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## Academic Success: Get the Facts



As your teens head back to the classroom, you can arm them with the proper tools and information to stay drug-free. A teen's performance in high school has long-term implications-grade point averages and test scores can dictate where they go to college, and their success in high school is often an indicator of how they will perform later on campus and in the job market. So don't let drug use hold them back.

What can you do to ensure your children reach their maximum potential? It's easy; just remember the vowels:

**A** - Advise your teen to get involved in behaviors that are safe, fun and removed from drugs, such as sports or other extracurricular activities.

**E** - Establish clear rules with clear consequences and encourage and reward good behavior, but more than anything, be a role model for your kids.

**I** - Involve yourself in your teen's life.

**O** - Overlook your fear of having sensitive conversations, and look for the opportunity to talk with your kids.

**U** - Unite yourself with the rest of your family,

## How can marijuana use impact a teen's academic success and ability to learn?

1. Students who smoke marijuana get lower grades [◆◆◆](#)

on average [◆◆◆](#) and are less likely to graduate from high school than their nonsmoking peers. [\[1\]](#)

2. Marijuana has an adverse impact on memory and learning that can last for days or weeks after the effects of the drug wear off. [\[2\]](#)

3. Because marijuana compromises the ability to learn and retain information, teens who use regularly run the risk of falling behind in school and of compromising their drive and ambition.

4. Some frequent, long-term marijuana users show signs of not caring about what happens in their lives, fatigue, and no desire to work regularly,

other parents, and organizations in order to have the support of others who have also faced this problem.

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### You make the difference

All young people face challenges as they grow and mature, and the dangers and temptations of drugs are all around. As parents and people who care about young people, you want the very best for them - you want them to lead productive and happy lives. Parents and family are still the most important influence in young peoples' lives, so keep the lines of communication open, set a clear "no drugs" rule, and continue to discuss the dangers and consequences of drug use.






Now is the perfect time to [start the conversation](#).

[1] Linskey I and Hall W. The effects of adolescent cannabis use on educational attainment: A review. *Addiction* 95(11):1621-30, 2000; Brook JS et al. The risks for late adolescence of early adolescent marijuana use. *Am J Public Health* 89(10):1549-54, 1999.

[2] Pope HG et al. Neuropsychological performance in long-term cannabis users. *Arch Gen Psychiatry* 58(10):909-15, 2001

which can result in poor school performance.

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