

**BE REAL:  
BE HONEST**



# **TEENS WANT YOU TO BE REAL AND HONEST. ESPECIALLY AS THEY GET OLDER, BEING THE REAL YOU HELPS EARN THEIR TRUST FOR THE LONG HAUL.**

- If your teen asks a question about cannabis and you don't know the answer, don't freak out! Look up the answers together and make it a learning opportunity for both of you. They'll appreciate your willingness to admit you do not have all the answers.
- Setting limits is hard, especially if you remember breaking rules your parents set when you were a teen. Don't let that stop you from talking with your child and discussing with them why cannabis use is not acceptable. It's okay to tell them it might not be easy, but you are there to support and keep them on the right track.

**EDUCATE  
YOURSELF.**



**IF YOU FEEL OUT OF THE LOOP ON CANNABIS FACTS AND THE LAWS AROUND USAGE, YOU ARE NOT ALONE. THE ATTITUDES AND LANDSCAPE SURROUNDING CANNABIS USE ARE EVER-CHANGING, AND IT CAN BE DIFFICULT TO KEEP UP. HOWEVER, ONE THING REMAINS CONSTANT: USE IS ILLEGAL FOR THOSE UNDER 21.**

- Keep talking about the importance of not using cannabis. There are many facts to focus on regarding its effects on your teen's developing brain and their future.
- As you chat with your teen, take the time to ask them what they know about cannabis, or what they have heard about it. That can be a perfect launchpad into a discussion using their own words and level of knowledge. You may even correct some myths about cannabis use along the way.