabis-today-really-much-more-potent-than-50-years-ago/#:~:text=The%20data%20shows%20a%20clear,has%20increased%20more%20than%20tenfold.>

Marijuana (Cannabis/THC) IS Addictive

Developing brains are
vulnerable to addiction.
Teen brains are not fully
developed.



The **EARLIER**
marijuana use
begins,
the **GREATER**
the risk
of addiction.

About 1 in 6 teens
who use
marijuana
become addicted.

SAMHSA

Teacher Notes:

About 1 in 6 teens who use marijuana become addicted.

It is estimated that 11% (about 1 in 10) of adults who use marijuana will become dependent on it.

<https://www.samhsa.gov/marijuana>

Marijuana (Cannabis/THC) & the Brain

Your brain is not fully developed until you are about 25 years or older.



Marijuana use can damage the developing brain, seriously affecting the ability to think, learn, remember, pay attention, and make safe decisions.



CDC

<https://www.cdc.gov/cannabis/health-effects/brain-health.html>

Group Activity

What Do You Think?

**What are some
of the other
effects of using
Marijuana
(Cannabis/THC)?**



Group Activity:

Ask the class “What are some of the other effects of using marijuana?”

Write student answers on the board.

Proceed to show the next two slides.

What Can Happen When Someone Uses Marijuana (Cannabis/THC)?

Potential Short-Term Problems

Marijuana use can interfere with:

Emotions (create anxiety, paranoia, panic)

Coordination

Memory

Thinking (create psychosis/distortion of reality)

Decision making

Concentration & Learning

Heart Rate

Scholastic, NIDA, NIH, Department of HHS

Teacher Comments:

Every time a drug is used, including marijuana, there are risks.

No one can predict the effects marijuana use will have.

Effects for the same person using marijuana may be different over time.

Some problems such as concentration/learning problems, and paranoia (unreasonable fear)/panic can last for days after marijuana is used.

Scholastic, NIDA, NIH, Department of HHS. Real News About Drugs and Your Body, 2023

https://nida.nih.gov/sites/default/files/NIDA_YR20_INS1_StudentMagazine.pdf

What Can Happen When Someone Uses Marijuana (Cannabis/THC)?

Potential Long-Term Problems

Risk of Cannabis Use Disorder (Addiction)

Permanent brain changes

Depression & suicidal thoughts

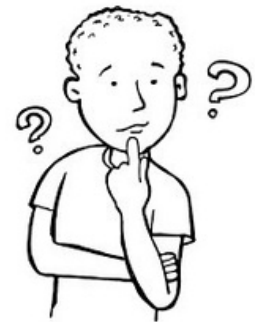
Heart disease & stroke

Eating & sleeping problems

Breathing problems

Frequent & severe vomiting

School failure & drop out



Scholastic, NIDA, NIH, Department of HHS,
CDC, UPI

Teacher Comments:

The use of marijuana can lead to many long-term problems.

Scholastic, NIDA, NIH, Department of HHS. Real News About Drugs and Your Body, 2023
https://nida.nih.gov/sites/default/files/NIDA_YR20_INS1_StudentMagazine.pdf

Centers for Disease Control and Prevention
<https://www.cdc.gov/cannabis/health-effects/brain-health.html>

https://www.upi.com/Health_News/2021/06/16/marijuana-teens-brain-development-study/4721623852022/

Video: What is Addiction? (3:17 min)



Teacher Comments:

This video shows the brain effects of addiction.

Video link: <https://www.youtube.com/watch?v=MbOAKmzKmJo&t=1s>

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Is Vaping Marijuana (Cannabis/THC) Safer Than Smoking It?

Vaping high potency THC oils and concentrates increases the potential for addiction.

Devices used to vape THC can contain dangerous chemicals and metal particles from the device itself.

There is NO safe way to use marijuana.

Science Insights

Teacher Notes:

Though cannabis vaping is thought to generate fewer toxic emissions than cannabis smoking, it has been associated with several cases of acute lung injury and often involves high-potency forms of cannabis, exposing youth to several acute and long-term health risks.

<https://scienceinsights.org/what-is-inside-vapes-chemicals-and-hidden-risks/>

Chadi N, Minato C, Stanwick R. Cannabis vaping: Understanding the health risks of a rapidly emerging trend.

Pediatric Child Health. 2020;25(Suppl 1):S16-S20. doi:10.1093/pch/pxaa016

The Dangers of Marijuana (Cannabis/THC) Edibles/Drinks

Marijuana **edibles** are foods (e.g. cookies, candy bars, brownies, etc.) or drinks and can have highly unpredictable levels of THC.

