



**KnowTHC**  
Graduation and Beyond

May 16, 2024

Hi Kid Champion,

Congratulations! The end of another school year is here with lots of exciting festivities, especially for those who are graduating. We hope you enjoy this special time with the students in your life.

As summer approaches, be aware that first-time use of most substances peaks during the summer months of June and July. The summer months typically see a 30% increase so this is an important time to have a conversation with your teen or young adult about THC.

Research shows that frequent marijuana use is associated with impaired learning and memory for kids and young adults, up to 28 days after last use. The impairment increases with more frequent marijuana use and is associated with not attaining a college degree.

Unfortunately, teens sometimes feel they are invincible but the truth is they may be setting themselves up for unforeseen dangers in their future.

### **Did you know...**

The average THC potency of flower in the 1970s was approximately 5-7% while today it averages between 17-20%. Some flower products are sold with as

much as 35% THC. Other THC products like vapes and concentrates which were not widely available even 15 years ago, may have a THC potency of up to 98%. These ultra-high THC concentrate products have little in common with the natural plant.

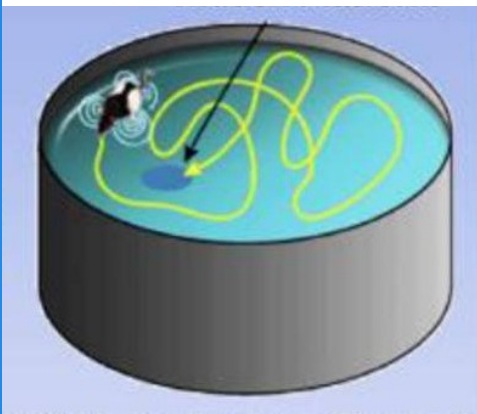
Consuming edibles (commonly made into candy and treats) can result in the unintended ingestion of high doses of THC, especially if the serving size is unavailable or ignored. Overconsumption can occur because onset of the intoxicating effect may be delayed up to 4 hours allowing for multiple servings before feeling any effect. The resulting high can then last 8 hours or more.

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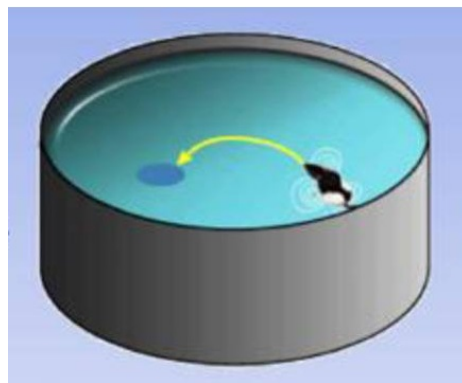
## The Science...

Richard Morris, a neuroscientist developed a test for spatial memory, published in 1984 titled "Developments of a water-maze procedure for studying spatial learning in the rat". The maze is a pool of water with a hidden submerged platform. When the rat is first dropped in the water, it randomly swims around. Eventually, it accidentally bumps into the platform. The rat learns where the platform is based on the visual cues around the tub of water and can quickly find the platform on subsequent attempts.

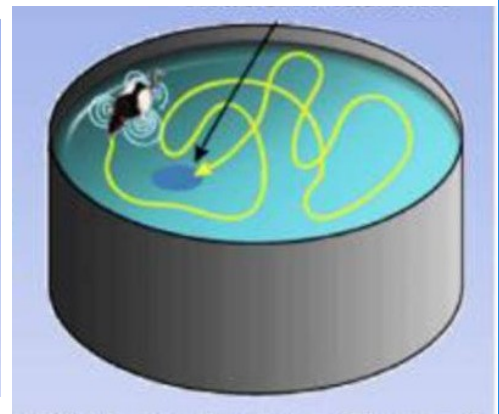
**First Time**



**Second Time**



**After Drug Use**



Any addictive substance including marijuana can prevent this learning from happening. If the rat is exposed to substances before its first time in the tub, even if it finds the platform, it doesn't learn where it is and cannot find it using the visual cues.

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## To Protect Kids...

Help empower the teen or young adult in your life with [fact-based](#) information about the harms of marijuana use and their developing brain.

**The adolescent brain** is not fully developed until around 25 years of age and is vulnerable to any substance that interferes with pathways that regulate emotion, mood, and behavior. Here are a few talking points for you to consider when talking to your young adult:

- Frequent THC use can impair learning and memory and decrease IQ points.
- High amounts of THC may produce serious mental and physical health symptoms. These symptoms may include cognitive impairment, motor impairment, extreme sedation, agitation, anxiety, increased heart stress, hallucinations, delusions, and psychosis.
- Daily use increases the chance of psychosis by 5 times.
- Excessive THC consumption may cause Cannabinoid Hyperemesis Syndrome (CHS) which is a condition that leads to recurrent/cyclical episodes of stomach pain, nausea, and vomiting. Cessation of THC use is the only effective treatment.
- THC is the #1 substance found in toxicology reports for suicides of those ages 10-24 In Colorado.

Our website has an abundance of tools and information for parents and trusted adults. We are a resource for communities concerned about THC commercialization and how to protect kids. Educating regulators and lawmakers on the harms of THC and the products continues as we strive to make sure that laws and regulations prioritize protecting all youth who only have [One Chance to Grow Up](#).

Please share this newsletter with your networks and ask that they sign up [here](#).

Thank you for your commitment and support!  
The team at One Chance To Grow Up

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## Resource Highlight...

[One Chance- Prom-Graduation-Year-End Handout](#)

[SAMHSA Talking with Your Teen About Marijuana](#)

# Donate



One Chance to Grow Up protects kids from THC through transparency, education, empowerment, and policy. We don't take sides on the politics of legalization for adults but instead serve as a reliable resource for parents, media, policymakers, and all those who care about kids.

Started by concerned parents and supported entirely by charitable contributions, One Chance is a 501(c)(3) nonprofit project of the Colorado Nonprofit Development Center.

**One Chance to Grow Up**  
2590 Welton St. Ste 200  
P.O. Box 18770 | Denver, Colorado 80218  
[info@onechancetogrowup.org](mailto:info@onechancetogrowup.org)

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