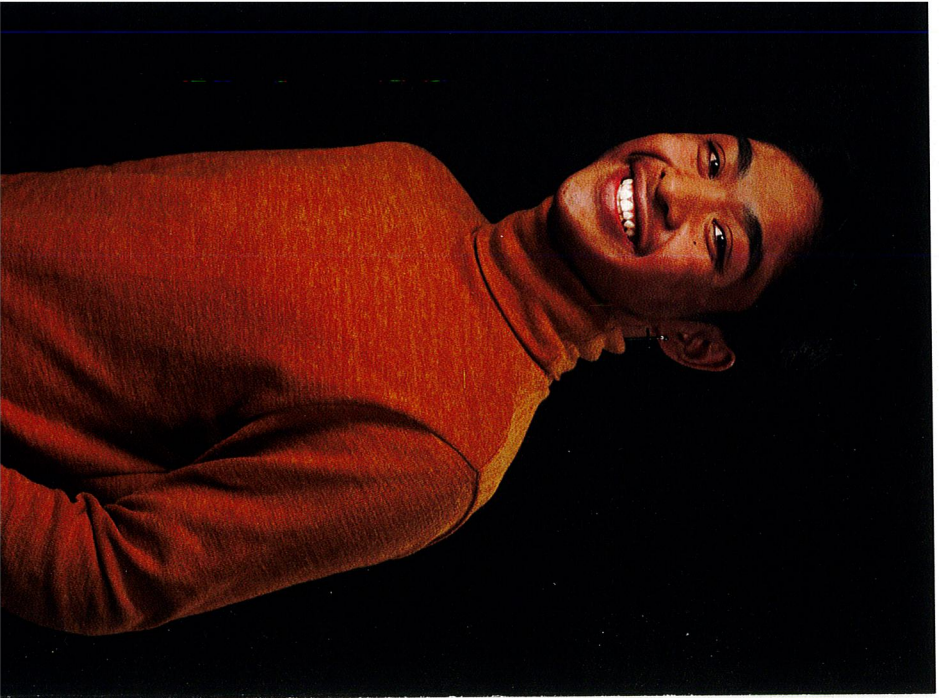


TEEN MARIJUANA USE IS A SERIOUS PROBLEM

Marijuana use among teens in Sacramento County is increasing while perception of harm is going down. Parents can have a big impact on whether or not their teens choose to use – they 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 more information, visit:
sacramentoccy.org



SACRAMENTO COUNTY



City of SACRAMENTO

FUTURE FORWARD

PREVENT YOUTH MARIJUANA USE

Tips for Parents—
Preventing Teen
Marijuana Use



With the passage and implementation of Prop 64, the Adult Use of Marijuana Act, the Sacramento County Coalition for Youth received funding from Sacramento County Alcohol and Drug Services, Department of Behavioral Health Services to create and implement a youth marijuana prevention campaign. The campaign is designed to reach youth and parents, providing updated information on the law, the drug itself and the effects of marijuana on youth. The goal is to educate the Sacramento Community, offer information and resources, and provide an opportunity to get involved in creating change to protect young people from increased accessibility to marijuana in our community.

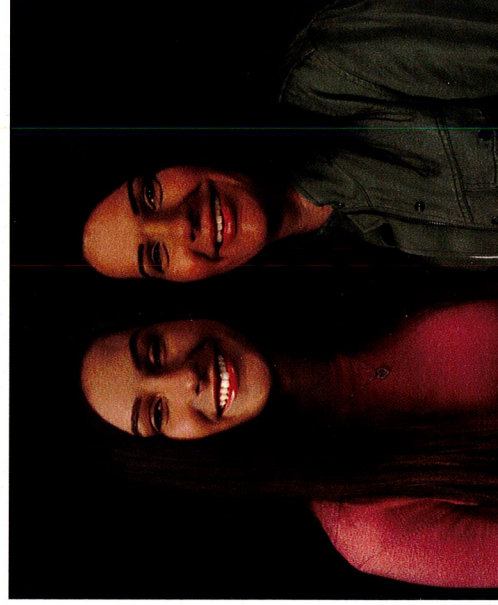
MARIJUANA AND YOUR TEEN'S FUTURE

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

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: sacramentocccy.org



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.



SERIOUS CONSEQUENCES

Teen brains react differently to marijuana than adult brains.

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