



Additional Resources

The following resources provide additional information on marijuana use and its impact on your teen's life. We've also included resources to support you in protecting your teen from the risks of frequent marijuana use. As there is a lot of information out there, we've only included sites and organizations that we trust.

Science and Marijuana Research

[The Science of Marijuana: How THC Affects Your Brain:](#) This article shares more about the science of how marijuana impacts your teen's brain.

[The Science of the Endocannabinoid System: How THC Affects Your Brain & Body:](#) Want to learn more about the endocannabinoid system? Here is some more information from the researchers at the National Institute on Drug Abuse.

[Marijuana: Facts Parents Need to Know:](#) This helpful guide created by the leaders at the National Institute on Drug Abuse reviews research surrounding marijuana and helpful strategies for talking with your teen.

Marijuana Fast Facts

[Marijuana:](#) A brief summary of the research on marijuana from the National Institute on Drug Abuse (NIDA).

[Marijuana: A Letter from the Director:](#) A thorough research report on marijuana from NIDA's director, Nora Volkow, MD.

[Marijuana: Facts for Teens:](#) Some Fast Facts on marijuana for young people that you can share with your teen.

[Marijuana Use and Educational Outcomes:](#) This infographic explains how marijuana use can impact your teen's education.

Videos

[The Reward Circuit: How the Brain Responds to Marijuana](#) [3:15]: A great video that shares more about how the Brain Responds to Marijuana.

[Drugs: Shatter The Myths](#) [3:45]: A look at common myths about drugs that you can watch with your teen.

[Why Are Drugs So Hard To Quit?](#) [2:00]: This video explores why drugs are so hard to quit.

["Eyes On" Research in Drugged Driving](#) [1:18]: What is Drugged Driving? This video explores the current research.

Science and the Teenage Brain

[Why is the Teenage Brain So Hard to Understand?](#) This Time Magazine interview with neuroscientist Frances Jensen, MD, offers a helpful perspective on your teen's development and behavior.

Helping Your Teen

[The Parent 20-Minute Guide](#): These resources from The Center for Motivation and Change offers targeted, helpful strategies for talking to your teen about substance use.

[What to do if your teen has a problem with marijuana or other drugs?](#) A great resource and step-by-step guide if you are concerned about your teen's substance use.

[SAMHSA National Helpline](#): SAMHSA shares resources for support if you, a friend, or a family member needs help.

[ASU Study: Communication is Key for Keeping Your Kids Off Drugs](#): This article highlights research that highlights the importance of having family discussions about substance use.

[Is Marijuana Safe for Teens?](#): This Stanford University Medicine article shares the perspective of the American Academy of Pediatrics.