

National Institute on Drug Abuse
National Institutes of Health



Marijuana Facts for Teens

Letter to Teens

Did you know...

- When asked, only about 1 in 14 teens say they used marijuana in the past month.¹ So, if you were thinking everyone uses marijuana, they don't.
- Some think marijuana is okay to use because it's "natural." But not all natural plants are good for you — take tobacco, for example.
- Some teens believe marijuana can't be that harmful if states are legalizing it. Legal or not, one real risk is *addiction*.
- In 2016, around 4 million people ages 12 and older had a marijuana use disorder. The most severe form also is known as an addiction.¹
- Research also shows that marijuana can harm the developing teen brain.

Our goal is to give you the straight facts so you can make smart choices and be your best self. We hope you will continue the conversation and share this information with your friends, parents, teachers, and others.

Nora D. Volkow, M.D.

Director

National Institute on Drug Abuse

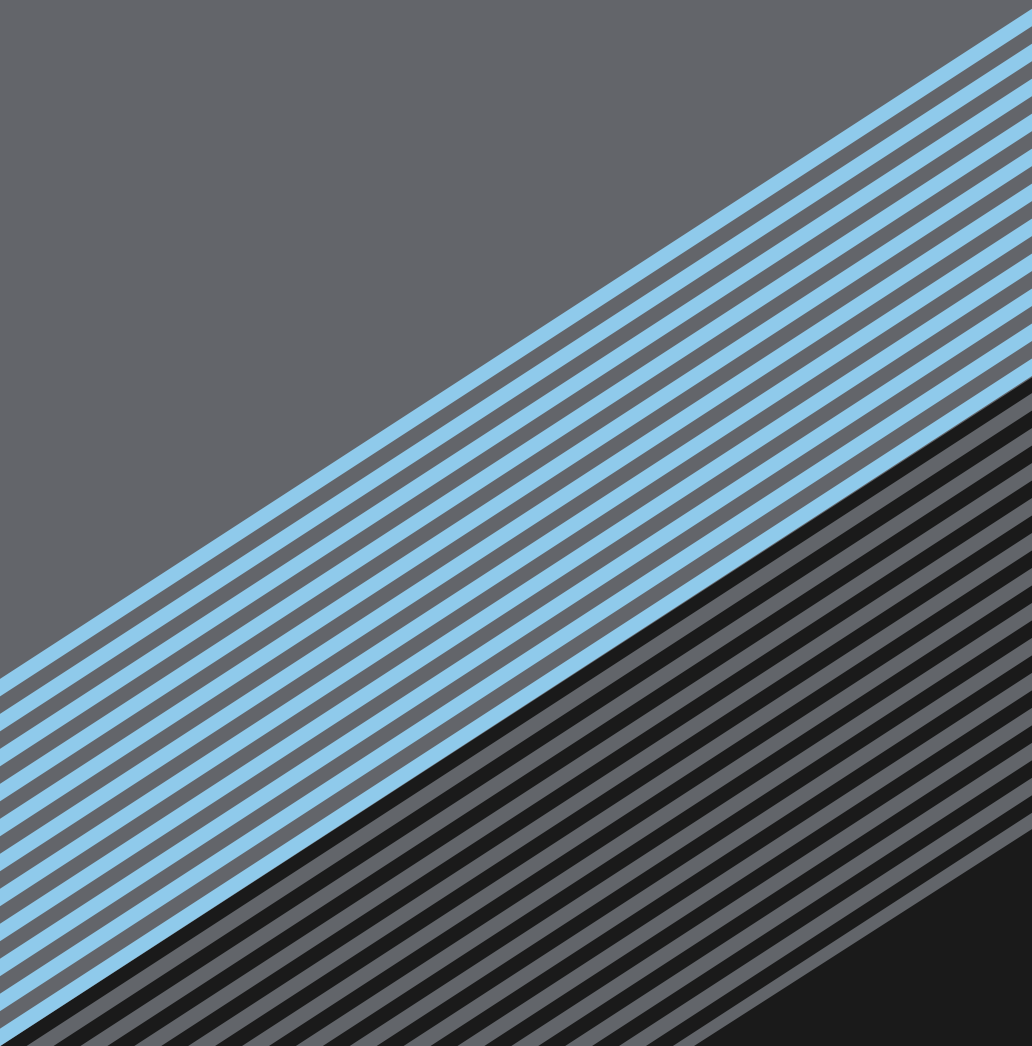
**This booklet gives brief summaries of what marijuana research is telling us. These topics represent the most popular questions and comments we get every day on our teen website and blog.*

¹ Behavioral Health Statistics and Quality. Results from the 2016 National Survey on Drug Use and Health: Detailed Tables. Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs-2016/NSDUH-DetTabs-2016.htm#tab1-2B>. Published September 7, 2017. Accessed November 6, 2017.



Need Treatment?

You can find treatment programs through the website www.findtreatment.samhsa.gov provided by the Substance Abuse and Mental Health Services Administration (SAMHSA). You can also call the SAMHSA Treatment Referral hotline at 1-800-662-HELP. Treatment can help you, a friend, or someone you love get back to the person you or they once were.



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