

# STOP & IMAGINE: PREVENTING MARIJUANA USE IN COLORADO YOUTH



Stop & Imagine is a youth marijuana use prevention curriculum delivered in classrooms and afterschool programs in Colorado.

The program seeks to increase the risk young people associate with marijuana use with 3 key learning objectives:

1. Marijuana's Effect on the Brain
2. Marijuana's Effect on the Lungs
3. Marijuana's Effect on Your Future



The presentation is given by a family physician or pediatrician. These trusted adults can help young people understand legitimate health risks associated with marijuana.

Stop & Imagine is based on the latest recommendations from youth marijuana use prevention experts. Including:



Calm and judgement free communication.



Fact-based information.



Positive reinforcement instead of scare tactics.

The program is interactive and activity based. Students participate in games and demonstrations that help highlight why marijuana use is dangerous to their minds and bodies.

The program concludes with a poster contest. Students create a poster depicting the positive future they will have without drug use, and enter the poster into a statewide contest. The contest keeps the messages of Stop & Imagine alive in student minds after the presentation is over.