[Date]

The Honorable [Legislator First and Last Name]

[Address]

[Address 2]

[Address 3]

[City, State Zip]

Dear Senator or Representative [first and last name here],

As a citizen of Ohio, and [insert county name] County, I am greatly concerned about and opposed to the prospect of legalized recreational marijuana coming to our state. Did you know that recent data shows that 30% of those who use marijuana may have some degree of marijuana use disorder?[[1]](#footnote-1) People who begin using marijuana before the age of 18 are four to seven times more likely to develop marijuana use disorder than adults.[[2]](#footnote-2)

With the increasing potency of marijuana, combined with the use of high-THC concentrates, there are rising concerns that the consequences of marijuana use today could be worse than in the past, particularly among those who are new to marijuana use and in young people, whose brains are still developing. We want to set up the youth of Ohio for success. Increasing access to marijuana through full legalization does the opposite, as it has been shown to increase use among young people.

Beyond these points, there has been a suggestion made that legalization provides the means for people to unwind and de-stress through marijuana use rather than the use of alcohol. Why are we not encouraging healthier ways to relax, and de-stress as opposed to the use of any kind of substance, whether it be alcohol or other drugs? As you know, we are seeing troubling numbers of people suffering from depression and anxiety, especially during the pandemic. Introducing marijuana use to cope creates current and future issues for individuals experiencing depression or anxiety, when instead there are scientifically proven, healthy ways to manage these health issues that they can continue to implement throughout their lives and introduce to others.

Ohio has been a leader in many aspects and this matter should be no different. Oppose any efforts to legalize recreational marijuana.

Thank you for your time and I look forward to hearing from you on this matter.

Sincerely,

[insert name]

1. Hasin DS, Saha TD, Kerridge BT, et al. Prevalence of Marijuana Use Disorders in the United States Between 2001-2002 and 2012-2013. *JAMA Psychiatry*. 2015;72(12):1235-1242. doi:10.1001/jamapsychiatry.2015.1858 [↑](#footnote-ref-1)
2. Winters KC, Lee C-YS. Likelihood of developing an alcohol and cannabis use disorder during youth: Association with recent use and age. *Drug Alcohol Depend*. 2008;92(1-3):239-247. doi:10.1016/j.drugalcdep.2007.08.005

   Winters KC, Lee C-YS. Likelihood of developing an alcohol and cannabis use disorder during youth: Association with recent use and age. *Drug Alcohol Depend*. 2008;92(1-3):239-247. doi:10.1016/j.drugalcdep.2007.08.005 [↑](#footnote-ref-2)