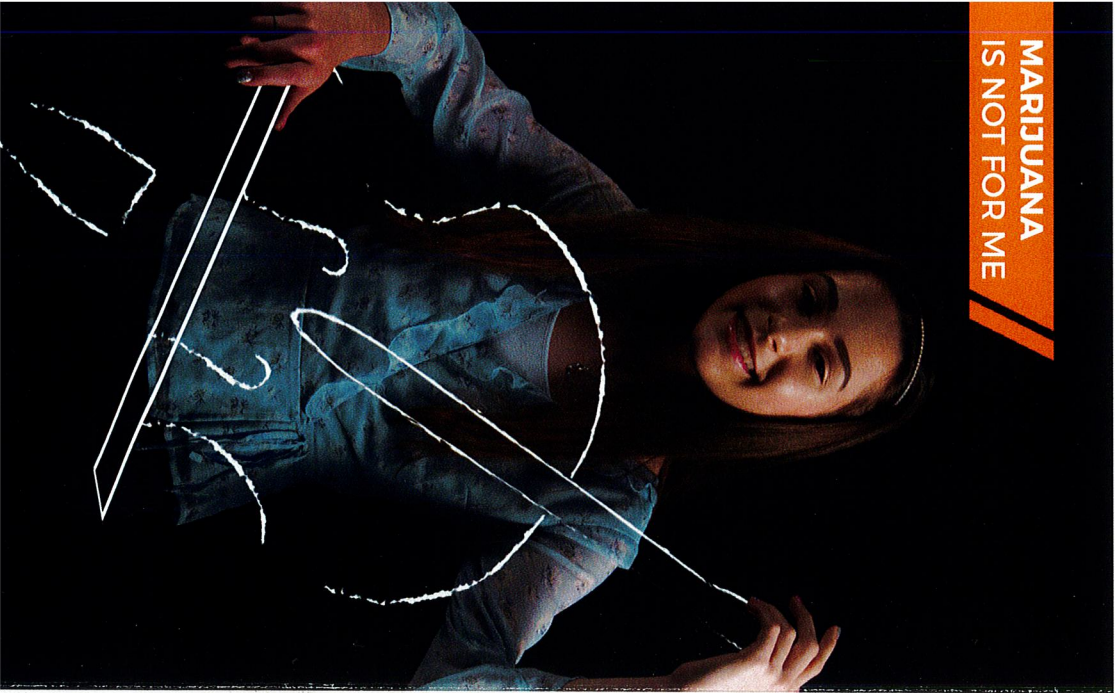


TEEN MARIJUANA USE IS A SERIOUS PROBLEM

Too many teens are using marijuana. Parents have a big impact on whether or not their teens use. Your teens really do hear you. For tips on how—and when—to start the conversation about marijuana, visit:

