

Tips for Parents and Trusted Adults

Take the time to talk to your kids



One Chance encourages you to start an open and honest conversation about today's high THC marijuana with your child or children you care about. You might be surprised at how much influence your words, opinions and actions can have on your child's choices – get the conversation started today.

There are many ways kids can use today's marijuana and its distilled psychoactive ingredient THC:

- > Smoking the dried plant (bud and flower) in a rolled joint, vaporizer or pipe
- > Vaping THC liquid or wax in an electronic cigarette
- > Dabbing high-THC resins extracted from the marijuana plant—commonly called shatter, budder, honey, or wax
- > Drinking or ingesting THC edibles including baked goods, mints, sodas and candies
- > Oil, lip balms, suppositories and topicals that can be absorbed through the skin

The effects of marijuana usually occur within minutes of smoking/vaping/dabbing but it can take between 30 minutes to 4 hours to experience the high-inducing effects from edibles. Some of these products are deceptively different, difficult to identify as containing THC, and can be used discreetly. The more you know, the more likely you can detect possible THC use by kids in your life. View additional products at www.thcphotos.org.



Delta-8 and Delta-10 products are federally legal and are derived from hemp. They may be purchased online, at convenience stores and gas stations where purchasing age limits may not exist. The FDA issued a warning that these new psychoactive THC products should be kept out of the hands of children due to adverse effects including vomiting, hallucinations, and loss of consciousness.



Why it Matters

Today's marijuana is more potent. Until the early 2000's, THC potency in marijuana products remained steady with a 3-5% THC potency. Today, the average THC potency (in Colorado, one of the first states to commercialize marijuana) for dried leaf is 20% and nearly 70% for marijuana concentrates.

The adolescent brain is susceptible to marijuana use.

The teenage brain is experiencing complex changes in structure and function until reaching maturity at the average age of 26. Marijuana use can make permanent changes and disrupt this growth process.

Marijuana can be addictive. Teens 12-17 who use marijuana are twice as likely to advance to substance use disorder than teens who use alcohol or tobacco.

Marijuana has negative cognitive effects. Weekly use is associated with deficits in learning, memory, math and reading skills. Marijuana use is also associated with failure to graduate from high school and/or finish college.

Marijuana is linked to some mental illnesses. High THC marijuana can increase panic attacks, hallucinations, paranoia, suicide ideation and acute psychosis and can worsen symptoms of mental illnesses such as anxiety and depression.

Marijuana and driving do not mix. Marijuana impairs judgment, coordination, reaction time and concentration and is the the most commonly identified illegal drug in deadly crashes, sometimes in combination with alcohol or other drugs. In Colorado, teens are more likely to drive after using marijuana than alcohol. Have the conversation with your kids not to drive or get in the car with anyone that is high.

These resources will help get you started:

One Chance Education Resources <https://onechancetogrowup.org/education-resources/>

SAMHSA <https://www.samhsa.gov/marijuana>

National Institute of Drug Abuse (NIDA) <https://www.drugabuse.gov/publications/research-reports/marijuana/letter-director>

CDC <https://www.cdc.gov/marijuana/index.htm>



These symbols must be on packaging (and some states require the symbol to be stamped directly on edible products) to signify that the product contains marijuana. Educate yourself and your kids about your state's symbol. Be sure to teach your kids not to eat or drink anything with this symbol.

Kids listen to parents and trusted adults. Parents who talk with their kids about not using marijuana have teens who are less likely to use marijuana. One Chance encourages you to start an open and honest conversation about today's high THC marijuana with your child or children you care about. Listen carefully and stay positive. Keep the conversation open so they can come to you with questions. Knowing they can ask you questions helps kids make good decisions for their future. You might be surprised at the positive influence your words, opinions and actions can have on your child's choices. Get the conversation started today.

National Poison Control (800) 222-1222 National Suicide Prevention Lifeline (800) 273-8255

One Chance to Grow Up is a project of The Colorado Nonprofit Development Center (CNDC).

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Tips for Parents, Caregivers and Trusted Adults

Prom, Graduation, Year-End Celebration Season



May is finally here—an exciting time for teenagers and families with prom, graduation, parties, and end-of-year celebrations. These upcoming spring festivities provide an opportunity for you to have a conversation with your teen about marijuana.

Marijuana is illegal for anyone under the age of 21 to use recreationally, but unfortunately marijuana and marijuana products are readily available to teens in various forms, from slow acting edibles to ultra potent pot in vape pens that may contain unsafe inactive ingredients (per recent news reports on an epidemic lung disease). Marijuana might be part of these spring festivities so NOW is the time for talking with your kids!

Research shows anger or scare tactics don't work, but a calm discussion of facts may. Remember that you remain a strong influence on your teen. What you say matters.

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BASIC TALKING POINTS

- > Just because marijuana is legal for adults in some states doesn't make it safe for your teen. Marijuana use affects the brain. A developing brain, like your teen's, is especially vulnerable.
- > Marijuana use can keep your teen from reaching their full potential. Teen use can impair learning, memory, and math and reading achievement.
- > Marijuana use can affect emotions later in life. Teen users are more likely to be depressed or have suicidal thoughts in adulthood.
- > If you have a family history of addiction or mental health risks, now might be the time to share this information with your teen. You could note that family history may make your child more likely to become addicted to marijuana or develop negative symptoms.
- > Marijuana affects reaction time, judgment and depth perception, which makes it dangerous to get behind the wheel of a car or be a passenger if the driver has used marijuana.

Conclude the conversation with a clear statement of your expectations and encourage your teen to steer clear of marijuana.

ADDITIONAL THOUGHTS

- > Encourage your child to attend school-sponsored, adult-supervised after-prom and graduation events that give students a safe, drug-free environment throughout the night.
- > If your child's activities include a hired limousine or party bus, ask for more details. Are drivers screened for substance use?
- > Will parents and trusted adults be present and actively monitoring events?

Get educated:

It's not just a plant thcphotos.org

The basics www.drugabuse.gov/publications/drugfacts/marijuana

Marijuana risks www.samhsa.gov/know-risks-marijuana

Talking with your child about marijuana www.samhsa.gov/sites/default/files/marijuana-brochure-newpics-r15f_508c.pdf

Drugged driving www.nhtsa.gov/risky-driving/drug-impaired-driving

Parents make the difference www.betheinfluence.us

Resources for families www.samhsa.gov/families

Sign up and follow One Chance on social media:

Website onechancetogrowup.org

Facebook [One Chance To Grow Up](#)

Twitter [@1Chance2GrowUp](#)

One Chance to Grow Up is an initiative developed by Smart Colorado that focuses on protecting kids across the nation from the dangers of today's marijuana. We serve as a reliable resource for parents, media, policymakers, and all those who care about kids. Started by concerned parents, we're a 501(c)(3) nonprofit supported by charitable contributions.

