



Trust Your Instincts: MARIJUANA

**As parents we
all want to
keep our kids
safe and
supported.**

**0-5
YEARS OLD**



- We want to keep our kids' lungs healthy; let's keep kids away from marijuana smoke and vapor.
- Marijuana brownies or regular brownies? Kids can't tell the difference. Secure edibles and all marijuana products where kids can't access them.
- Talk with your kids about staying healthy. Introduce fruits and vegetables as a foundation for a healthy brain and body.

**6-11
YEARS OLD**



- If you see an opportunity to talk about marijuana, engage your kids in conversation.
 - Listen to what they have to say about what they are hearing.
 - Stick with the facts about marijuana.
 - Let them know this product isn't safe for kids who are still growing.
- Encourage activities such as sports, theater, and art to push the boundaries. Our kids need healthy risks.
- Connect youth with mentors who provide encouragement and help them stay on the right path.
- Encourage healthy ways to cope with stress, such as mindfulness and exercise.

**12-14
YEARS OLD**



- Be clear about your expectations: Tell your kids marijuana is illegal for people under 21 and unhealthy for developing brains.
- Talk to your kids about marijuana: don't lecture. Ask open-ended questions.
 - Let them know science proves marijuana is unhealthy for the developing brain.
 - Encourage their own thinking on various points of view.
- Discuss future goals and aspirations.
- Let kids know that driving under the influence is a criminal offense.
 - Tell them if they get into an unsafe situation, you will pick them up.

**15-20
YEARS OLD**



- Keep an eye out for evidence of use: cartridges, vape pens, edibles, individually wrapped candies, dabs.
- Explore opportunities for work: jobs can be a good way for teens to practice self-reliance and independence.
- Discuss the financial burden of substance misuse: teens like to spend money on travel, concerts, clothes. Substances can get in the way.

Remember! Safeguard marijuana products – out of reach and out of sight!

To Learn More: www.greenpeakalliance.org | www.cdc.gov/marijuana **Contact:** info@greenpeakalliance.org