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Let's
talk
about

Marijuana

57% of youth (grades 7-12) in the Massapequas reported they have talked with a parent in the past year about the dangers of drug use.*

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- Talk with your children about the danger of marijuana at an early age to help them make better choices. Youth are less likely to try marijuana if they can ask parents for help and know exactly how their parents feel about drug use.**
- Ask what they have heard about using marijuana. Listen carefully, pay attention, and try not to interrupt. Avoid making negative or angry comments. Offer facts about the risks and consequences of smoking/ingesting/vaping marijuana.**
- Explain that research tells us that the brain continues to mature into the 20s. While it is developing, there is greater risk of harm from marijuana use.**
- Talk about having an “exit plan” if they are offered marijuana. Talk about what they would do if faced with a decision about drugs, such as texting a code word to a family member. Be sure to practice the exit plan in a safe environment (SAMHSA).



For prevention tips, go to [mtacoalition.com](https://www.mtacoalition.com)



This postcard was developed, in part, under grant number 1H79SPO80744-01 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration. The views, opinions, and content of this publication are those of the authors and contributors and do not necessarily reflect the views, opinions, or policies of ONDCP, SAMHSA, or HHS, and should not be construed as such.

*Massapequa youth statistics are cited from the New York State Office on Alcoholism and Substance Abuse Services Partnership for Success Student Survey administered in September 2018 in Massapequa Public Schools grades 7-12.

**American Academy of Child and Adolescent Psychiatry