When marijuana edibles/drinks are used, the effects are often delayed.

The strongest effects of edibles and THC drinks may not be felt for 45 minutes to several hours after the edible is eaten.

Given delayed effects, someone may eat or drink more to “get high”, leading to dangerous **overdose**.

Healthychildren.org

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Edible-Marijuana-Dangers.aspx>

Consuming Edibles/Drinks Can Result in Overdose Effects That Include:

Intoxication/altered perception
Anxiety/panic/paranoia
Dizziness/weakness
Slurred speech
Poor coordination
Increased heart rate/breathing problems
Uncontrolled vomiting



Healthychildren.org

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Edible-Marijuana-Dangers.aspx>



Marijuana (Cannabis/THC) Affects Each Person Differently

Effects vary based on:

Biology (e.g., gender, weight, family history of addiction)

Strength of the marijuana (amount of THC)

Whether alcohol or other drugs are also used

Amount used and how it is used
(smoked/vaped/eaten/drunk)

CDC

Teacher Comments:

Some people feel nothing at all when they use marijuana.

Others may feel relaxed or "high."

Some experience sudden feelings of anxiety and paranoid thoughts.

The effects can be unpredictable, especially when other drugs are mixed with it.

<https://www.cdc.gov/cannabis/about/index.html>

Marijuana (Cannabis/THC) & Your Body

THC (Delta-9 tetrahydrocannabinol) **rapidly passes from the lungs into the bloodstream**, which carries the addictive chemical to organs throughout the body, including the brain.

THC is **quickly absorbed by various organs in the body**, including the brain.

THC stays in the body for a long period of time.



CDC

<https://www.cdc.gov/cannabis/about/index.html>



Group Activity

How long do you think THC stays in the body?

Group Activity:

Have students answer the question, “How long does the THC in marijuana stay in a person’s body?”

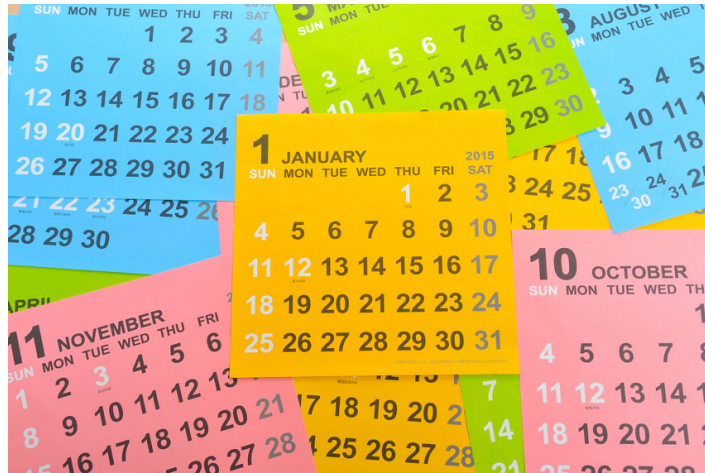
Write their answers on the board.

Comment on longest time and shortest time suggested by the class.

(The next slide provides the answer.)

THC can be detected in the body for up to **3 months**.

The length of time THC remains in the body depends on how often it is used and the strength of the THC.



Web MD

Teacher Comments:

Detection of THC in urine samples is not an exact science.

The number of days THC can be detected varies, based on THC content and the metabolism of the person being tested.

Web MD

<https://www.webmd.com/mental-health/addiction/what-to-know-about-how-long-marijuana-stays-in-your-system>

Stopping Marijuana (Cannabis/THC) Use Can Be Very Difficult



When people try to stop using marijuana they often:

**Are irritable & angry
Are stressed & nervous
Have problems eating & sleeping
Have urges to keep using it**



American Psychiatric Association

American Psychiatric Association. (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.).
<https://doi.org/10.1176/appi.books.9780890425787>

Marijuana (Cannabis/THC) & Mental Health

TEEN MARIJUANA (CANNABIS) USE INCREASES RISK OF MENTAL HEALTH ISSUES.

*Teen marijuana use has
been linked to a range of
mental health problems,
including depression
and social anxiety.* CDC



CDC

Teacher Comments:

Anxiety and depression are the most common disorders of childhood.

Regular use, particularly of high potency marijuana, has been linked to anxiety, depression, and other mental health disorders. Much more research needs to be done to discover the connection between marijuana and mental health.

<https://www.cdc.gov/cannabis/health-effects/cannabis-and-teens.html>

Youth Marijuana (Cannabis/THC) Use Increases the Risk of Suicidal Thoughts

Research at Columbia University found that teens who use marijuana occasionally were 2 to 4 times more likely to have suicidal thoughts than non-using teens.



