

THRIVING STARTS AT HOME

LET'S TALK: PREVENTING UNDERAGE CANNABIS USE

Your teen's brain continues to develop until their mid-20s. The pre-frontal cortex -- the part of the brain that controls reasoning and impulses -- is the last to fully develop. This means teens are more vulnerable to the negative effects of any and all substance use, including marijuana/cannabis.

Protect them because prevention starts at home. Here are some Dos and Don'ts you can use as a guide to help prevent underage marijuana/cannabis use.



DO'S

Get the right information -- Research about the dangers of underage use with credible and scientifically accurate sources.



Keep out of reach -- Store cannabis products in secured locations, away from persons under 21 years of age.



Talk about it -- Keep an open mind and answer questions your youth may have about cannabis.



Set boundaries -- Start early by setting clear rules and consequences of underage cannabis use/misuse.



Check in with them -- Continue to check in with your youth with openness. Get to know their interests and their friends.



DON'TS

Scare tactics are proven to be unsuccessful in preventing substance use.

Cannabis products out in the open make it easier for youth to access and misuse.

Being judgmental in your response can discourage or harm opportunities to talk about substances.

Giving an unclear opinion on underage use can give unclear messages to youth.

Negative influences from peers and others can happen when we assume that all is well with our youth.

SCAN FOR RESOURCES



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