

TALKING

— TO YOUR KIDS & TEENS —

UNDERAGE RETAIL MARIJUANA USE: CONVERSATION TIPS FOR PARENTS



Listen carefully and stay positive. Keep the conversation open so they can come to you with questions. When youth know they can ask you questions, it creates an open dialogue where they can feel comfortable coming to you when they are in a difficult situation.

AGES 13-16

START THE CONVERSATION

Decide when the time is right for you. And remember, conversation is much better than ignoring the issue.

LISTEN

Be a good listener. Get their opinion. Don't talk over or down to them. When you allow them to be heard, they're more likely to listen when you speak.

ESTABLISH CLEAR RULES

Set your expectations. Make them clear and stick to them.

ROLE-PLAY HOW TO SAY "NO"

Work with them to find tools to deal with peer pressure. This can be as simple as: "No thanks. If I get in trouble, I won't be able to do: sports, theater, etc."

FOCUS ON POSITIVE MESSAGES

Positive messages are empowering. Being negative might overwhelm them or make them act out of fear or defiance.

TALK ABOUT FRIENDS

Know who their friends are, what they're like and how they influence your child.

PROMOTE SELF-CONFIDENCE

Teach them that marijuana use is not something to build an identity around.

KEEP YOUR RELATIONSHIP STRONG

Let them know you're on their side. You want them to make the best decision for themselves.

YOUR INFLUENCE MATTERS

You might be surprised at how much influence your words, actions and opinions can have on your child's choices.

AGES 17-20

KEEP THE CONVERSATION GOING

Even if you've talked before, their issues and opinions change all the time.

STAY CONNECTED

Be involved in their life. It helps to be able to key into what they're thinking and feeling.

SET EXPECTATIONS

Be clear about rules and expectations. Stick to the rules you set and be serious about consequences.

PROMOTE RESPONSIBILITY

Teaching them how to behave responsibly in all aspects of life, decreases the likelihood of marijuana causing problems in the future.

ENCOURAGE BALANCE

Reinforce and celebrate their passions, hobbies, interests etc.—the things that keep them balanced.

PRACTICE ASSERTIVENESS

Listening to and considering their opinion is important, but remember to stand your ground on how you feel about marijuana.

HELP THEM ACHIEVE THEIR GOALS

Help them to identify the passions, hobbies, dreams and freedoms they want for themselves, and to prioritize those interests over using marijuana. If they're focused on goals that are meaningful to them, they'll be less likely to let marijuana get in their way.