

Tips for Talking to Your Teen 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. After age 15, teens tend to base their decisions more on peer influence.*

2. If you suspect your teen has been using marijuana, confront them about it immediately. Kids themselves say that losing their parents' respect and trust are the most important reasons not to use drugs.

3. Help your teen to understand ALL of the consequences of marijuana use – both physical and criminal. In Maine, possession of less than 2.5 ounces of marijuana is a civil violation with a fine ranging from \$350-\$1000. Possession of more than 2.5 ounces is a misdemeanor or felony, and is punishable with jail time.

4. In addition to the criminal implications of marijuana use, the drug has also been linked to respiratory problems (of particular concern for athletes), poor academic performance, increased risk of depression and suicide, panic attacks and drug addiction.**

* Andrea de la Flor, CSAP Fellow, Early Intervention can reduce marijuana use initiation among youth, CADCA, National Coalition Institute's Research into Action. March/April 2009

** Patton, GC et al. Cannabis use and mental health in young people: cohort study. British Medical Journal, 325:1195-1198, 2002.

Greenblatt, J. (1998), Adolescent self-reported behaviors and their association with marijuana use. National Household Survey on Drug Abuse, 1994-1996 SAMHSA



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Just the Facts:

A Crash Course in Marijuana Paraphernalia for Parents

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Many parents think they would know if their teen was smoking pot – but would you know if they were **eating, cooking, vaporizing** or **'clam baking'** it?

Enter our **"teen room"** on the next page for a tour of the various clues your teen may be leaving you – and information to help you start a meaningful conversation.



Vaporizer

A relatively expensive smoking device that heats marijuana to evaporate the psychoactive ingredients into a fine mist. It is believed to be a “cleaner” way of smoking, since it prevents toxins such as CO2 and tar from getting into the lungs. Talk to your teen about why even “clean” marijuana is dangerous to their health.

Grinder

It looks pretty inconspicuous, but inside this little tin is a grinding device that prepares marijuana buds or “beasties” to be smoked in a joint or pipe. If your teen has a grinder, it’s probably not the first time they’ve smoked – so ask them where they got it, and how they learned to use it.

Bong

This is not a vase. It’s a water pipe used to smoke marijuana. Smaller, more compact versions are called bubblers. The effects of smoking from a bong are often more intense than smoking from a pipe. Bongs can be expensive, so if you find one of these in your teen’s room, ask them how they got the money to make such a pricey purchase.

Hookah

A multi-user smoking device traditionally used in the Middle East to smoke flavored tobacco, but commonly used by American teenagers to smoke marijuana. Talk to your teen about why either use is unacceptable and dangerous to their health.

Brownies

These may look like your average brownies, but they are also one of the most common ways to cook marijuana into food and eat it. Marijuana that is consumed rather than smoked takes longer to produce a high, but is typically more potent, making it easier to consume too much, too quickly.

Marijuana Slang

Weed	Commerish
Pot	Ganja
Grass	Green
Banger	Herb
Beasties	Kabak
Bud	Kicker
Capers	Kif
Chronic	Moon Juice
Dank	Reefer
Dope	Mary Jane

Texting Slang

420 (weed)
#ZZZZZZZZZ (joint)
:-d- (smoking weed)
MJ (weed)
KPC (keeping parents clueless)
CD9 (parents are around)
DOC (drug of choice)
99 (Parent is no longer watching)
a-boot (under the influence)
got some?/got any?/wuz good?/ USTR8? (can I get some weed?)
Digi (scale)
Zip (ounce)
O (ounce)
Q (quarter)

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Marijuana paraphernalia, and even individual items such as vaporizers or bongs, come in many shapes and sizes.

To learn more, visit
MaineParents.net/teenroom