

Press Release

July 20, 2026

FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris

516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: Summertime and Youth Marijuana Use

Data from the National Survey on Drug Use and Health, indicate that cannabis consumption spikes in the summer and fall before dropping off at the beginning of the year. While drug initiation happens all year, teens and college students often increase their marijuana and nicotine use during the summer due to fewer structured school routines, more unsupervised free time to experiment or increase frequency.

Summer risk factors include unsupervised free time, discretion and social events. A Columbia University study found that teens in highly social, disengaged groups without adult supervision are more likely to increase cannabis vaping during their summer break. Vape pens are easily concealed, odorless, and are often perceived by teens as a safer alternative to smoking. Additionally, concerts, parties, and extended time with friends outside of the home create environments where substance use commonly occurs.

Today's THC vape pens are highly concentrated and deliver a much faster, more potent high than traditional marijuana. Vaping marijuana is linked to respiratory issues, including chest wheezing and coughing, shortness of breath, and dry coughs during physical summer activities, and exposes the developing teen brain to increased risk of long-term memory impairment, reduced attention spans, lower IQs, and a significantly elevated risk for severe psychiatric disorders like psychosis.

The National Institutes on Drug Abuse advises parents to educate themselves on the risks of underage cannabis use, start the conversation early on, and talk often about making safe and healthy choices, model healthy and safe behaviors, provide and discuss ways to say no to, marijuana, set boundaries by enforcing consistent rules and ensure your teen knows you disapprove of underage marijuana use.

SAFE is the only alcohol and substance use prevention agency in Glen Cove whose mission is to eliminate alcohol and substance use in Glen Cove. Its Coalition is concerned about marijuana use- especially in youth as their brains are developing. The Coalition is conducting a prevention awareness campaign entitled "Keeping Glen Cove SAFE; Underage Marijuana Use," to educate

and update the community regarding marijuana use and its negative consequences. To learn more please about the Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about Marijuana use at www.safeglencove.org.