Columbia Department of Psychiatry

Teacher Comments:

A reminder about suicidal thoughts –

if you or anyone you know is experiencing suicidal thoughts it is very important to talk with an adult you trust.

<https://www.columbiapsychiatry.org/news/recreational-cannabis-use-among-u-s-adolescents-poses-risk-adverse-mental-health-and-life-outcomes>

Marijuana (Cannabis/THC) & Acute Panic/Anxiety

Some users of high potency marijuana experience acute panic.

National Institutes of Health

Since it was legalized in Michigan for adult use, there has been an increase in visits to emergency rooms because of anxiety/panic reactions.

Keung et al, Cureus, 2023

Teacher Comments:

Episodes of panic involve extremely high levels of anxiety.

<https://medlineplus.gov/ency/article/000952.htm> (National Institutes of Health)

<https://pubmed.ncbi.nlm.nih.gov/37252542/>

Keung MY, Leach E, Kreuser K, et al. Cannabis-Induced Anxiety Disorder in the Emergency Department. Cureus. 2023;15(4):e38158.

Published 2023 Apr 26. doi:10.7759/cureus.38158

Marijuana (Cannabis/THC) & Mental Health

TEEN MARIJUANA (CANNABIS) USE AND SCHIZOPHRENIA

Research shows the connection between marijuana use and schizophrenia, a type of psychosis, is stronger for those who start using the drug at a younger age and use it more often.

(Psychosis is the inability to tell what is real and what is not.) CDC



<https://www.cdc.gov/cannabis/about/index.html>

Marijuana (Cannabis/THC) & School

The effects of marijuana use
on the developing brain can
negatively impact
school performance.

**Research shows that teens
that use marijuana are
more likely to drop out of
high school.**



SAMHSA

<https://www.getsmartaboutdrugs.gov/content/school-failure>

Group Activity

Marijuana (Cannabis/THC) & Sports

Research indicates that marijuana use affects timing, movement, and coordination, which can harm the sports performance of teens (and adults). SANHSA



Group Activity:

Ask:

How many of you are part of a sports team?

How many hours a week do you practice during your season?

How important is it for you to be a good athlete?

Teacher Comments:

Let's review the effects of marijuana use on athletic performance.

Marijuana use can:

Decrease eye-hand coordination

Slow reaction time

Reduce motor coordination

Slow reflexes

Impair tracking ability and perceptual accuracy

Impair concentration, and time appears to move more slowly

Cause short and long-term memory loss, "I can't remember the plays, coach"

Create difficulty with thinking and problem solving,

Decrease motivation to perform and/or give maximum effort

Staying away from marijuana helps your team succeed.

<https://www.samhsa.gov/substance-use/learn/marijuana/risks>

SAMHSA: Know the Risks of Marijuana 2024

<https://www.samhsa.gov/marijuana>

Talking with your teen about marijuana: Keeping Your Kids Safe

<https://library.samhsa.gov/sites/default/files/PEP20-03-01-004-508C.pdf>

**Marijuana
(Cannabis/THC)
use can slam
the door to
your future!**



This slide is automated to produce the sound of a door slamming.

Teacher Comments:

The use of any drug, including marijuana, has the potential of creating negative lifelong changes.

Marijuana (Cannabis/THC) & College Success

Students who use marijuana are
MUCH LESS LIKELY to get a college degree.

CDC

Research has shown the more frequently college students use marijuana, the lower their GPA tends to be, the more they report skipping class, and there is a greater likelihood of dropping out or taking longer to graduate.

Inside Higher Ed 2023

<https://www.cdc.gov/cannabis/health-effects/cannabis-and-teens.html>

<https://www.insidehighered.com/news/2023/02/23/study-increased-marijuana-use-college-campuses#:~:text=Research%20has%20shown%20that%20the,it%20takes%20them%20to%20graduate.>

[https://nap.nationalacademies.org/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state.](https://nap.nationalacademies.org/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state)

Financial Aid & College Scholarships

Colleges have different requirements for scholarships.

Some colleges and universities may not allow a student to apply for or keep a scholarship if he/she has a conviction for a drug offense.

Don't risk being unable to go to the school of your choice or losing your scholarship.



Just Think Twice, US Government

Teacher Comments:

As part of the Free Application for Federal Student Aid (FAFSA) process, students convicted of a drug offense must complete an eligibility worksheet that will determine if they are eligible, partially eligible, or ineligible for student aid.

