



TALKING TO YOUR TEEN ABOUT MARIJUANA

Every family is different and you know best when and how to talk to your children about marijuana use. Here are a few tips:

- **BE A GOOD LISTENER:** Listen carefully to their questions. Being respectful and understanding of their thoughts will allow them to feel heard and in turn listen to what you have to say about underage marijuana use.
- **DISPEL THE MYTHS:** Learn the facts and share them with your teens. There are many misconceptions about the safety of marijuana. Use the information provided in this info sheet to clarify some of those assumptions.
- **SET FAMILY RULES:** Teens say that their parent's rules influence their decision to use marijuana. Set clear rules and consequences with your children and follow them.

KNOW THE FACTS



Marijuana Affects their Brains

- Using marijuana in your teens and early 20's negatively affects long-term memory, learning abilities, and concentration.
- Marijuana use during youth has been associated with an increased risk of developing life-long conditions such as substance use disorder, schizophrenia, and other mental health disorders.

Marijuana Affects their Goals

- Marijuana use is linked to lower grades and increased drop-out rates.
- If your teen is caught using, holding, or selling marijuana at school, they may face disciplinary action, which may affect college acceptance.
- Students who get caught using marijuana or alcohol may not be able to get financial aid for college.

In Massachusetts, marijuana use is legal for adults 21 years and older. Underage users may face fines and penalties if caught selling, purchasing, or using marijuana.

Most Teens Don't Use Marijuana

- In Newton, 80% of high-schoolers reported that they **had NOT** used marijuana in the past 30 days. However, they report perceptions of wider use. Help change the perception that "everyone is using."



Marijuana Affects their Driving

- Marijuana can make it more difficult to judge distances, make decisions, and react to hazards on the road.
- Driving under the influence of marijuana can double the chance of being in a car accident.

Marijuana Affects their Health

- Marijuana smoke contains many of the same toxins found in cigarette smoke. This can cause lung problems such as a constant cough, increased phlegm, and decreased oxygen levels.
- Some of these chemicals have been shown to increase the risk of cancer
- 1 in 6 people who start using marijuana before age 25 will develop a marijuana use disorder.

AVAILABLE RESOURCES

AT SCHOOL

Newton High School students and their families can reach out to the prevention/intervention counselors at Newton North or Newton South for questions, information, and resources on marijuana dependence, addiction, and more.

Alison Malkin
Prevention/ Intervention Counselor
Newton North High School
Room 301
(617) 559-6237
alison_malkin@newton.k12.ma.us

Brian DeLeskey
Prevention/ Intervention Counselor
Newton South High School
Room 7137
(617) 559-6577
deleskeyb@newton.k12.ma.us

ONLINE

Allies in Recovery | <http://alliesinrecovery.net>

Access an online learning platform for family members struggling with a loved one's addiction.

Partnership for Drug-Free-Kids | <http://drugfree.org>

Find online resources in English and Spanish for identifying and approaching teen substance use. Speak with Helpline and Peer Support Specialists.

ON THE PHONE

**Newton Health and Human
Services Department**

617-796-1420

(M-F, 8:30-5) Available for
consults to find resources

**MA Substance Use
Helpline**

800-327-5050

helplinema.org

Referrals to public & private
treatment programs

Interface Referral Service

888-244-6843

(M-F, 9-5) Consults &
personalized referrals for
outpatient treatment

***DID YOU
KNOW?***

When teens refer to pot, weed, dabs, and edibles they are referring to marijuana containing products. Visit our website to learn more.

For more information, visit www.newtonma.gov/marijuana

Information from NIH, CDC, & MDPH. Last Revised March 2019.

City of Newton, MA



Public Health
Prevent. Promote. Protect.