

Tips for Parents, Caregivers and Trusted Adults

Prom, Graduation, Year-End Celebration Season



May is finally here—an exciting time for teenagers and families with prom, graduation, parties, and end-of-year celebrations. These upcoming spring festivities provide an opportunity for you to have a conversation with your teen about marijuana.

Marijuana is illegal for anyone under the age of 21 to use recreationally, but unfortunately marijuana and marijuana products are readily available to teens in various forms, from slow acting edibles to ultra potent pot in vape pens that may contain unsafe inactive ingredients (per recent news reports on an epidemic lung disease). Marijuana might be part of these spring festivities so NOW is the time for talking with your kids!

Research shows anger or scare tactics don't work, but a calm discussion of facts may. Remember that you remain a strong influence on your teen. What you say matters.

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BASIC TALKING POINTS

- > Just because marijuana is legal for adults in some states doesn't make it safe for your teen. Marijuana use affects the brain. A developing brain, like your teen's, is especially vulnerable.
- > Marijuana use can keep your teen from reaching their full potential. Teen use can impair learning, memory, and math and reading achievement.
- > Marijuana use can affect emotions later in life. Teen users are more likely to be depressed or have suicidal thoughts in adulthood.
- > If you have a family history of addiction or mental health risks, now might be the time to share this information with your teen. You could note that family history may make your child more likely to become addicted to marijuana or develop negative symptoms.
- > Marijuana affects reaction time, judgment and depth perception, which makes it dangerous to get behind the wheel of a car or be a passenger if the driver has used marijuana.

Conclude the conversation with a clear statement of your expectations and encourage your teen to steer clear of marijuana.

ADDITIONAL THOUGHTS

- > Encourage your child to attend school-sponsored, adult-supervised after-prom and graduation events that give students a safe, drug-free environment throughout the night.
- > If your child's activities include a hired limousine or party bus, ask for more details. Are drivers screened for substance use?
- > Will parents and trusted adults be present and actively monitoring events?

Get educated:

It's not just a plant thcphotos.org

The basics www.drugabuse.gov/publications/drugfacts/marijuana

Marijuana risks www.samhsa.gov/know-risks-marijuana

Talking with your child about marijuana www.samhsa.gov/sites/default/files/marijuana-brochure-newpics-r15f_508c.pdf

Drugged driving www.nhtsa.gov/risky-driving/drug-impaired-driving

Parents make the difference www.betheinfluence.us

Resources for families www.samhsa.gov/families

Sign up and follow One Chance on social media:

Website onechancetogrowup.org

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One Chance to Grow Up is an initiative developed by Smart Colorado that focuses on protecting kids across the nation from the dangers of today's marijuana. We serve as a reliable resource for parents, media, policymakers, and all those who care about kids. Started by concerned parents, we're a 501(c)(3) nonprofit supported by charitable contributions.

