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REASONS TO WAIT TO BAKE

1. Brain Development

Smoking, vaping, or consuming weed products before your mid-20s can affect memory and learning. Give your brain the best chance to fully develop.

2. Academic Performance

Cannabis use before age 21 can lower academic performance. Prioritize your education for better future opportunities.

3. Cognitive Function

Early cannabis use can affect attention, memory, and decision-making. Delay cannabis use and stay sharp and ready for life's challenges.



4. Emotional Well-being

Using cannabis during your teenage years can mess with your emotional growth and make you feel more anxious and down.

5. Overall Health

Cannabis is legal for those 21 years and older. Waiting ensures you're using it safely and responsibly, respecting the law, and most importantly, prioritizing your health.

Learn more at njcrcgov.info/waittobake

