

Weeding out the Myths

There's a lot of talk about weed, and not all of it is accurate. Learn the facts, understand the risks, and know where to turn for help.

Myth

Most teenagers are using weed.

Fact

Most teens are **not** using weed. In a New York class of 20 high school students, about 17 said they have **not** used weed recently.

Myth

If I see people my age using weed, it must be legal for me.

Fact

In New York, you must be 21 or older to buy, have, or use weed. However, some people under 21 may use weed for medical purposes with approval from a healthcare provider. If they are under 18, they need permission from a parent or guardian.

Myth

Weed is not addictive.

Fact

Cannabis Use Disorder is when someone keeps using weed even when it causes problems in their daily life or with their health. People who start using weed young are more likely to develop it.

Myth

It is safe to drive after using weed.

Fact

Driving while impaired by cannabis is illegal and unsafe. Weed slows reaction time and makes it harder to focus. Never consume weed before or while driving, or take a ride from someone who has.

Myth

Weed will help with my anxiety and depression.

Fact

For many people, especially teens, using weed can worsen anxiety or depression. For others, it can trigger panic attacks or, in some serious cases, psychosis.

Myth

Weed is natural, so it must be safe.

Fact

Natural doesn't mean harmless. Many natural substances are toxic or dangerous, like tobacco. Using weed can affect your brain development, among other health risks.

Talk With Someone You Trust

You are not alone. If you have questions about weed, talking about it with someone you trust can help. This may be a parent or caregiver, a teacher, a coach, a doctor, or another adult you feel comfortable with.



Need help now?

988 Suicide & Crisis Lifeline

Call or text **988** or chat online at 988lifeline.org

Free. 24/7. Confidential.

Feeling stressed or overwhelmed?

Go to bewell.ny.gov

Access quick tools to calm your mind, manage stress, and sleep better.

Worried about substance use — yours, a friend's or family members'?

Call **1-877-8-HOPENY** or text **HOPENY (467369)**

No-cost, judgment-free support anytime.

Greening out or used too much weed? Used it by mistake?

Call the Poison Center for help: **1-800-222-1222**.

Dial 911 if there's a medical emergency.

Interested in learning more about weed?

Get the facts.

Make informed choices.

Scan QR code or visit:

cannabishonestly.org

