



TALKING TO YOUR KIDS ABOUT CANNABIS

Parents are the #1 influence on underage substance use - meaning you play a major role in whether or not your kids use cannabis (marijuana, hashish, weed, pot, edibles, etc.) You can help prevent underage use by starting the conversation about cannabis with your children and making sure they are aware of potential consequences. Here are some important facts you should know about cannabis and some tips for talking to your kids.

CANNABIS CAN AFFECT YOUR CHILD'S FUTURE



BRAIN

Human brains do not fully develop until our mid-20s. Individuals who regularly use marijuana before then may experience physical changes that can permanently impact their memory, learning, and attention.¹



LUNGS

Like tobacco, smoking cannabis can harm your lungs. Marijuana smoke has many of the same toxins and chemicals found in tobacco smoke and, when inhaled, can increase the risk of developing lung problems.^{2,3}



DRIVING

Weed can negatively affect the skills that are needed to drive safely, including reaction time, coordination, and concentration. All of which increase the risk of getting into a car crash.⁴



MENTAL HEALTH

Regular marijuana users are significantly more likely than nonusers to develop long-lasting mental disorders, including anxiety and depression.^{12,13} Individuals with a family history of mental illness are at even higher risk.^{14,15,16}

SUCCESS

Research shows that teens who start using before 18 or who use cannabis regularly may be at higher risk for:

- Skipping classes⁵
- Getting lower grades⁶
- Dropping out of school⁷
- Unemployment or having less fulfilling jobs later in life^{7,8}



TEENS DON'T THINK IT'S DANGEROUS

In 2019, about 1 in 5 high-schoolers in Illinois reported using cannabis in the past 30 days.¹⁹ However, most teens do not believe cannabis is harmful. In 2018, 43% of high-schoolers in Illinois reported believing using marijuana 1-2 a week carries a low risk.²⁰



TIPS ON TALKING TO YOUR KIDS ABOUT WEED

Cannabis use among youth is not recommended. Children who learn about the possible consequences of drug use from their parents are significantly less likely to use drugs.¹¹ While they may seem like they're not listening, you can have an impact on reducing the risk of your child using drugs by being a supportive parent, teacher, and mentor.

TALK OPENLY, EARLY, AND OFTEN ABOUT THE RISKS OF USING CANNABIS

- Start the conversation with your children as young as 10 years old, BEFORE they are likely to consider experimenting with weed or begin asking questions about it.¹⁰
- Look for organic opportunities to discuss cannabis, such as driving past a dispensary with your kids or watching a character use weed on television.
- Keep it casual, as a formal family meeting or sit-down lecture may make them.¹⁰

BE POSITIVE, STAY ENGAGED AND ENCOURAGE QUESTIONS

- Focus on the facts and discuss how cannabis use might affect them.
- Listen carefully and without judgment to their questions and thoughts.
- Having a genuine conversation lets your children know that they can come to you when they have questions or problems.

SET GUIDELINES AND EXPECTATIONS FOR HEALTHY BEHAVIORS

- Teens are less likely to use cannabis when parents set clear limits and house rules.¹⁷
- Be clear in telling your children not to use cannabis products until they are of age.

BE AWARE OF YOUR OWN ATTITUDES AND BEHAVIORS

- Embrace the fact that this conversation may feel awkward for both of you.
- Remember you are a role model to the children and teenagers in your life and they are more likely to use cannabis if you do.¹⁸





RECOGNIZING IF YOUR CHILD IS USING CANNABIS⁹

Look for dramatic shifts in behavior and physical appearance such as:

- Red eyes
- Lack of coordination
- Mood swings
- Acting secretive
- Acting silly with excessive giggling
- Shifts in their relationships - either spending more time alone or with different friends
- Loss of interest in sports or other favorite activities
- Skipping school
- Changes in grades and sleeping habits
- Short-term memory loss

WHAT TO DO IF YOUR CHILD IS USING CANNABIS

- Stay calm - overreacting may lead your child to rebel, feel resentment, or take greater risks.
- Talk about your concerns and give positive reasons for wanting your child to stop using cannabis.
- Keep the conversation open for problem-solving.
- Remind your child of the ground rules you set earlier or set new ground rules and consequences.
- If needed, seek help from other adults and resources in your community.
- Call 911 and get help if there is a medical or mental health emergency.

To learn about how cannabis use can affect your own health as an adult, check out LetstalkCannabisIL.com/Using-Marijuana.

If you have additional questions regarding non-medical marijuana use in Illinois, please email letstalkcannabisIL@prevention.org.



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HABLAR CON TUS HIJOS SOBRE EL CANNABIS

Los padres son la influencia número uno en el consumo de sustancias por menores de edad, lo que significa que tú juegas un papel importante en si tus hijos usan cannabis (marihuana, hachís, hierba, mota, comestibles, etc.). Puedes ayudar a prevenir el uso al empezar la conversación sobre cannabis con tus hijos y asegurándote de que conozcan las posibles consecuencias. Aquí hay algunos datos importantes que debes saber sobre el cannabis y algunos consejos para hablar con tus hijos.

