What Parents Can Do

Strengthen Your Parent-Child Bond
A strong parent-child bond is one of the best protective factors against teen cannabis use.

- **Create** opportunities for your teen to contribute to the family in meaningful ways, and show appreciation for their efforts.
- **Schedule** one-on-one time with your teen every week to show them they are valuable.
- **Tell** your teen about your own past successes, failures, and obstacles you have overcome.
- **Listen** more and listen respectfully. Ask your teen for their perspective on controversial topics or thought-provoking life decisions.

Strengthen Your Teen’s Goals and Skills
Youth pursuing meaningful goals are far less likely to limit their future with cannabis.

- **Help** your teen identify their dreams, prioritize their goals, and reach them!
- **Actively help** your teen build study skills. If needed, secure academic support for them.
- **Teach** skills your teen needs for their growing responsibilities at home and in the community.

Talk About Cannabis and Enforce Rules
Your influence means more than you might think!

- **Explain** the negative outcomes of cannabis and why you want your teen to abstain.
- **Help** your teen plan ahead for peer pressure.
- **Establish** clear expectations. Discuss rules and enforce consequences.
- **Repeat** these conversations often.

Resources and References

Resources

Let’s Talk Cannabis
California Department of Public Health public education website. https://www.cdph.ca.gov/Programs/DO/LetsTalkCannabis/Pages/LetsTalkCannabis.aspx

Marijuana: Facts Parents Need to Know

References

1. Office of National Drug Control Policy:
   Answers to Frequently Asked Questions about Marijuana
   https://www.whitehouse.gov/ondcp/frequently-asked-questions-and-facts-about-marijuana

2. National Institute on Drug Abuse:
   DrugFacts: Marijuana
   DrugAbuse.gov/publications/drugfacts/marijuana

3. Colorado Department of Education:
   Understand the BIG Deal:
   How Marijuana Harms Youth

4. Just Think Twice:
   The Facts About Marijuana Concentrates
   https://www.justthinktwice.com/facts-about-marijuana-concentrates

5. Speak Now Colorado:
   Age-Based Tips for Talking with Teens
   SpeakNowColorado.org/speak-now-heres-how/

6. Good to Know Colorado:
   Marijuana Basics and How to Talk with your Teen
   GoodToKnowColorado.com/talk/

7. Colorado Department of Revenue:
   Marijuana Equivalency in Portion and Dosage

8. Department of Health Care Services:
   CalOms Treatment 2013-2014 Data
   http://www.dhcs.ca.gov/provgovpart/Pages/CalOms-Treatment.aspx

9. Center for Substance Abuse Research:
   Six-State Study Finds Drugs Other Than Alcohol Increasingly Detected in Fatally Injured Drivers

Cannabis Parent Update

1. The teen brain responds differently to cannabis than the adult brain. Because adolescence is a time of rapid brain growth, regular use can cause long-term damage to developing structures.

2. This is not yesterday’s cannabis. Many versions of cannabis sold today are significantly more potent and potentially damaging to the teenage brain.
Nearly one-third (31.9%) of California 11th graders report ever using cannabis. One in six (16.7%) California 11th graders report using cannabis in the past 30 days. (2015-2017 Biennial California Healthy Kids Survey)

Cannabis producers have developed new strategies to create products that deliver higher levels of tetrahydrocannabinol (THC), the primary psychoactive component of cannabis.

- In the early 1990s, the average THC potency was about 3%. Today’s smoked cannabis averages about 11% THC potency, ranging from 8-22% potency.1,7
- THC potency in medical grade cannabis often reaches 35%.3
- Cannabis products and concentrates contain extremely high THC levels of 40-80%, and THC potencies as high as 95% have been measured. These dangerously strong levels increase the risk of dependence and damage to the teenage brain.4,7

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Cannabis is not harmless.

- Cannabis was involved in more than 461,000 emergency room visits in the U.S. in 2010.1
- 872,000 Americans aged 12 and older received treatment for cannabis use in 2011.1
  In California, cannabis is the number one identified substance for adolescent treatment admissions.8
- The rate of fatally injured drivers who tested positive for cannabis has tripled in the last two decades.9