

# CHANGING THE LANDSCAPE | HOW DO WE SUPPORT WELLNESS FOR TEENS?

Being a teenager can be difficult. Creating opportunities, supporting teens and setting expectations will help to prevent problem drug use. Here are some ideas for supporting your teen to make healthy decisions.

## STEP 1

HOW YOU MIGHT START THE CONVERSATION

I AM PROUD OF YOU FOR \_\_\_\_\_. I AM CONCERNED ABOUT YOU BECAUSE \_\_\_\_\_. HOW CAN WE WORK ON THIS TOGETHER?

IT'S MY JOB TO KEEP YOU SAFE. I EXPECT THAT YOU WILL NOT USE MARIJUANA AND THERE WILL BE CONSEQUENCES IF YOU DO.

HOW CAN I SUPPORT YOU TO BE HEALTHY?

## STEP 2

WHAT YOU MIGHT DO

Check in often. Listening is the most important part of the check-in.

Have clear and consistent rules about marijuana use

Encourage your teen to be physically active every day.

Help your teen get enough sleep on a regular basis.

Nurture

Structure

Physical Activity

Sleep

## RESEARCH

RESEARCH ON WHY IT WORKS

Parenting that combines discipline with lots of warmth and responsiveness best encourages healthy decision-making in teens.<sup>10</sup>

Teens who know their parents disapprove of marijuana use are less likely to use the drug.<sup>8</sup> Teens with parents consistently enforcing rules around drugs and alcohol are less likely to use.<sup>9</sup>

Physical activity improves mood, motivation, attention, and helps regulate brain chemistry. People who are physically active have lower levels of depression.<sup>11</sup>

Many studies link better sleep quality and optimal sleep duration with improved academic performance.<sup>12</sup>



References for Marijuana Talking points.: 1. Meier, MH et al. (2012) Persistent Cannabis Users Show Neuropsychological Decline from Childhood to Midlife. Proceedings of the National Academy of Sciences. 109(40) e2657-e2664. 2. ONDCP (2008) Teen Marijuana Use Worsens Depression: An analysis of recent data shows "self-medicating" could actually make things worse. 3. Hayatbakhsh, M.R. et al. (2007) Cannabis and anxiety and depression in young adults: A large prospective study. Journal of the American Academy of Child and Adolescent Psychiatry, 46(3):408-17. 4. Patton, GC et al. (2002) Cannabis use and mental health in young people: cohort study. British Medical Journal, 325:1195-1198. 5. DuPont, Robert et al. (2013) America's Dropout Crisis: The Unrecognized Connection To Adolescent Substance Use. Rockville, MD: Institute for Behavior and Health, Inc. 6. Ashbridge, M. & Hayden, JA (2012) Acute Cannabis Consumption and Motor Vehicle Collision Risk: Systematic Review of Observational Studies and Meta-analysis. British Medical Journal, 344:e356. 7. Regular Marijuana Use by Teens Continues to Be a Concern." National Institute of Health. National Institute of Health, 19 Dec. 2012. <http://www.nih.gov/news/health/dec2012/nida-19.htm> 8. Maine Integrated Youth Health Survey 2013. 9. Jackson, C. (2002) Perceived legitimacy of parental authority and tobacco and alcohol use during early adolescence. Journal of Adolescent Health 31 (5): 425-432. 10. National Institute on Alcohol Abuse and Alcoholism, 2013 11. Raley, John J. (2008) Spark: The Revolutionary New Science of Exercise and the Brain. NY, New York. Little Brown and Co. 12. 1. Dewald, Julia et al. (2010). The influence of sleep quality, sleep duration and sleepiness on school performance in children and adolescents: A meta-analytic review. Sleep Medicine Reviews. 14 (3) 197-189.

# MARIJUANA: THE LANDSCAPE HAS CHANGED

PARENTS, HOW DO YOU EXPLAIN THAT TO YOUR TEEN?

We know teen marijuana use is a problem, but explaining why to youth can be challenging. Here are some ways to connect the research with your concerns about teen marijuana use.

## STEP 1

HOW YOU MIGHT START THE CONVERSATION

I'M CONCERNED ABOUT YOUNG PEOPLE USING MARIJUANA BECAUSE IT MAY LEAD TO PROBLEMS WITH...

LATELY I'VE BEEN NOTICING THAT YOU HAVE BEEN HAVING PROBLEMS WITH... WHICH CONCERNS ME.

Brain Development

Mental Health

School Performance

Decision Making

Addiction

## STEP 2

PICK ONE OF THESE AS A REASON FOR BEING CONCERNED

Marijuana use can make it harder for teens to remember information, keep up in class and learn new skills.

On the one hand, teen marijuana use may cause depression or anxiety. On the other hand, teens may use marijuana to cope with these conditions.

Marijuana use can make school more difficult, or students who are having a hard time in school may use marijuana to deal with that difficulty. Together, they lead to a higher likelihood of dropout.

Marijuana use makes it harder for people to make good decisions.

Teens who smoke marijuana regularly may not be able to stop. They are much more likely to become addicted to marijuana than an adult.

## RESEARCH

RESEARCH ON THE EFFECTS OF MARIJUANA USE ON TEENS

Regular teen marijuana use has been linked to persistent problems with attention, learning, memory and ability to quickly take in information.<sup>1</sup>

- Teen Marijuana use can trigger mental health problems.<sup>2</sup>
- Teens who smoke marijuana weekly have double the risk of depression or anxiety.<sup>3,4</sup>
- Teens who smoke weekly are three times more likely than non-users to have suicidal thoughts.<sup>4</sup>

Teen marijuana use has been linked to higher rates of dropping out of school.<sup>5</sup>

Marijuana use more than doubles a driver's risk of being in a car accident.<sup>6</sup>

1 in 11 adults who use marijuana will become addicted, but the risk of addiction increase to 1 in 6 for those who start using in their teens.<sup>7</sup>