<https://www.justthinktwice.gov/you-might-lose-your-student-loans-or-scholarship-drug-use>

Marijuana (Cannabis/THC) & Daily Life



Longtime marijuana users report:

Less life satisfaction
Relationship problems
Reduced educational outcomes
Less career success

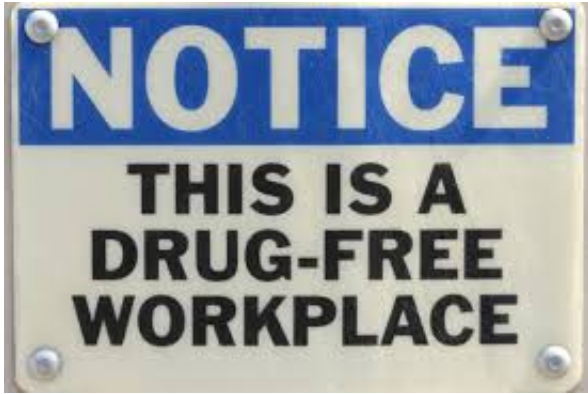
SAMHSA

Teacher Comments:

Using marijuana can significantly affect someone's life.

<https://www.samhsa.gov/marijuana>

Marijuana (Cannabis/THC) & Employment in Michigan



Even though marijuana use is legal for adults in Michigan, someone can be fired or not hired for a positive drug test if it violates the policy of the workplace.

Michigan Regulation and Taxation of Marijuana Act

Teacher Notes:

Michigan Marijuana Laws use an “h” instead of “j” to spell marijuana.

MICHIGAN REGULATION AND TAXATION OF MARIHUANA ACT 333.27954

Sec. 4. 3. This act does not require an employer to permit or accommodate conduct otherwise allowed by this act in any workplace or on the employer's property. This act does not prohibit an employer from disciplining an employee for violation of a workplace drug policy or for working while under the influence of marihuana. This act does not prevent an employer from refusing to hire, discharging, disciplining, or otherwise taking an adverse employment action against a person with respect to hire, tenure, terms, conditions, or privileges of employment because of that person's violation of a workplace drug policy or because that person was working while under the influence of marihuana.

Michigan Proposal 1, Marijuana Legalization Initiative (2018)
333.27954 Section 4 State of Michigan

Marijuana (Cannabis/ THC) & Driving

Marijuana is involved in many fatal car crashes in Michigan.

People who drive under the influence of marijuana can experience dangerous effects, including:

Slower reaction time

Lane weaving

Decreased coordination

Difficulty reacting to signals and sounds on the road

University of Michigan 2025
SAMHSA

University of Michigan Injury Prevention Center. Impact of Recreational Cannabis Legalization in Michigan.

University of Michigan. Ann Arbor, MI. April 2025.

<https://injurycenter.umich.edu/wp-content/uploads/2025/09/Cannabis-Report-2025.pdf>

<https://www.samhsa.gov/marijuana>

Marijuana (THC/Cannabis) & Driving

**Operating While
Intoxicated (OWI)** laws
do not only apply to
alcohol.

Driving under the
influence of all drugs,
including marijuana, is
dangerous and illegal.

Did you know?
It is illegal
for marijuana
to be used
by passengers
in a car.

4200 Cannabis and Driving Brochure

Teacher Comments:

After alcohol, marijuana is the drug most often associated with impaired driving.

https://www.michigan.gov/-/media/Project/Websites/msp/ohsp/pdfs3/4200_Marihuana_and_Driving_brochure.pdf?rev=86ac18d9bef042cf9854c06c7f1b6063

There are serious consequences for **ANYONE** that **DRIVES UNDER THE INFLUENCE** of Marijuana (Cannabis/THC).

The penalties are the same as those imposed for operating under the influence of alcohol. These penalties can include:

Up to 93 days in jail

Up to a \$500 fine

License suspension

Six points on a person's driving record

There are even greater penalties if a driver has minors in the vehicle.



4200 Cannabis and Driving Brochure

Teacher Notes:

If you are asked about points on a driver's license you can explain as follows:

Each traffic violation or crime is worth a certain number of points, which is determined by the Michigan Vehicle Code.

Minor offenses are often two points, while serious crimes are up to six points.

Every point placed on your driver record stays there for two years from the date of your conviction.

If you plead guilty to a traffic violation, or you are found guilty by a court, then you will have driver's license points assigned, and they will stay there the entire two years.

