

What Parents Need to Know about Marijuana

Marijuana use changes teens' brains, bodies, and behaviors. Help Maine teens have safe, healthy and successful futures.

- Marijuana use lowers teens' good judgment and self control. This may lead to bad decisions and risky behavior.
- Your teen only has one brain and one body. Marijuana use damages both in a way that can make problems for them now and in the future.
- Marijuana use keeps teens from doing their best in school, work, and learning new skills. This affects them for the rest of their life.
- Teens who use marijuana are at an increased risk for addiction which leads to health and safety risks.
- Marijuana is a harmful drug. It is stronger than in the past, contains dangerous chemicals, and can be laced with other drugs. Teens who use marijuana can't know for sure what they are putting into their bodies and how it will affect them.

Tips for Talking About Marijuana

- 1.** Talk to your child about marijuana BEFORE you suspect they are experimenting. Studies show that youth are most likely to initiate marijuana use between the ages of 13 and 15 – and during this time you have the most influence over their behavior.
- 2.** Before you talk to your child make sure to review trusted resources so you'll have credible information.
- 3.** The human brain is not fully formed until a person reaches their mid-20's, so as your teen's brain continues to develop, keep talking with them about not using marijuana.
- 4.** If you think your teen has been using marijuana, ask them about it immediately. Kids say that losing their parents' respect and trust are the most important reasons not to use drugs.
- 5.** Help your teen to understand all of the consequences of marijuana use both the short term legal and social consequences as well as on future schooling and career.

**For More Information,
visit www.maineparents.net
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