

K.N.O.W. 2 PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

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

A Westchester Virtual Speaker Series

The Dangerous Truth About Today's Marijuana: Johnny Stack's Life and Death Story

"TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Today's High Potency Marijuana & the Risks for Youth

- 1 in 6 youth who regularly use marijuana develop a marijuana use disorder
- For teens, all drug use is related; youth who use marijuana are 10x more likely to use illegal drugs than their peers who don't use marijuana
- THC potency has increased exponentially; "dabs" and concentrates can be > 90% THC
- Regular use is linked to school failure/dropout and cognitive impairment, including drop in IQ
- Marijuana use is connected to increased anxiety, depression, and other mental illness

Want to Know More? K.N.O.W. 4 Yourself

Marijuana, Mental Health, and Suicide

- Earlier age of onset, greater frequency of use, and higher THC potency are factors that contribute to marijuana dependence and mental illness
- Cannabis use is associated with increased suicidal thoughts, suicide plan, and suicide attempts (NIDA, June 2021)
- Marijuana use in those who were not depressed before increased risk of a suicide attempt 7x
- Use of cannabis in early adolescence is a strong predictor of a suicide attempt in young adulthood (World Psychiatry, 2014)

Learn More About Johnny's Ambassadors

Recovery is Real. Help is Available.
For assistance finding substance use treatment providers
<https://fordrughelp.com/>

Mental Health Crisis Assistance
Westchester County Crisis Prevention & Response Team
914-925-5959

National Suicide Prevention Lifeline
800-273-TALK (8255) /
TTY: dial "711" first

Nacional de Prevención del Suicidio
888-628-9454

What Can Parents and Caring Adults Do?

- Start talking about marijuana and other drug use early and often; Keep the lines of communication open
- Set clear expectations of NO USE, and appropriate consequences for breaking the rules
- Balance the need for independence/privacy with the need for developmentally appropriate supervision; keep track of your teens and their phones and devices
- Consider your own relationship with substances (do you use substances to "celebrate" or "relax"?) and model healthy choices for your teen
- Help your teen plan for the social pressure to use marijuana and other substances; focus on ways to get out of risky situations, and let them know you will pick them up anywhere, anytime

Need Help Talking to Your Child About Marijuana?

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Questions?
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