

Parents: Help your teen understand what's fact and fiction about marijuana

The following facts might be surprising

- Youth begin using marijuana around 15–16 years old
- Up to 10% of Grade 12 students reported using marijuana every day or almost every day

TEENS SAY, “IT’S JUST WEED”

Weed is natural and so it’s harmless

Everyone is using weed

Weed helps you focus

Weed makes you a better driver; it’s safer than driving after using alcohol

Weed isn’t addictive and does not “consume” users

To learn more, read
What Canadian Youth Think about Cannabis

BUT THE EVIDENCE SAYS

Early and regular marijuana use can affect the developing teen brain and is related to mental health problems

About 75% of youth aged 15–24 reported not using marijuana in 2013

Regular marijuana use impairs thinking, attention and memory

Marijuana use can impair driving and is associated with an increased risk of collisions

1 in 6 adolescents who use marijuana will develop a cannabis use disorder

To learn more, read
The Effects of Cannabis Use during Adolescence



Talk to your teens about marijuana use

To help them make informed decisions, let them know that:

- Early and regular marijuana use can negatively affect their brain and behaviour
- Delaying initiation of marijuana use can help prevent these harmful effects
- If they need help, treatments are available—speak to your healthcare provider

To prepare yourself to have meaningful conversations with your teen, read the parent action pack at www.parentactionpack.ca