



5

REASONS TO WAIT TO BAKE

1. Brain Development

Using cannabis products, smoking, or vaping before age 25 can impact memory and learning. Support your brain's full development.

2. Academic Performance

Using cannabis before turning 21 can reduce academic success. Focus on education to improve future prospects.

3. Cognitive Function

Using cannabis early can impact attention, memory, and decision-making. Postpone use to remain sharp and prepared for challenges.



4. Emotional Well-being

Consuming cannabis in your teen years can disrupt emotional growth and increase feelings of anxiety and depression.

5. Overall Health

Medical Cannabis use as an adolescent may damage your overall health. *Unless your medical doctor recommends it,* avoiding cannabis use is recommended.



Learn more at 3MAms.org/health

