



FOR
TALKING
TO
STUDENTS & ATHLETES

— UNDERAGE RETAIL MARIJUANA USE: A GUIDE FOR TEACHERS AND COACHES —

LISTEN

Make them feel heard. Consider their opinions and keep the conversation open.

ESTABLISH CLEAR RULES

Communicate expectations and hold them to the consequences.

FOCUS ON POSITIVE MESSAGES

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

ROLE-PLAY HOW TO SAY “NO”

Give them a reason to say no. (Staying on varsity, wanting to get good grades, etc.)

YOUR INFLUENCE MATTERS

Teachers and coaches are highly influential in students' lives. What you say, and the example you set, is important.

PROMOTE RESPONSIBILITY

Promoting a responsible classroom or team atmosphere can shape behavior toward positive action and responsibility.

THEY'RE ROLE MODELS TOO

Communicate to students that they are role models for younger students, athletes and siblings.

NEGATIVE EFFECTS ON PERFORMANCE

Stress the consequences of marijuana on school or activity performance.

Teens who use marijuana regularly may have difficulty learning, memory issues and lower math and reading scores.

Smoking marijuana means you inhale more than 2,000 chemicals, many of the same chemicals that are found in tobacco smoke.

REAL-WORLD CONSEQUENCES

Stress the real-world consequences. Teens that break school or school activity rules may be referred to drug counseling, suspended, expelled, or face prosecution.

BE AWARE OF METHODS OF CONSUMPTION

Because of vaporizers, edibles, drinks and tonics, it is easier than ever to conceal and consume marijuana at school or during school activities. Familiarize yourself with these forms of marijuana so you know what to look for.

HELP THEM ACHIEVE THEIR GOALS

Help them to identify the passions, hobbies, dreams and teenage 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.