

# MARIJUANA & PARENTING

WHAT YOU NEED TO KNOW

Based on a report by Barnstable County Department of Human Services

## IN MASSACHUSETTS, RECREATIONAL USE OF MARIJUANA IS ILLEGAL FOR ANYONE **UNDER 21.**



### TEEN BRAINS ARE STILL DEVELOPING

Marijuana use interferes with healthy brain development.



### YOUTH WHO REGULARLY USE MAY HAVE

- Challenges learning
- Memory problems
- Anxiety & depression



### MARIJUANA IS MUCH STRONGER NOW

Since 1995 THC content has tripled - **this is not the pot that you grew up with.**

### TEENS SHOULDN'T USE MARIJUANA

Teens who use increase their risk of addiction to marijuana and other substances later in life.

### DELAY FIRST USE AS LONG AS POSSIBLE

The longer teens delay first use and regular use, the less likely they are to become addicted.

### WHAT TEENS BELIEVE

50% of Cape Cod youth who use marijuana believe their parents think it is okay. **What parents say matters.**

# IF YOU USE MARIJUANA - HERE ARE SOME PARENTING TIPS

TELL YOUR CHILDREN YOU DON'T WANT THEM TO USE.

DON'T USE SCARE TACTICS (THEY DON'T WORK).

STORE YOUR MARIJUANA WHERE IT IS NOT ACCESSIBLE TO CHILDREN OR TEENS.

HAVE ADEQUATE SUPERVISION FOR THEM IF YOU ARE USING.

DO NOT SMOKE INSIDE YOUR HOME OR AROUND CHILDREN.

DID YOU KNOW?

80%

of parents who use marijuana oppose use around their children.

## HOW TO RESPOND IF YOUR CHILD IS USING MARIJUANA

1

### WAIT

Do not react or try to reason with them when they are under the influence. Make sure they're safe and then talk to them after the drug wears off.

2

### REMAIN CALM

Let your child know that you care about them and love them. Speak with your child calmly and with concern. Getting upset won't help them talk to you.

3

### FIND OUT WHY

Is your child stressed out, depressed or anxious? Are their friends using? Do they see you using? Ask them why.

4

### EXPECTATIONS

Set boundaries and allow your child to help you set consequences. Be prepared for them to ask, "If you use, then why shouldn't I?"

Based on Issue Brief 6: Marijuana Use and Parenting: What You Need to Know



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