



PANAPTIC

COMPREHENSIVE MARIJUANA PREVENTION

Key Takeaways: Protecting Your Teen from The Risks of Marijuana Use

1. Perception matters: Research shows that when your teen sees marijuana as harmless, they are more likely to start using earlier and use more often.
2. Marijuana potency: The average potency of marijuana today is 3-5x stronger than it was 20 years ago, and it can have up to 97% THC.
3. Understand the risks: Regular marijuana use has been shown to impact learning, the body, emotional wellness, life success, and safety.
4. Addiction: 1 in 6 teens who try marijuana become addicted. And, regular users are 3x more likely to become addicted to opiates or heroin.
5. Your teen needs you! Talking to your teen early about marijuana makes it much less likely that they will develop problems.
6. Your choices: Establishing clear rules about marijuana and other substances sets the foundation for family prevention.
7. How do I talk to my teen? Find a convenient time to talk, use a caring tone of voice, talk about the feelings that you are having, and share the positives with your teen. you can make a difference!