

What can parents and other adults do?

Talk early and often with your kids about the real risks and dangers of marijuana.

Make sure kids and adults alike know what the law says about marijuana possession, paraphernalia and use.

Don't condone marijuana use. Never allow or provide marijuana.

Be a role model. Get involved. Positive activities reduce risky behavior.

There are many useful resources online for parents: tips for talking to your kids, insight into the teen mind, research on marijuana and how it can permanently affect teens, and much more.

Here are some great sites to start with:

overcomeawkward.org

parenttoolkit.com

drugfree.org/MJTalkKit

dare.org

We don't want to hear excuses from our kids.

So let's not make them as parents.

"Kids will be kids."

"I'm a hypocrite if I tell them not to try marijuana."

"I smoked when I was in high school. What's the big deal?"

Instead try talking and responding to questions honestly.

Ask open ended questions.
"Tell me about..."

Be positive, attentive, curious and understanding.
"Thank you for your honesty."

Let your teen know you hear him.
"I hear that smoking pot helps your anxiety. Can we think of some other activities that can help instead?"

Your kids are listening.

Start the conversation today.

Learn more facts and talking tips at OvercomeAwkward.org



**More
awkward
talks.**

**Less likely
to try
marijuana.**

Your kids are listening.

It might feel awkward at first to discuss marijuana. But what you say makes a difference.

Start the conversation today.

Parents have an **enormous influence** on their children's decisions around marijuana.

What we say and do has a big impact. That means:

Staying involved and on top of what our kids are doing

Being a parent, not always a pal

Setting a good example

Never providing marijuana or permitting drugs on your property

What exactly is marijuana?

Marijuana (cannabis sativa) is a mind-altering psychoactive drug. Of the 400 chemicals found in the plant, THC affects a teen's brain the most.

The effects of marijuana:

Short-term:

Marijuana disrupts learning, memory and problem solving, and can cause distorted perception, loss of motor coordination, increased heart rate and anxiety.

Long-term:

Marijuana affects the brain's reward system, which can lead to addiction - especially for those who start in their teens.

The average age Arizona youth first try marijuana is **13**.

As the landscape of marijuana changes, we know more and more about the real dangers for teens.

Marijuana potency has tripled in the past 15 years.

Visits to the ER due to marijuana use have risen 2,300% since 1991.

Teens who use marijuana daily are 60% less likely to graduate high school.

Youth who smoke regularly have significantly more memory and attention problems.

Heavy use of marijuana in teen years and adulthood shows a permanent drop of 8 IQ points.

Marijuana smokers can develop the same respiratory problems as tobacco smokers, including wheezing and chronic bronchitis.

Arizona laws and penalties:

Probable cause: Police can use just the odor of marijuana as probable cause to search a car or premises.

Possession (Class 6 felony): Up to \$150,000 fine and 6 months to 3 years in jail.

Possession of pipe or paraphernalia (Class 6 felony): Up to \$150,000 fine and 6 months to 1.5 years in jail.

Possession for sale (Class 4 felony): Up to \$150,000 fine and 1.5 to 10 years in jail.

Sale or delivery for sale (Class 3 and 2 felony): Up to \$150,000 fine and 2.5 to 10 years in jail.

Marijuana DUI: 1st conviction - At least \$1,250 fine and 10 days in jail. Also may include drug treatment program, license suspension, community service, probation for up to 5 years, and ignition interlock device. Additional convictions are stricter and vary.

#1 takeaway for parents

Postponing that crucial moment your kid tries marijuana can save them from addiction. Research shows that the earlier children start smoking marijuana, the greater the likelihood of addiction down the road.