

Your brain is still under construction.

Substances like **cannabis, nicotine, and alcohol** can interfere with this growth.

Stay strong by:

- Finding healthy outlets (sports, art, music)
- Surrounding yourself with supportive friends
- Talking to someone you trust
- Knowing the facts before you act

Don't let substances run the show.

"I've stepped away because I've seen how badly people can get hurt, and more than just physically."

"I prefer not to use drugs to not hurt myself, my family, and for my well-being!"



EVERYONE HAS A WHY

Scan the code to learn more about substance use prevention in Grant County.

EVERYONE HAS A WHY

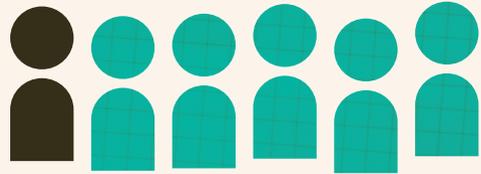


STAY IN CONTROL

Learn how substances affect your choices, your mood, and your goals.



Cannabis



**1 in 6 teen users
develop cannabis
use disorder.**

- THC makes it harder to focus, learn, and remember
- Early use raises risk of anxiety, depression, and dependence
- Today's cannabis has stronger THC, increasing mental health risks

Vaping

Vape aerosol can include nicotine, heavy metals, & toxic chemicals.

How It Affects You



Nicotine: addictive, disrupts brain growth



Lungs: coughing, wheezing, higher asthma risk



Heart: raised blood pressure



Mood: worsens anxiety or focus

Teens who vape are more likely to smoke or use other drugs.

Alcohol



Alcohol affects judgment, coordination, and memory.

- Impaired judgment can lead to accidents, violence, or blackouts
- Starting young raises the chance of addiction, poor grades, and mental health issues later
- The earlier you start, the higher your risk for lasting harm