

YOUR WORDS

HAVE POWER

GUIDE THEIR UNDERSTANDING OF CANNABIS

Teens are less likely to try cannabis when they have a supportive parent or guardian discouraging use. Have an open conversation about the health effects, such as permanent impact to their memory, learning, and attention.

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USE YOUR INFLUENCE

SPEAK UP ABOUT THE RISKS OF CANNABIS

Research confirms that children are experimenting with cannabis young.¹ Now is the time set clear guidelines and talk with your teen about the the harm of underage use.

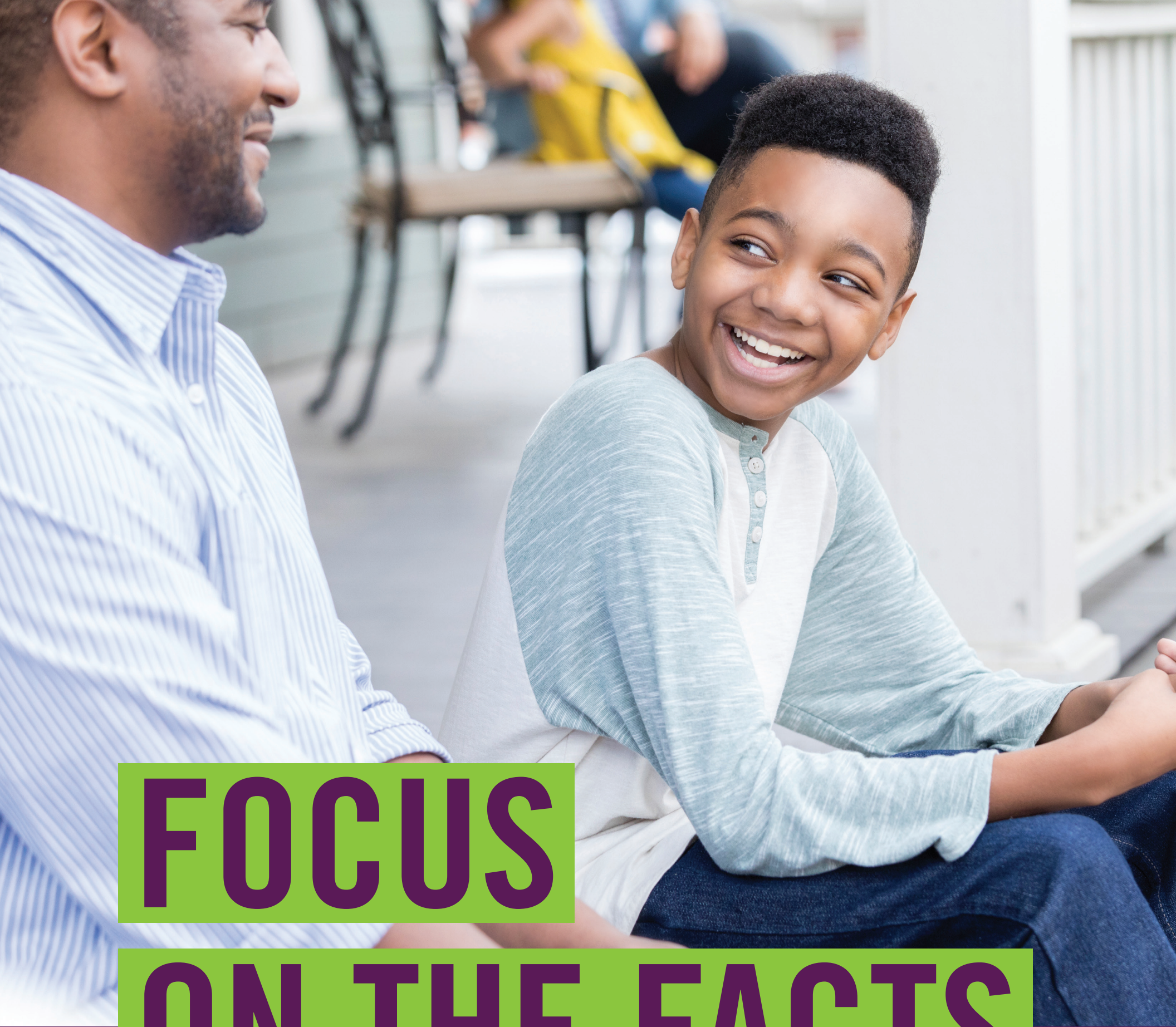
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Substance Abuse and Mental Health Services Administration www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child

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Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.



FOCUS

ON THE FACTS

HOW TO APPROACH THE TOPIC OF CANNABIS

Teens can tell when you're trying to scare them, and exaggerations may cause teens to discount the conversation. Keep their trust by sticking to real-life situations and proven health consequences to help them understand the risks of using cannabis at their age.

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MOST TEENS DON'T SEE THE RISK

CLEAR THE AIR OF CANNABIS MYTHS

Around half of Illinois students reported that using cannabis two to three times a week was not risky.¹ Parents, make sure your teen knows the real risks that underage cannabis use can have on the developing brain and their mental health.

