

Talking with your teen about cannabis or any substance can be difficult. Set the stage for conversation by following these tips to promote open and positive communication:

- Keep an open mind
- Put yourself in your teen's shoes
- Be clear about your goals
- Be calm and relaxed
- Be positive
- Don't lecture
- Find a comfortable setting
- Be aware of body language
- Explore and learn the facts together

What's the Big Deal about Youth Use of Cannabis?

Cannabis use during adolescence can cause functional and structural changes to the developing brain, leading to damage. Marijuana use in this age group is strongly linked to: cannabis dependence and other substance use disorders; the initiation and maintenance of tobacco smoking; an increased presence of mental illness, including depression, anxiety and psychosis; impaired neurological development and cognitive decline; and diminished school performance and lifetime achievement.

Canadian Paediatric Society

Teens say, "It's just weed": Weed is natural and so it's harmless. **But the evidence says:** Early and regular marijuana use can affect the developing teen brain and is related to mental health problems. Not all plants are healthy or good for you – think about cocaine or heroin or poison ivy.

Teens say, "It's just weed": Weed makes you a better driver; it's safer than driving after using alcohol. **But the evidence says:** Marijuana use can impair driving and is associated with an increased risk of collisions.

For more information to help your teen understand what's fact and fiction, visit: ccsa.ca select Topics Tab

Have you heard that Cannabis is going to be legalized in Canada?

Know the facts about cannabis legislation

In Canada: canada.ca/cannabis

In Alberta: alberta.ca/cannabis

Local: Check your community website or call your municipal office for local bylaws that deal with regulations around cannabis use & retail sales specific to your community.

Take time to learn the rules about cannabis and talk with your teen to help them understand the regulations and how they may affect them.

For more tools & information:
Check-out the **CANNABIS TALK KIT:**
Know How to Talk with Your Teen from
DrugFreeKidsCanada.Org

For more information about available programs and services in your area, please contact:

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

