

VIDEO SERIES:

CANNABIS 101 – WHAT EVERY PARENT NEEDS TO KNOW ABOUT CANNABIS/MARIJUANA



This 8-part video series on cannabis awareness and education aims to equip parents, caregivers, and caring adults with valuable insights into cannabis-related topics, fostering a deeper understanding of its effects on adolescents. Each video provides information on a specific topic related to helping youth establish healthy brains and bodies. This series also offers practical guidance on initiating open and informed discussions with children about substance use, promoting a supportive and proactive approach to cannabis education within families.

Topics include:

- Introduction
- The Impact of Cannabis on the Developing Brain
- The Consequences of Adolescent Cannabis Use
- Triggers, Cravings, and Managing the Urge to Use Cannabis
- Communication and Refusal Skills
- Automatic Thoughts
- Coping with Feelings and Emotions
- Cannabis Resources for Parents

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