



CANNABIS (Marijuana): Information & Resources for parents and caretakers of adolescents

From the Blue Ridge Poison Center at UVA Health

The Blue Ridge Poison Center at UVA Health | www.brpc.virginia.edu





WELCOME!

According to the most recent [Youth Risk Behavior Survey](#) from the U.S. Centers for Disease Control and Prevention (CDC), in 2023, 17% of high school students used cannabis, or marijuana, during the past 30 days.

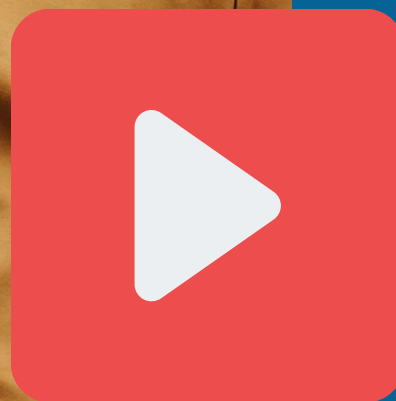
It's more important than ever for parents and caregivers to protect adolescents' health and safety by talking to them about cannabis. As a parent, teacher, coach, or other adult who has a meaningful relationship with an adolescent, your influence is powerful.

We designed this toolkit to give you the most up-to-date, unbiased medical and scientific information possible, as well as guidance from experts in adolescent mental health and development, so that you will feel more confident talking to the young people in your life about cannabis.

START HERE

[*Cannabis: A Message for Parents and Caretakers of Adolescents*](#) (25 minute video)

What are all the ways people are using cannabis these days? What is 'hemp-derived' cannabis and does it get you high? What are some health effects of using cannabis? Is it safe for teens? You have questions; we have answers.





Glossary of Cannabis Terms (subtitle: *What the heck is a 'dab'?*)

Flyers

- Cannabis: Know the Risks (Flyer for teens)
- Cannabis: What Parents and Caretakers Need to Know
- Edibles: What does a toxicologist want you to know?
- Delta-8: What are the Concerns?

Kahoot Game

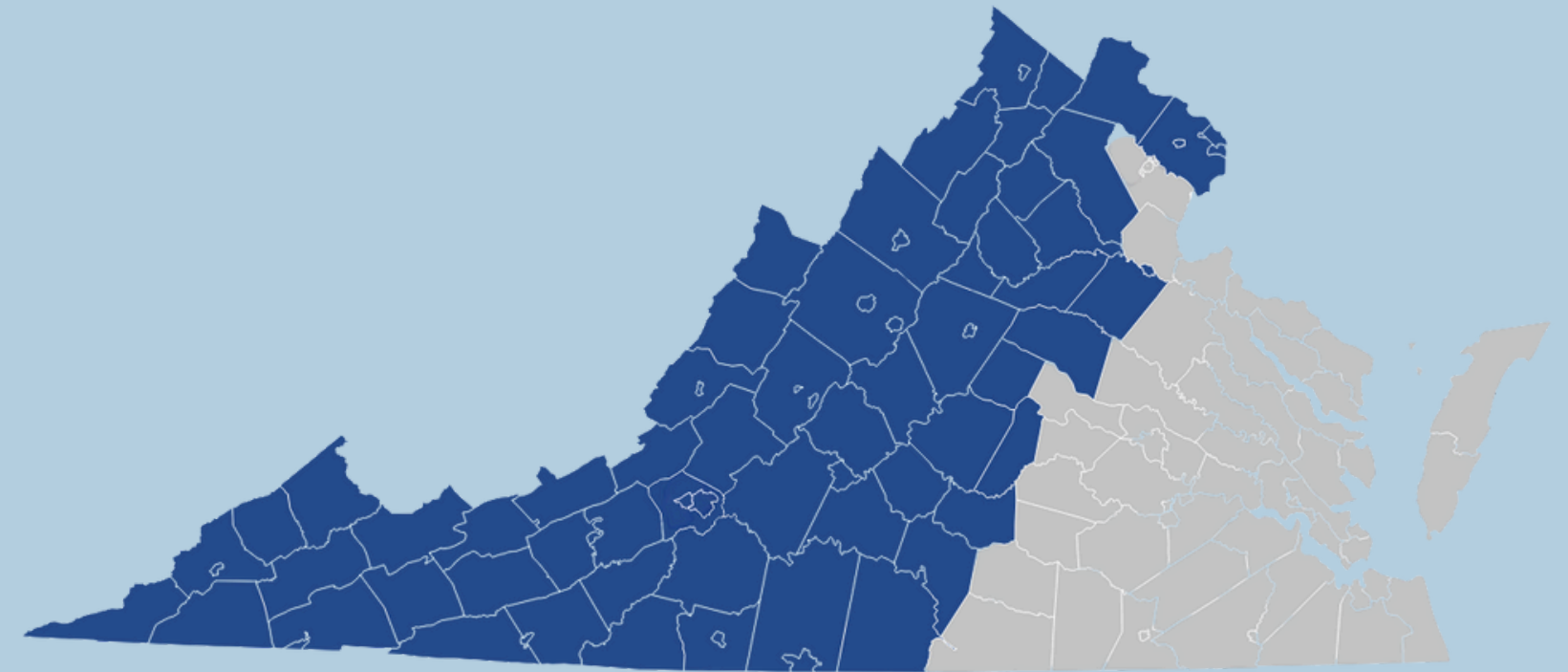
- Cannabis: What Students Need to Know

A **list of resources** from other public health organizations:

- For ADULTS (parents, educators, caretakers)
- For TEENS (including classroom activities)

About Us:

The Blue Ridge Poison Center is staffed by healthcare providers with additional training in managing poisoning exposures from all sources. We also answer non-emergency questions about poisoning. Our service area includes all of the cities & counties shaded blue on this map of Virginia.



If someone used cannabis and is now experiencing harmful side effects; or if a child got into any amount of cannabis at all; call **1-800-222-1222** night or day. FREE AND CONFIDENTIAL. Scan this image to save that number into your smartphone. *Save the number, save a life.*

The Blue Ridge Poison Center is affiliated with University of Virginia Health, who provides much of our operational support. We also receive funding from the Virginia Department of Health and the U.S. Health Resources Services Administration (HRSA). We are certified by America's Poison Centers.