sacramentoccy.org

MARIJUANA IS NOT FOR ME



For tips on how—and when—to begin the conversation, visit: sacramentoccy.org



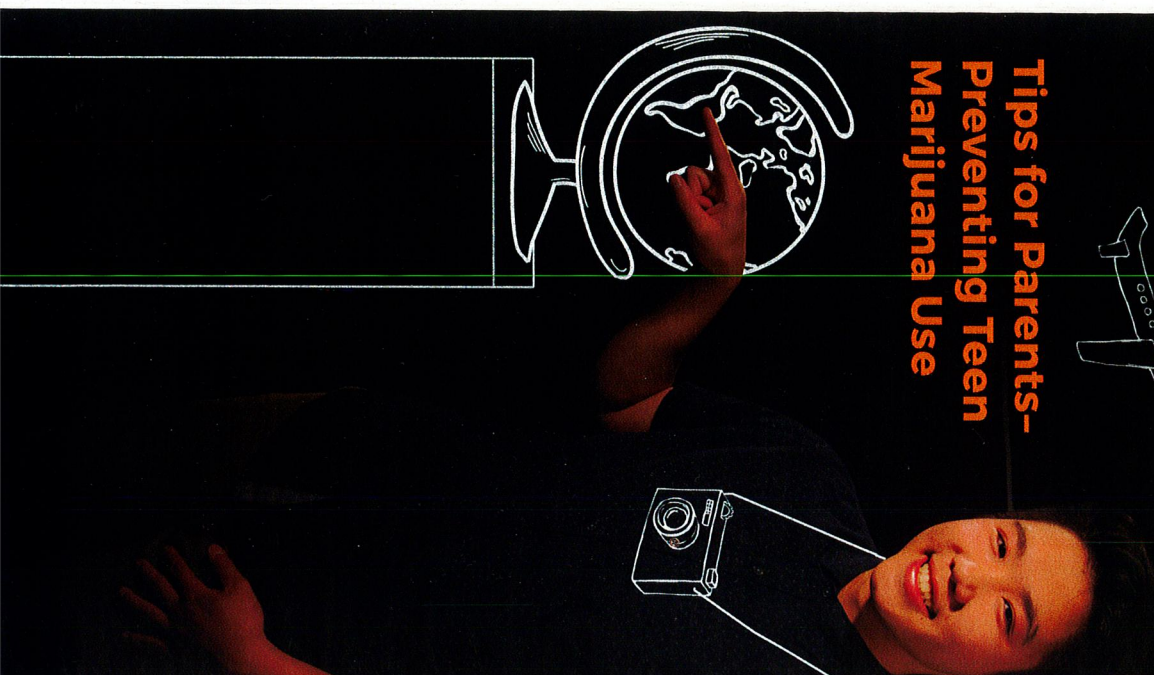
SACRAMENTO COUNTY

FUTURE FORWARD

PREVENT YOUTH MARIJUANA USE.



Tips for Parents- Preventing Teen Marijuana Use



MARIJUANA AND YOUR TEEN'S FUTURE

Teen brains react differently to marijuana than adult brains.

- ★ Regular use can affect your teen's FUTURE and cause long-term damage to developing teen brains
- ★ Marijuana affects the brain—altering memory, judgment, and motor skills
- ★ 1 in 6 teens that begin using marijuana can become addicted
- ★ Parents who talk with their teens about not using marijuana have teens who are less likely to use marijuana
- ★ Your teen could experience legal consequences if they use or purchase marijuana
- ★ Parents, YOU are the most powerful influence on your child's behavior. Start the conversation today!



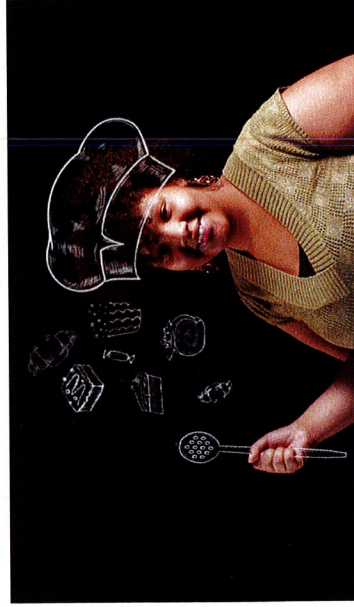
SAY SOMETHING

What you say to your child about marijuana use is up to you. But remember, parents who do not discourage marijuana use may have an indirect influence on their teen's decision to use marijuana.

WHAT YOU CAN DO

- ★ Know the facts. Understand that marijuana negatively affects the developing teenage brain.
- ★ Be a positive adult role model.
- ★ Be aware of risk factors.
- ★ Support your kids and give them space to grow.
- ★ Be prepared. Your child may become curious about marijuana. He or she may turn to you for answers and advice.
- ★ Use “natural” opportunities, such as dinner time or while doing chores, to start open, honest conversations about marijuana.
- ★ Work with schools, communities, and civic leaders to protect children from underage marijuana use.

Learn more: sacramentotoccy.org



SERIOUS CONSEQUENCES

Experts still have much to learn about the serious risks of youth marijuana use.

Teens who use marijuana are more likely to:

- ★ Use other drugs
- ★ Get bad grades
- ★ Hurt themselves or someone else
- ★ Have unwanted or unprotected sex
- ★ Make poor decisions
- ★ Have health problems

