

HELP MAKE THE CONNECTION.

Teen marijuana use is **risky**. Regular use can **permanently** affect teens' memory and learning.

Make sure your teen understands the risks by having regular conversations. Find moments when you and your teen are **together and undistracted**, like during a drive or before bedtime.



Try to go into the conversations **calm, open, and prepared**. As you share the dangers of marijuana use, illustrate how they could impact your teen's life.

Remind them how **memory and learning** play a part in their everyday activities and goals, from doing well on a test to success on a sports team. Also, consider **sharing the science**. Marijuana's main ingredient, THC, alters the hippocampus,

the part of the brain that forms memories and processes information. Regular marijuana use can cause **structural and functional changes**, permanently damaging teens' learning and memory.

When you help your teen make the connection, you reduce their risk of using marijuana.

Sources: <https://bit.ly/3mVz0aC>

GET MORE TALK TIPS AT
bit.ly/LTCforparents

Funded in whole or in part by IDHS/SUPR through SAMHSA.



YOUR WORDS HAVE POWER.

Planning or filtering everything that comes out of our mouths isn't always easy, especially as a parent. But it is crucial to understand that what you say to your teen affects their feelings, thoughts, and decisions. When you realize the weight of your words, it is often easier to be more intentional with them.

Use your conversations to encourage, empower and educate your child.



ENCOURAGE your teen to find their skills and passions. When you see them setting goals or trying something new, validate them. A “you got it” or “great job” may be the motivation they need!

EMPOWER your teen to make healthy decisions. Let them know you support their decision to live marijuana-free and talk through ways to say “no” if they are ever in a situation where substances are present or are pressured to use.

EDUCATE your teen on the risks of marijuana. Let them know that marijuana use can increase the risk of mental health problems, including depression and social anxiety.

GET MORE TALK TIPS AT
bit.ly/LTCforparents

Funded in whole or in part by IDHS/SUPR through SAMHSA.



MOST TEENS DON'T USE.

Most teens throughout the state and country **DO NOT USE** marijuana. However, your teen may have different perceptions or still experience peer pressure. So, equip them with the facts and empower their choice also to say **“no.”**

You can also support your teen's positive decisions by encouraging them. Comments like, **“I'm proud of your positive choices”** or **“You are an excellent role model to others”** can help promote or affirm their healthy behaviors.

Creating and keeping an open line of communication goes a long way as well. Let your teen know that you are there for them and try to make them feel safe. Your teen may be around



marijuana or experience pressure to use it at some point, **so creating a plan** to get out of that situation is as important as discussing how to avoid it.

You can't make your teen's choices for them, but you can encourage and point them in the right direction!

Sources: <https://bit.ly/3NZiVrA>
<https://bit.ly/301bLD7>

GET MORE TALK TIPS AT
bit.ly/LTCforparents

Funded in whole or in part by IDHS/SUPR through SAMHSA.



HAVE YOU MADE YOUR DISAPPROVAL CLEAR?

Since marijuana has been decriminalized and legalized in many places, including Illinois, there have been shifting perceptions on marijuana use. Regardless, most parents still think teen marijuana use is harmful.

It's encouraging to know that most parents feel this way. However, parents or guardians must communicate their disapproval to their teens to reduce their chance of using marijuana.



Here are helpful ways to help keep your teen marijuana-free:

- ✓ Set “no use” rule” with your teen.
- ✓ Establish consequences if they break the rules.
- ✓ Follow through with the consequences if your teen chooses to use marijuana.
- ✓ Have regular conversations about the risk of teen marijuana use.

Most parents also acknowledge that adult marijuana use around youth is harmful. If you choose to use marijuana legally, keep your use and paraphernalia private.

Your attitude and actions around teen marijuana use matter. Make it clear to your teen that youth marijuana use is not permitted.

Sources: <https://bit.ly/3MYiMDI>,
<https://bit.ly/304cgML>

GET MORE TALK TIPS AT
bit.ly/LTCforparents

Funded in whole or in part by IDHS/SUPR through SAMHSA.