EL CANNABIS AFECTA EL FUTURO DE LOS NIÑOS



EL CEREBRO

Los cerebros humanos terminan de desarrollarse por completo hasta alrededor de los 25 años. El consumo regular de cannabis antes de ese momento puede provocar cambios físicos dañinos que pueden afectar permanentemente la memoria, el aprendizaje y la atención.¹



CONDUCCION

El cannabis puede afectar negativamente las habilidades necesarias para conducir de forma segura, incluyendo el tiempo de reacción, la coordinación y la concentración, lo que aumenta el riesgo de sufrir un accidente automovilístico.⁴



LOS PULMONES

Al igual que el tabaco, fumar cannabis puede dañar tus pulmones. El humo de la marihuana tiene muchas de las mismas toxinas y sustancias químicas que se encuentran en el humo del tabaco, y su inhalación aumenta el riesgo de desarrollar problemas pulmonares.^{2,3}



SALUD MENTAL

Los consumidores habituales de marihuana tienen una probabilidad significativamente mayor que quienes no consumen de desarrollar trastornos mentales de larga duración, como ansiedad y depresión.^{12,13} Las personas con antecedentes familiares de enfermedades mentales corren aún mayor riesgo.^{14,15,16}

ÉXITO

Los estudios muestran que si comienzas a usar cannabis antes de los 18 años o usas cannabis con regularidad, puedes correr un mayor riesgo de:

- Faltar a clases⁵
- Obtener calificaciones bajas⁶
- Abandonar la escuela⁷
- Desempleo o no conseguir el tipo de trabajo que deseas^{7,8}



LOS ADOLESCENTES PIENSAN QUE NO ES TAN PELIGROSO

En 2019, alrededor de uno de cada cinco estudiantes de secundaria en Illinois reportó haber consumido cannabis en los últimos 30 días.¹⁹ Sin embargo, la mayoría de los adolescentes no cree que el cannabis sea dañino. En 2018, el 43% de los estudiantes de secundaria en Illinois reportaron que creían que consumir marihuana una o dos veces por semana tiene un riesgo bajo.²⁰



CONSEJOS PARA HABLAR CON TUS HIJOS SOBRE MARIHUANA

No se recomienda el consumo de cannabis entre los jóvenes. Los niños que aprenden de sus padres sobre las posibles consecuencias del consumo de drogas tienen una probabilidad significativamente menor de consumir drogas.¹¹ Mientras que puede parecer que no están escuchando, tú puedes tener un impacto para reducir el riesgo de que tu hijo use drogas si eres un padre, maestro y mentor que lo apoya.

HABLA ABIERTAMENTE, A EDAD TEMPRANA Y CON FRECUENCIA SOBRE LOS RIESGOS DE USAR CANNABIS

- Inicia la conversación con tus hijos a partir de los 10 años, ANTES de que puedan considerar experimentar con marihuana o comenzar a hacer preguntas al respecto.¹⁰
- Busca oportunidades orgánicas para hablar sobre el cannabis, como al pasar por un dispensario con tus hijos o ver a un personaje usar marihuana en la televisión.
- Mantén la conversación informal, ya que una reunión familiar formal o un sermón pueden ponerlos nerviosos.¹⁰

SE POSITIVO, MANTENTE INVOLUCRADO Y FOMENTA PREGUNTAS

- Concéntrate en los datos y sobre cómo el consumo de cannabis puede afectarlos.
- Escucha atentamente y sin juzgar sus preguntas y pensamientos.
- Tener una conversación genuina les hace saber a tus hijos que pueden hablar contigo cuando tengan preguntas o problemas.

FIJA REGLAS Y EXPECTATIVAS PARA COMPORTAMIENTOS SALUDABLES

- Es menos probable que los adolescentes consuman cannabis cuando los padres establecen límites claros y reglas de la casa.¹⁷
- Se claro al decirles a tus hijos que no consuman productos de cannabis hasta que sean mayores de edad.

TEN EN CUENTA TUS PROPIAS ACTITUDES Y COMPORTAMIENTOS

- Acepta el hecho de que esta conversación puede ser incómoda para ambos.
- Recuerda que eres un ejemplo a seguir para los niños y los adolescentes de tu vida y es más probable que consuman cannabis si tú lo haces.¹⁸





RECONOCE SI TU HIJO USA CANNABIS⁹

Busca cambios dramáticos en el comportamiento y la apariencia física, como:

- Ojos rojos
- Falta de coordinación
- Cambios de humor
- Actuar distante y con reserva
- Actuar sin sentido y risa excesiva
- Cambios en sus relaciones, ya sea pasando más tiempo a solas o con diferentes amigos
- Pérdida de interés en deportes u otras actividades favoritas
- Faltar a la escuela
- Cambios en las calificaciones y los hábitos de sueño
- Pérdida de memoria a corto plazo

QUÉ HACER SI TU HIJO ESTÁ USANDO CANNABIS

- Mantén la calma: reaccionar de forma exagerada puede llevar a tu hijo a rebelarse, a sentir resentimiento o a correr mayores riesgos.
- Habla sobre tus preocupaciones y dé razones positivas para querer que tu hijo deje de consumir cannabis.
- Mantén la conversación abierta para la resolución de problemas.
- Recuérdale a tu hijo las reglas básicas que estableció anteriormente o establece nuevas reglas básicas y consecuencias.
- Si es necesario, busca ayuda de otros adultos y recursos en tu comunidad.
- Llama al 911 y obtén ayuda si hay una emergencia médica o de salud mental.

Para saber cómo el consumo de cannabis puede afectar tu propia salud como adulto, consulta LetstalkCannabisIL.com/Using-Marijuana.

Si tienes más preguntas sobre el uso no medicinal del cannabis en Illinois, por favor escríbenos al correo electrónico letstalkcannabisIL@prevention.org.



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