I’m concerned about young people using marijuana because it may lead to problems with…

Lately I’ve been noticing that you have been having problems with… which concerns me.

We know teen marijuana use is a problem, but explaining why to youth can be challenging. Here are some ways to connect the research with your concerns about teen marijuana use.

**MARIJUANA: THE LANDSCAPE HAS CHANGED**

**RESEARCH**

Regular teen marijuana use has been linked to persistent problems with attention, learning, memory and ability to quickly take in information.¹

- Teen Marijuana use can trigger mental health problems.²
- Teens who smoke marijuana weekly have double the risk of depression or anxiety.³,⁴
- Teens who smoke weekly are three times more likely than non-users to have suicidal thoughts.⁴

Teens who smoke marijuana weekly have double the risk of depression or anxiety.³,⁴

Teen marijuana use has been linked to higher rates of dropping out of school.⁵

Marijuana use more than doubles a driver’s risk of being in a car accident.⁶

1 in 11 adults who use marijuana will become addicted, but the risk of addiction increase to 1 in 6 for those who start using in their teens.⁷

**HOW YOU MIGHT START THE CONVERSATION**

I’m concerned about young people using marijuana because it may lead to problems with...

Lately I’ve been noticing that you have been having problems with... which concerns me.

**STEP 1**

How you might start the conversation

**STEP 2**

Pick one of these as a reason for being concerned

**RESEARCH ON THE EFFECTS OF MARIJUANA USE ON TEENS**

Marijuana use can make it harder for teens to remember information, keep up in class and learn new skills.

On the one hand, teen marijuana use may cause depression or anxiety. On the other hand, teens may use marijuana to cope with these conditions.

Marijuana use can make school more difficult, or students who are having a hard time in school may use marijuana to deal with that difficulty. Together, they lead to a higher likelihood of dropout.

Marijuana use makes it harder for people to make good decisions.

Teens who smoke marijuana regularly may not be able to stop. They are much more likely to become addicted to marijuana than an adult.

Whatever happens with legalization, it will never be a good idea for teens to use marijuana. Why? Any of these messages will do.

**Brain Development**

**Mental Health**

**School Performance**

**Decision Making**

**Addiction**
Being a teenager can be difficult. Creating opportunities, supporting teens and setting expectations will help to prevent problem drug use. Here are some ideas for supporting your teen to make healthy decisions.

**CHANGING THE LANDSCAPE**

**How do we support wellness for teens?**

**Research on why it works**


**References for Marijuana Talking points:**

1. I am proud of you for __________. I am concerned about you because __________. How can we work on this together?
2. How can I support you to be healthy?
3. Encourage your teen to be physically active every day. Physical activity improves mood, motivation, attention, and helps regulate brain chemistry. People who are physically active have lower levels of depression.
4. Help your teen get enough sleep on a regular basis. Many studies link better sleep quality and optimal sleep duration with improved academic performance.
5. Have clear and consistent rules about marijuana use. Teens who know their parents disapprove of marijuana use are less likely to use the drug.
6. Check in often. Listening is the most important part of the check-in. Parenting that combines discipline with lots of warmth and responsiveness best encourages healthy decision-making in teens.
7. It’s my job to keep you safe. I expect that you will not use marijuana and there will be consequences if you do.
8. How can I support you to be healthy?
9. Nurture
   - Many studies link better sleep quality and optimal sleep duration with improved academic performance.
10. Structure
    - Teens with parents consistently enforcing rules around drugs and alcohol are less likely to use.
11. Physical Activity
    - Physical activity improves mood, motivation, attention, and helps regulate brain chemistry. People who are physically active have lower levels of depression.
12. Sleep
    - Many studies link better sleep quality and optimal sleep duration with improved academic performance.