

TALKING TO YOUTH AGES 13-16



ABOUT MARIJUANA

Start Talking



Youth with supportive adults in their life are less likely to use marijuana. That's why it's important to have the conversation before they start.

Teachable Moments



Celebrities or athletes may be in the news for substance use. Use this teachable moment to start a conversation about your expectations.

Help youth figure out what their hobbies and dreams are and what freedoms they value. Help them prioritize those interests over using substances. If they're focused on goals, they'll be less likely to let marijuana get in their way.

Encourage



When you discuss drugs with your teen, encourage them to talk and ask questions. You can ask them if they've ever discussed drugs or alcohol in school or among peers.

Set Clear Rules



While you may think that your teen knows not to use substances, they may be tempted if they are offered substances. Let them know your expectations and what will happen for not following them.

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Start Early



The earlier you begin these conversations, the more normal it will feel. When youth feel uncomfortable talking to parents they will seek answers elsewhere, even if the source is unreliable.

Listen



Don't react in a way that will stop discussion. Stay calm and non-judgmental. If you react harshly, show anger or anxiety, your teen may shut down.

Establish A Contract



Use a contract as a way of letting your teen know that you're there to help them. If they make a mistake, let them know they can call you.

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