

# TALKING TO STUDENT ATHLETES

## ABOUT MARIJUANA



### Listen



Make sure the student feels heard. Consider their opinions and keep the conversation open.

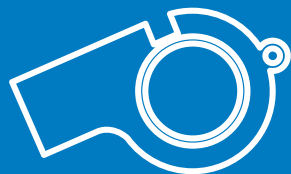
### Remind



Remind them they are role models. Let them know that younger students and siblings look up to them as examples.

Help your team figure out what their goals 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.

### Set Clear Rules



Make sure school and team rules are clear and stick to them. Let them know what will happen if they don't follow them.

### Practice "No"



Role play how to say no. Give them a reason to say no such as: staying on the team, getting good grades, saving money for a car, etc.

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### Know the Effects



Stress the fact that athletes who use marijuana may have trouble with learning and memory issues. Marijuana can also affect the way they play sports, because it can affect coordination.

### Learn About Use



With vaporizers, edibles, and drinks, it is easier than ever to hide and use marijuana. Be informed about the different ways marijuana is used, so you know what to look out for.

Learn More by  
Visiting Us at  
[PreventionMC.org](http://PreventionMC.org)



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