

# A PARENT'S GUIDE TO

# TEEN MARIJUANA USE

The NIDA (National Institute of Drug Abuse) reported in 2019, daily marijuana use increased by 85.7% among 8th graders & 41.2% among 10th graders. As marijuana begins to be legalized throughout the country, many adolescents typically do not think using marijuana is as risky or as harmful as using other substances. As a result, marijuana is the most commonly used illicit drug among teens.

With strong evidence that parents have an important influence on young people's choices about substance use, now is a good time to start conversations about health & marijuana use with your kids.

## THE TREND



The increased availability and popularity of vaping products has allowed a more undetectable use of marijuana. Vaping marijuana can allow a much more potent percentage of THC.

Today's marijuana plants are grown differently than in the past, allowing THC to be much more potent. Teens can become more impaired and risk the potential for addiction.

## THE RISKS FOR YOUTH



### Physical/Behavioral Risks:

- Interferences with prescribed medications
- Increased aggression
- Possible risk of car accidents or legal involvement
- Risky sexual behaviors
- Use of other drugs or alcohol
- Problems with memory and concentration
- Decline in school performance

### Emotional Risks:

- Worsening of underlying mental issues
- Mood changes
- Suicidal thinking
- Risk of psychosis

## PARENT TIPS



You can help prevent your kids from trying drugs by having open and honest conversations with them. Talk to your teen about what they're interested in lately, who they're hanging out with, and if they have any concerns or questions regarding to substance use.

Be aware of changes in your child's behavior such as:

- Decrease in hygiene habits
- Changes in mood and grades
- Skipping classes or missing school
- Loss of interest in sports or other favorite activities
- Changes in eating or sleeping habits

## MARIJUANA FACTS

**Smoking is harmful, whether it's marijuana or cigarette smoke**

Inhaling smoke harms the lungs. Smoking cannabis can lead to lung complications and breathing problems. Toxins can still be found in the smoke.

**Driving high is dangerous and illegal**

Using marijuana while driving is illegal and classified driving under the influence. Cannabis severely impairs coordination, judgement, and reaction time.

**It can be hard to know with certainty when a high will wear off**

Smoking cannabis side effects can last from 2 to 4 hours, however eating edibles (food with THC in them) can create a high that lasts as long as 7+ hours. Measuring correct dosing can be extremely difficult and cause unwanted effects.



Find more information:

[www.cdc.gov/marijuana/factsheets/teens.htm](http://www.cdc.gov/marijuana/factsheets/teens.htm)  
[www.washtenaw.org/marijuana](http://www.washtenaw.org/marijuana)  
[www.teens.drugabuse.gov/marijuana](http://www.teens.drugabuse.gov/marijuana)

Funded by the Department of Licensing and Regulatory Affairs Marijuana Regulatory Agency (LARA) for medical marijuana education only

