

# PEP Talk

In partnership with EIPS Committee of School Councils



2<sup>nd</sup> Floor, 501 Festival Avenue Sherwood Park, AB T8A 4X3  
[www.pepsociety.ca](http://www.pepsociety.ca)

## The Pot (Cannabis) Talk

Pot (Cannabis) is often the first drug a teen is offered

**Did you know?** The rate of pot use is two times higher among Canadian youth aged 15 – 24 as it is for adults.

One in five teens aged between 15 and 19 have used pot (cannabis) in the past year.

### Terms for Cannabis:

Marijuana, bud, blunt, chronic, dab, dope, ganja, grass, green, hash, herb, joint, loud, mary jane, mj, pot, reefer, skunk, smoke, trees, wax, weed.

### Short-term effects of use:

Feeling happy, relaxation, increased sociability and heightened sensation; problems with memory and learning; distorted perception (sights, sounds, time, touch); trouble with thinking and problem solving; increased heart rate and anxiety.

### Long-term effects of use:

Increased risk of experiencing psychotic symptoms (changes in thoughts, feelings and behaviours) poor performance in school, lower grades and risk of dropping out; impairment of cognitive abilities; increase risk of chronic cough, bronchitis; may also increase depression and anxiety – stress tolerance level is lowered.

### Cannabis and the teen brain

The pre-frontal cortex, the part of the brain that controls reasoning and impulses, does not fully mature until around the age of 25. The use before the age of 25 can have a negative impact such as: more risky, impulsive behaviour, poor planning and judgement, and difficulty controlling emotions.

**You are the expert when it comes to your teen. If something doesn't feel right, it probably isn't. Talk to them – early and openly...**

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County.

We provide free innovative programs for parents/extended family and youth/young adults.

Our groups are professionally facilitated and drop in - no registration required.

For more information please visit our web-site [www.pepsociety.ca](http://www.pepsociety.ca)

or call our Support Line Days/Evenings Weekends 780.293.0737