



Marijuana Resources for Parents

As New York becomes the next state to legalize recreational marijuana use for people aged 21 and older, it presents new challenges for parents. Here are some quick tips on talking to your kids (ages 10 and older) about marijuana.

Quick Tips:

1. Use teachable moments such as news stories or characters smoking marijuana on TV or in movies to begin a conversation. Ask your children open ended questions about marijuana such as “What have you heard about marijuana use?” or “What do you think about marijuana use being legalized? This will give you an idea of their baseline knowledge. Avoid being preachy or judgmental as this will quickly close down communication.
2. Provide good role-modeling, open, ongoing, and nonjudgmental communication, and a loving relationship to have the greatest influence on your child’s decision making.
3. Provide clear expectations for your children so they know where you stand on marijuana use. Even with firm boundaries in place remember that the nature of the teen is to test boundaries and experiment. Should your teen share with you that they have experimented with marijuana, resist the urge to punish. Harsh punishment will not encourage them to be honest with you in the future. Instead have a conversation to learn more about why your teen did so.
4. Let your children know they can count on you to help if they find themselves in a situation where they are uncomfortable.

Resources

Cannabis, Your Child, and You: FAQs for Parents and Caregivers

Colorado University Extension

<https://extension.colostate.edu/topic-areas/family-home-consumer/cannabis-your-child-and-you-faqs-for-parents-and-caregivers/>

Marijuana: Facts Parents Need to Know Talking to Your Kids: Communicating the Risks

National Institutes of Health

https://www.drugabuse.gov/sites/default/files/mj_parents_facts_brochure.pdf

Marijuana: What Parents Need to Know

Healthychildren.org

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Marijuana-Cannabis.aspx>

Know the Risks of Marijuana

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/marijuana>

How to Talk to Your Kids About Marijuana

Children’s Hospital Colorado

https://www.childrenscolorado.org/conditions-and-advice/marijuana-what-parents-need-to-know/talking-to-kids-about-marijuana/?utm_source=ccesuffolk&utm_medium=referral&utm_campaign=resources

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