ALCOHOL AND THE TEEN BRAIN

1 in 3 Colorado high school students consumed alcohol in the past 30 days.

WARNING SIGNS: A drop in grades or noticeable change in attitude can be signs alcohol is affecting the teen brain. Our teenage years are a crucial time for brain development, and alcohol use can cause lasting impacts.

BRAIN IMPACT: Heavy alcohol use can shrink the area of the brain that controls memory making it harder to learn.

BINGE DRINKING: If a teen consumes five or more alcoholic drinks at one time it is considered binge use. One drink equals a 12 oz. beer, 3 oz. glass of wine, or single shot of hard liquor.

Visit www.SpeakNowColorado.org to learn the facts and start a meaningful conversation with your teen.
MARIJUANA
AND THE
TEEN BRAIN

Colorado high school students are more likely to have used marijuana than cigarettes.¹

WARNING SIGNS: Just like alcohol, a sudden drop in grades or change in attitude can be signs of marijuana starting to impact a teen’s brain.²

BRAIN IMPACT: Regular marijuana use can damage the brain’s memory center, as well as white matter – the brain’s information network.²,³

MANY FORMS: Today’s marijuana strains can be more than four times as potent as strains from past decades.² Smoking marijuana is still very common, but vaporizers similar to electronic cigarettes, and even marijuana infused candy and snacks are all on the market.

Visit www.SpeakNowColorado.org to learn more about mixing marijuana and alcohol, and start a meaningful conversation with your teen.

1. 2011 Healthy Kids Colorado Survey

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