Cannabis (marijuana, weed, pot, etc.) may affect your educational and professional goals and how successful you are in life. Because your health and future are important to you, here are some things you should learn about how cannabis use influences your body and brain.

Cannabis Affects Your Brain

- Your brain is still developing. Using cannabis regularly in your teens and early 20s may lead to physical changes in your brain.\(^2\)
- Research shows that when you use cannabis your memory, learning, and attention are harmed. Some studies suggest a permanent impact as well.\(^1\)

Most Teens Are Not Using Cannabis

- In 2016, most high school students in California reported they were not using cannabis. Only about 15 percent (less than 1 in 5) reported using cannabis in the past 30 days.\(^4\)

Cannabis Impacts Your Goals

- The harmful effects of cannabis on your brain may impact your educational and professional goals and how successful you are in life.\(^5\) Research shows that if you start using cannabis before you are 18 or use cannabis regularly you may be at higher risk for:
  - Skipping classes\(^6\)
  - Getting lower grades\(^7\)
  - Dropping out of school\(^8\)
  - Unemployment or not getting the job that you’d like to have\(^9\)

Cannabis Affects Your Driving

- Cannabis can negatively affect the skills you need to drive safely, including reaction time,
coordination, and concentration.\textsuperscript{19}

\begin{itemize}
  \item Driving under the influence of cannabis increases your risk of getting into a car crash.\textsuperscript{20}
\end{itemize}

If You Break the Law

\begin{itemize}
  \item If you are under 21 and caught in possession of cannabis you will be required to complete drug education or counseling and community service (unless you have a valid physician’s recommendation or a valid county-issued medical marijuana identification card).\textsuperscript{21}
\end{itemize}

References


