

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.

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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

2. Understand The Big Deal: How Marijuana Harms Youth: http://ibg.colorado.edu/cadd/newsletters/how_marijuana_harms_youth_brochure-1.pdf

3. Alcohol And The Adolescent Brain – Human Studies: <http://pubs.niaaa.nih.gov/publications/Arh284/205-212.htm>

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