

cannabis

CONVERSATIONS

→ For adults with youth ages 13-17 ←

WHAT to SAY



Before you begin, think about whether your teen is looking for connection, facts or direction.

(Choose the ones you think will resonate with your teen.)

1

"Cannabis is becoming more common, like alcohol, but that doesn't make it harmless or O.K."

4

"If you use cannabis to cope with life, your brain doesn't get used to coping with scary or hard emotions. Our brains need to learn, and it is up to you to make the decision to face difficult situations without drugs."

6

"If you're thinking about trying it, I want you to come talk to me so we can go over things together. Every brain reacts to cannabis differently and I don't want you to take those kind of risks."

2

"Your brain matters and it's still developing in really important ways."

5

"School is pretty hard for most of us. Staying focused in school is harder when marijuana is in the mix. It doesn't mix with homework, makes it hard to pay attention in class, and can get in the way of completing assignments."

3

"If you use cannabis a lot, your brain can't develop as well. Certain 'mental muscles' get turned off – like memory, motivation, and especially the parts that deal with emotions."

7

"You matter to me and I love you. It's my job to help you stay safe and healthy. Using cannabis or marijuana in any form is not O.K."