

K.N.O.W. ² PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

Marijuana: Parenting for Prevention *An Operation Parent Program*

Signs to watch for:

- Declining school work and grades
- Abrupt changes in friends
- Abnormal health issues or sleeping habits
- Deteriorating relationships with family
- Less openness and honesty
- Red, bloodshot eyes or frequent use of eye drops
- Unexplained lack of money or extra cash on hand
- Use of incense or other room deodorizers

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Did you know? Marijuana ...

- Can be addictive, 1 in 6 teens who use marijuana regularly will become addicted (NIDA for Teens)
 - Increases risk, with regular use, for several mental health problems, including depression, anxiety, suicidal thoughts, personality disturbances, and psychosis
 - Impairs judgement, alertness, coordination, concentration, and reaction time
 - Has negative effects on attention, motivation, memory, and learning
 - Is linked to school failure, lower income, and poorer quality of life
 - Use by teens is connected with the use of other drugs.
- Youth who used marijuana in the past month are 9.9x more likely to use illicit drugs than their peers who don't use marijuana. (DuPont et al., 2018)

Need Help?

TEXT CONNECT to 55753
CALL the Partnership for Drug-Free Kids
@ 1-855-DRUGFREE
EMAIL a specialist @ drugfree.org

How do I talk to my teen about marijuana?

- Don't lecture, keep an open mind, be aware of body language
- Ask open-ended questions, offer empathy and compassion, be patient
- Sample Conversation Starters:
"What would you think about a friend using marijuana?"
"What do you see about marijuana on social media/TV/movies?"
"If there's marijuana at a party, what would you do?"

CLICK HERE for more help on how to talk to your teen

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KNOW2Prevent.org

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QUESTIONS?
INFO@KNOW2PREVENT.ORG

