

Parents!

Your children/teens need to know about the dangers of youth marijuana use and vaping.



Chippewa Valley
Coalition for
Youth and Families

Protect them by sharing the facts. Talk early! Talk often!



Many Youth Believe Using Marijuana and Vaping is Safe

*(Students across the US and in Chippewa Valley Schools increasingly report that vaping & using marijuana is SAFE.)**

IT'S BETTER TO HAVE TWELVE 5-MINUTE CONVERSATIONS THAN ONE 60-MINUTE TALK.

To Start... Ask: How old will you be when your brain stops developing? **Listen.**

Inform: Your brain continues to develop until you're about 25 or even older. ¹

Ask: What do you know about the effects of Alcohol, Marijuana, Vaping Nicotine, and the use of other drugs on the developing brain? **Listen.**

Inform: Brain scans show that Vaping and the use of Alcohol and Marijuana can damage the developing brain, leading to the possibility of lifelong changes in thinking, memory, and learning. Inform that the young brain is more likely to become addicted to any substance, because it's still in the process of development. ¹

TALK WITH YOUR CHILD/TEEN ABOUT THE DANGERS OF USING MARIJUANA:

To Start... Ask: Do you think marijuana is a safe drug, particularly for children and teens? **Listen.**

Inform: Research shows that marijuana use by people your age can change the brain and use is connected to problems learning, doing poorly in school, and to addiction. Use of marijuana in any form, including vaping it, presents a danger for you. ^{1,2}

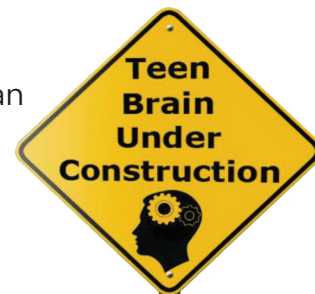
Ask: What do you know about the potency (strength) of marijuana today?

Inform: THC, the addictive chemical in marijuana, is about 15 times stronger than it was 20 years ago. Marijuana edibles (food, beverages) and oils can contain 50% to 90% THC, making them extremely strong and potentially addictive. After using them, some people have needed emergency room treatment. ³

Ask: Do you think marijuana is safe for your emotional well-being? **Listen.**

Inform: Many people are confused about the effects of marijuana use on someone's emotional health. Marijuana has been linked to **increased anxiety, depression, and to thoughts of suicide.** ²

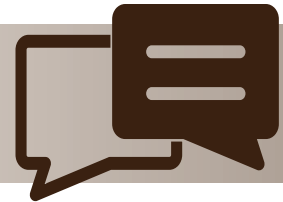
Inform: Legalizing marijuana **DOES NOT** make it a safe drug, particularly for teens.





Chippewa Valley Schools
19120 Cass Avenue
Clinton Twp., MI 48038

PARENTS! TALK WITH YOUR CHILDREN/TEENS ABOUT THE DANGERS OF MARIJUANA USE & VAPING. TALK EARLY. TALK OFTEN.



TALK WITH YOUR CHILD/TEEN ABOUT THE DANGERS OF VAPING:

Ask: What do you know about the dangers of vaping? **Listen.**

Inform: Vaping nicotine (the additive chemical in tobacco) or THC (the addictive chemical in marijuana) can damage the developing brain and lead to addiction. Nicotine can negatively affect the functioning of the heart, lungs, and other organs in the body. Vaping flavored products can also harm the lungs. ¹

Ask: What do you know about the dangers of vaping devices? **Listen.**

Inform: Devices used to vape have particles, chemicals, and metals that can be harmful. ²

Inform: Vaping increases your risk of becoming a cigarette smoker. Teens and young adults who vape are almost 4 times more likely to begin smoking cigarettes than those their age that don't vape. ¹

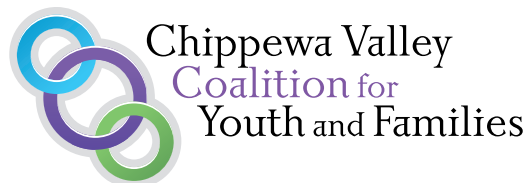
1. Partnership for Drug-Free Kids: <https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>

2. US Surgeon General: <https://e-cigarettes.surgeongeneral.gov/>



SPEND SOME TIME WITH YOUR CHILD/TEEN LEARNING MORE FACTS ABOUT MARIJUANA AND VAPING BY VISITING THE WEBSITES PROVIDED TOGETHER.

Also visit: www.cvcoalition.org
Joining School, Family, and Community in partnership to promote healthy, resilient, and drug-free youth and prevent youth suicide.



An Additional Resource: www.parentsagainstvaping.org (Parents Against Vaping E-cigarettes)