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Illinois Youth Survey https://iys.cprd.illinois.edu/UserFiles/Servers/Server_178052/File/state-reports/2018/Freq18_IYS_Statewide.pdf

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RELAY THE RULES AND THE RISKS

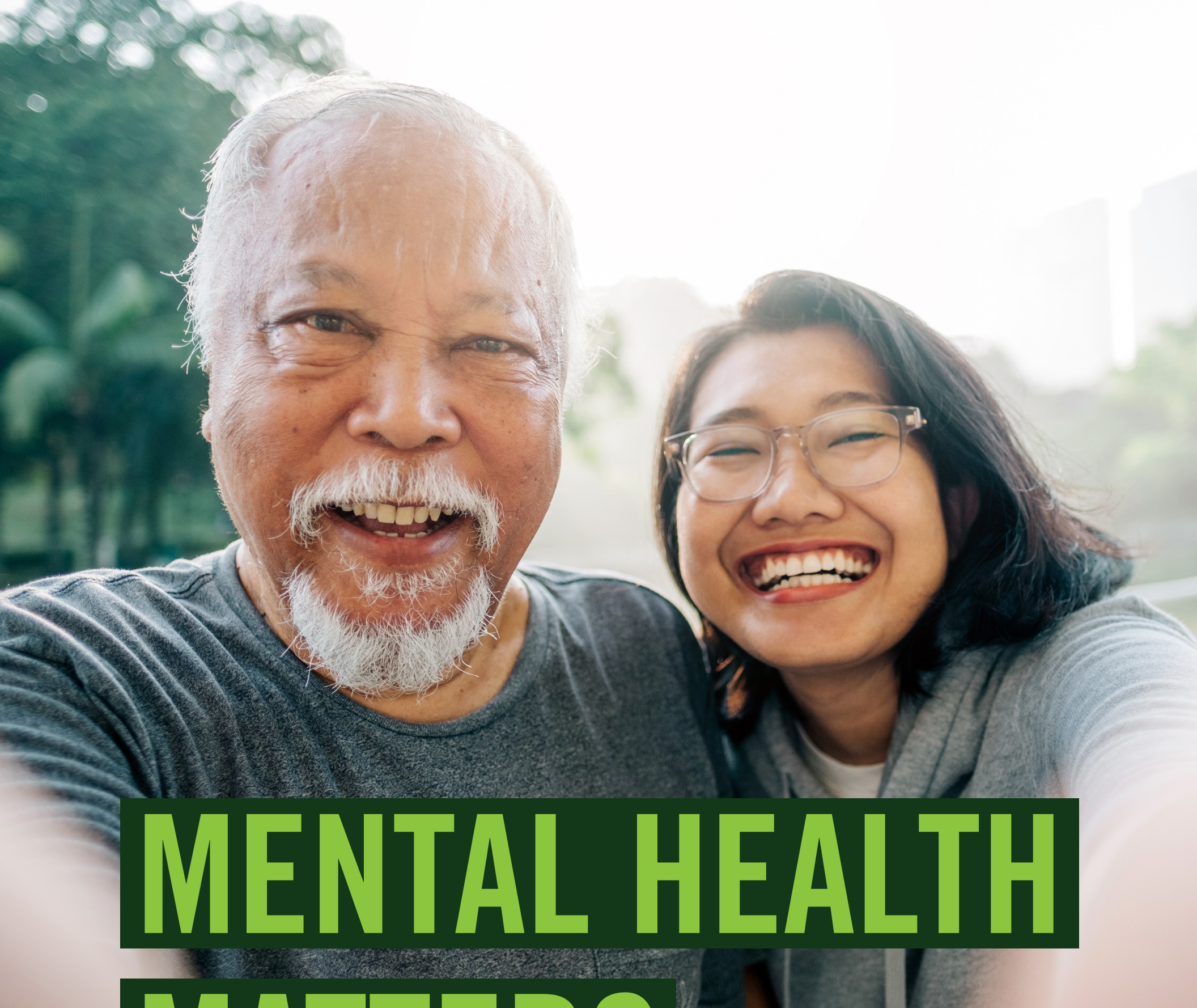
SET CLEAR EXPECTATIONS AROUND CANNABIS USE, BUT DON'T STOP THERE

While it's important to set a zero-tolerance policy around underage cannabis use, it's also important to explain the 'why' behind your rules. Help your teen see the risks of cannabis over continuous conversations.

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MENTAL HEALTH MATTERS

PROTECT YOUR CHILD'S WELL-BEING BY SHARING THE RISKS OF CANNABIS

Regular marijuana use can increase teens' likelihood for anxiety and depression.¹ Does your child know these mental health risks? Be sure by having open and regular discussions about these risks with them.

1 National Library of Medicine <https://pubmed.ncbi.nlm.nih.gov/21328041/>

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