



# LEAD Initiative

FEBRUARY 2014  
COHORT 7

## Marijuana Use a High Risk Choice For Teens

According to new research, youth who smoked marijuana daily for about three years may be at greater risk for schizophrenia. The study, conducted at Northwestern University Feinberg School of Medicine in Chicago Illinois found that teens who smoked daily for about three years performed poorly on test of working memory and also had abnormal brain structures. These abnormal brain structures are similar to those seen in patients who have schizophrenia. Memory problems and brain changes were observed even two years after the teens stopped smoking marijuana. The study suggests that smoking marijuana daily over a period of years has long-term negative effects. Dr. John Csernansky, who is the chair of psychiatry and behavioral sciences at the Northwestern University Feinberg School of Medicine and Northwestern Memorial Hospital stated that heavy marijuana use “may have dangerous implications for young people who are developing or have developed mental disorders.”

Source:

Smith, M. J., Cobia, D. J., Wang, L., Alpert, K. I., Cronenwett, W. J. et al. (2013). Cannabis-related working memory deficits and associated subcortical morphological differences in healthy individuals and schizophrenic subjects. *Schizophrenia Bulletin*. Doi#10.1093.

<http://www.cadca.org/resources/detail/new-research-links-long-term-marijuana-use-schizophrenia>

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## Mark Your Calendar! Upcoming PREV-CAMP Activities

### February

**Advocacy  
Refusal/Resistance  
Skills**

### March

**Philanthropy  
Majority Rules/  
Normative  
Education**

### April

**Mentoring  
Refusal/Resistance  
Skills**

## **Don't Be a Bystander! Help be an Advocate Against Bullying!**

Kids see bullying probably every day. Bullying can happen at school, at home, during afterschool events and at youth agencies. Kids often want to help, but sometimes they don't know how to. Teach kids to be more than just a bystander, and advocate against instances of bullying, wherever it is taking place.

### *Tip #1*

#### **Don't Give Bullying an Audience.**

If you see anyone bullying someone, don't encourage this behavior by becoming the audience. Instead of laughing or supporting this behavior, let the bully know that this behavior is not entertaining to you or anyone else.

### *Tip #2*

#### **Tell a Trusted Adult.**

An adult can help stop bullying by intervening while it is happening, stopping it from occurring, and giving the person who is or was being bullied a shoulder to lean on.

### *Tip #4*

#### **Be Their Friend.**

You can help someone who is being bullied by simply being nice to them. Being friendly can go a long way to letting the person who is or was being bullied that they are not alone.

### *Tip #3*

#### **Set a Good Example for Others.**

If you know not to bully others, than your friends and other students should follow your example.

## **A Dangerous and Unusual New Trend**

A dangerous and unusual new trend has been popping up in schools . Youth have been caught at several schools snorting or inhaling the candy 'Smarties'. The youth have referred to snorting 'Smarties' as getting a 'sugar rush'. Students have been caught grinding up or crushing the pieces of 'Smarties' candy, lining up the power and snorting or inhaling the candy. Snorting or inhaling 'Smarties' is not a cool thing to do. Snorting or inhaling 'Smarties' candy has the potential for serious health risks such as sinus, nasal and lung infections. It also has the potential to bring on an asthma-attack or coughing and wheezing. It is important for youth and adults to have an open discussion about the dangers of inhalants. For more information about inhalant use, visit [www.inhalants.org](http://www.inhalants.org).

Source: <http://www.kansascity.com/2014/01/27/4780162/wichita-school-issues-warning.html>