

Tips for Parents, Caregivers and Trusted Adults

## Prom, Graduation, Year-End Celebration Season



**Spring 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 and **frequent use is strongly associated with failure to graduate from high school.**
- THC, a component of marijuana, can cause **acute psychotic symptoms** such as hallucinations, paranoia, delusional beliefs, and feeling emotionally unresponsive during intoxication, symptoms worsening with higher doses.
- 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 can let them know that frequent use of marijuana is **strongly associated** with developing a psychotic disorder such as schizophrenia in adulthood.
- 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

THC Photos- It's not just a plant [thcphotos.org](http://thcphotos.org)

The basics [www.drugabuse.gov/publications/drugfacts/marijuana](http://www.drugabuse.gov/publications/drugfacts/marijuana)

Marijuana risks [www.samhsa.gov/know-risks-marijuana](http://www.samhsa.gov/know-risks-marijuana)

Talking with your child about marijuana [www.samhsa.gov/sites/default/files/marijuana-brochure-newpics-r15f\\_508c.pdf](http://www.samhsa.gov/sites/default/files/marijuana-brochure-newpics-r15f_508c.pdf)

Drugged driving [www.nhtsa.gov/risky-driving/drug-impaired-driving](http://www.nhtsa.gov/risky-driving/drug-impaired-driving)

Parents make the difference [www.betheinfluencemarin.org](http://www.betheinfluencemarin.org)

Resources for families [www.samhsa.gov/families](http://www.samhsa.gov/families)

#### Sign up and follow One Chance on social media:

Website [onechancetogrowup.org](http://onechancetogrowup.org)

Facebook [One Chance To Grow Up](https://www.facebook.com/OneChanceToGrowUp)

Twitter [@1Chance2GrowUp](https://twitter.com/1Chance2GrowUp)

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