Accumulation of points can result in increased insurance cost, suspension of license and other consequences.

https://www.michigan.gov/-/media/Project/Websites/msp/ohsp/pdfs3/4200_Marihuana_and_Driving_brochure.pdf?rev=86ac18d9bef042cf9854c06c7f1b6063

<https://www.lansingattorney.com/practice-areas/criminal-defense-overview/traffic-violations/drivers-license-point-system/>

What about CBD?



CBD products are widely marketed, claiming many different uses.

CBD products found in stores are NOT approved by the U.S. Food and Drug Administration as treatment for any medical conditions.

American Academy of Child and Adolescent Psychiatry

Teacher Notes:

Is cannabidiol (CBD) medicine?

Scientists are still learning about how CBD affects the body.

The U.S. Food and Drug Administration (FDA) approved Epidiolex, a medicine that contains purified CBD from cannabis plants, to help treat seizure disorders.

The FDA has concluded that this drug is safe and effective for the intended use.

However, other marketed uses of CBD are not FDA approved.

There is ongoing research on the use of CBD-containing products for conditions such as epilepsy, , PTSD, Tourette's disorder, pain, and other diagnoses. For now, the use of CBD is only FDA-approved in children for rare forms of epilepsy. At this time, there is not enough evidence to recommend CBD for other uses, in children and adolescents including the treatment of autism and other developmental disorders. The approved CBD requires a prescription. Many stores sell CBD products. However, these are not FDA approved and thus there are no nationally regulated safety and quality standard. They may have harmful additives or interfere with prescription medication.

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Marijuana-and-Teens-106.aspx

For more information visit SAMHSA:

<https://store.samhsa.gov/sites/default/files/pep22-06-04-003.pdf>

Video: 3 Myths About Marijuana... (1:48 min)



Teacher Comments:

This video summarizes key elements related to the dangers of marijuana.

<https://www.youtube.com/watch?v=Z7ePHutb6Os>

Marijuana (Cannabis/THC)

Let's Sum It Up!



Any time someone uses drugs, they risk serious and unpredictable **physical and emotional damage.**

Drug use, including use of marijuana, can have **significant negative effects** on **relationships, friendships, mental health, school, athletic performance, and someone's future.**

Teacher Notes:

This slide presents a summary of key issues related to teen marijuana use.

Marijuana (Cannabis/THC)

Let's Sum It Up!

It's important to find ways to manage feelings, deal with stress, and have fun **without using drugs.**

If you have concerns about yourself or a friend, talk to an adult you trust.



Teacher Notes:

This slide presents a summary of key issues related to teen marijuana use.

If you would like to provide your students with an informational sheet on managing difficult emotions, it can be accessed on the Kids Health website:

<https://kidshealth.org/en/teens/stressful-feelings.prt-en.html>

do not use marijuana.

For more research-based information:

www.cvcoalition.org

www.drugabuse.gov

www.teens.drugabuse.gov

www.cadca.org

www.nimh.nih.gov

www.niaaa.nih.gov

www.fda.gov



Teacher Comments:

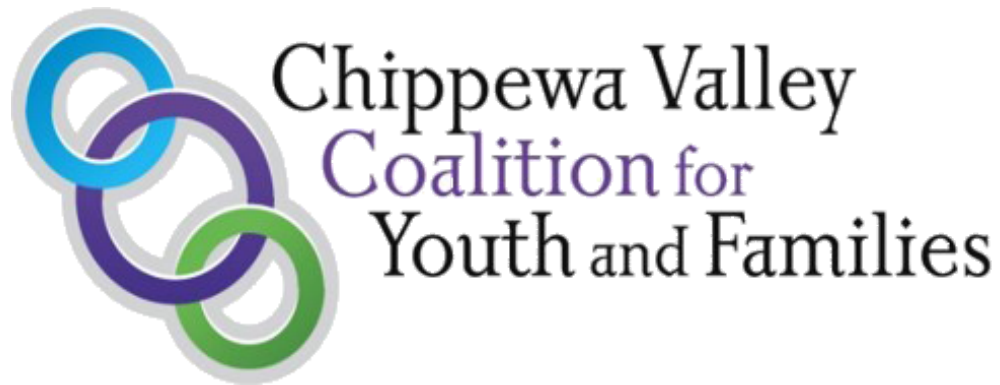
There is much misinformation about marijuana. To learn the facts, you can visit any of these websites.

Check out the games, blogs, and interactive quizzes for your age.

Optional Assignment:

Give your students 10 minutes to explore one of these options and report back what they find.

Information Provided By:



www.cvcoalition.org

The Chippewa Valley Coalition for Youth and Families is a school-community coalition in mid-Macomb County, Michigan. We provide research-based prevention lessons on marijuana use for middle school students and vaping. These are also available free of charge on our website.