

BRAIN DEVELOPMENT

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National Institute
on Drug Abuse

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LET'S TALK BRAIN DEVELOPMENT

**YOUR BRAIN
CONTINUES
DEVELOPING UNTIL
YOUR MID 20'S**



You can choose how
to boost your brain
health!



Substance use while
your brain is
growing impacts
the brain's ability to
function in the short
term and impacts
the brain's growth.

Talk to your teen

- Does your teen understand their current brain development and what factors influence how their brain develops?
- Do they understand how drugs and alcohol affect their brains differently than adults?

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