

Signs of Use:

Changes in a teen's behavior or mood could be signs of a mental health challenge, stress or possible substance use.

Be aware of relationship problems with family members and friends, changes in grades, skipping school, loss of interests and sleeping habits.

Someone high on marijuana might:

- Seem dizzy or uncoordinated
- Seem silly and giggly for no reason
- Have very red, bloodshot eyes
- Have a hard time remembering
- Be suddenly anxious
- Have an increased heart rate with headache
- Be overly tired 
- Have trouble focusing

Someone using marijuana often might:

- Have an odor on clothes and on their belongings & car
- Use dryer sheets and other deodorizers more than normal
- Increase their use of perfume, cologne or breath mints
- Use eye drops often
- Wear clothing or jewelry or have posters that promote drug use; "420" or "710"
- Have unexplained use or possession of money 
- Have items used with drugs such as pipes, bongs, scales, rolling papers, vapes

How To Identify Drug Paraphernalia:

- www.getsmartaboutdrugs.gov/content/how-identify-drug-paraphernalia

Resources:

Free & Helpful Videos:
Omni Youth Programs YouTube Channel

Free & Helpful Tips:
www.omniyouthblog.net 

National Institute on Drug Abuse (NIDA)
www.teens.drugabuse.gov

Get Smart About Drugs: www.getsmartaboutdrugs.com

 Just Think Twice
www.justthinktwice.com

Sacramento County Coalition For Youth
www.sacramentoccy.org

Omni Youth Programs

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Empowering the Future
& Preventing
Youth Drug & Alcohol Use
Since 1979 
www.omniyouth.net

SOURCES USED:

 **MARIJUANA TALK KIT**
Partnership for Drug Free Kids

MARIJUANA FACTS FOR TEENS
National Institute on Drug Abuse, 
National Institutes of Health

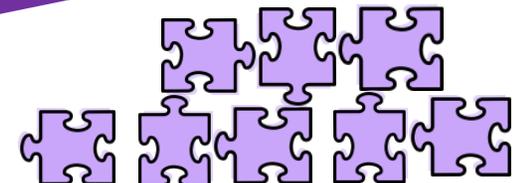
PREVENTING UNDERAGE MARIJUANA USE
Parents' Guide to Talking with Your Kids – Oregon
Health Authority, Public Health Division

MARIJUANA: FACTS PARENTS NEED TO KNOW
National Institute on Drug Abuse,
National Institutes of Health



Talk Kit: Talking to Teens About Marijuana

FAQs
What To Say When
Signs of Use
Resources



FAQs

Is marijuana addictive?



YES. Research shows that about 1 in 10 adults who use marijuana will become addicted. This rate increases to 1 in 6, if you start in your teens, and goes up to 25–50% among frequent users.

Is today's marijuana any different?

YES. THC is the main psycho- active chemical in marijuana.

THC in the 60's - 70's = 1% - 3%

THC in the 80's - 90's = 1% - 5%

Current THC = 14% - 30% in dry form
& up to 99% in vaping form.

Is marijuana bad for your heart?

YES. Research from Harvard University reports the risk of heart attack is 5 times higher than normal in the first hour after smoking marijuana.

Can marijuana lead to the use of other drugs?

YES. Youth who use marijuana are 85 times more likely to use cocaine than non-marijuana users. 92% of heroin users used marijuana first.

Can adults have any effect on youth using?

YES. Parents who talk about marijuana use being wrong have teens that are 4xs less likely to use. Youth who think adults in their community think marijuana use is wrong are 3xs less likely to use.

Parents are the #1 influence.

More than friends. More than the internet.

More than celebrities.

What to Say When...

Ultimately, there is no “script” for talking with teens about marijuana.



But let's look at some of the arguments a teen might make when you bring up marijuana, and what you can say in response.

“Marijuana is a plant. It's natural. How harmful could it be?”

“Not all plants are necessarily healthy or good for you – think about cocaine or heroin or even poison ivy – they are all plants.”

“I would much rather you find healthy ways to cope with difficult feelings than turn to drugs. Can we brainstorm activities and alternatives?”



“Would you rather I drink alcohol? Weed is so much safer.”

“What is going on in your life that makes you feel like you want to do either?”

“Honestly, I don't want you to be doing anything that can harm you – whether that's smoking pot, cigarettes, drinking or behaving recklessly. I'm interested in knowing why you think weed is safer than alcohol.”

“I don't know what to say when other kids ask me to use.”

“Let's think of ways you can turn down the offer that you would be comfortable saying.”
Check out our “What to Say When...” video on YouTube Channel for some ideas.

When they say nothing.

“Do other kids talk about marijuana? What do they say?”



“Do you know anyone at school who smokes pot? What did she say about it?”

“Have you ever been offered marijuana?”

“I know, I know. You've talked with me about this before.”

“My concern is that things are changing quickly with some states legalizing marijuana, and there is a lot of new information out there. That's why it's important that we talk about it. Would that be okay?”

“I'm only doing it once in a while on weekends, so it's not a big deal.”



“What would make it feel like a big deal to you?”

“I'm happy to hear that this is not something you do on a regular basis. But, the fact is, using any drug even once or twice can be harmful at your age because your brain is still developing.”

“Come on. I only did it once, and I'm totally fine.”

“Okay. Why did you do it only once? Why did you decide not to do it again?”

“I'm genuinely curious about your experience? What it was like for you? How did it make you feel?”