

Be the Influencer: Say No to Driving High



YOUR BRAIN AND BODY



Slowed Reactions

Cannabis can slow reflexes by

25%

making crashes more likely.

Impaired Coordination

Even a small amount affects

balance
and
motor skills.

Memory and Focus

Quick decision-making drops by

20–30%

when you're high.

LEGAL AND HEALTH CONSEQUENCES

Higher risk of **injury or death** in car crashes.

DUI fines up to **\$1,000+**

Cannabis can cause **drowsiness, dizziness, slower reflexes**, even hours later.

License suspension:
6 months to 1 year (or more).

Long-term use may affect **memory, attention, and mental health.**

Permanent record:
Can affect college, jobs, and insurance rates.



BE THE INFLUENCER AMONG YOUR FRIENDS



Teens who make safe driving choices are leaders in their peer groups.

Saying no to driving high sets the standard for your friends.

Look out for your friends.
Don't get in a car with someone impaired.



CRASH RISKS

Teens who drive high are **2-3 times more likely** to get into an accident.

1 in 4 teen drivers admit to riding with someone high.

Driving high + night or bad weather
= Risk Skyrockets.



Fun Fact

Being a real influencer isn't just posting online, it's making smart choices that **keep you and your friends safe.**

ACCEPT

DECLINE

Quick Influencer Tips

Plan ahead: sober driver, rideshare, or public transit.

Wait it out: don't drive until fully sober.

Encourage friends: speak up if someone is thinking of driving high.



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VISIT: [HELPGUIDETHRIVE.ORG](https://helpguidethrive.org)

