



TALKING TO YOUTH

THE BASICS

Starting a conversation about retail marijuana with young adults can help prevent youth from using before they turn 21. These tips can help you get a successful conversation started.

AGES 13-16

START THE CONVERSATION

According to the 2015 Healthy Kids Colorado Survey, youth with supportive parents, teachers, coaches and other adults are less likely to use marijuana before age 21. That's why it's important to start the conversation with youth before they first try marijuana. Start the conversation early, but don't try to squeeze in the conversation on the way to school, or when you only have a few minutes. Decide when the time is right for both of you.

FOCUS ON POSITIVE MESSAGES

Positive messages are empowering. Being negative might overwhelm them or make them act out of fear or defiance. Talk with them about the ways marijuana could get in the way of their goals, and remind them that four out of five high schoolers don't use retail marijuana.

ESTABLISH CLEAR RULES

Set your expectations and consequences for not following them. Make your rules clear and stick to them.

ROLE-PLAY HOW TO SAY "NO"

Work with youth to find tools to deal with peer pressure. Many youth don't realize saying no can be as simple as saying, "If I get caught, I won't be able to do XXX [sports, theater, dance, etc.]." Also, encourage youth to use you as an excuse to avoid marijuana use. For example, "My parents would ground me for the summer."

LISTEN

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

TALK ABOUT FRIENDS

Know who their friends are, what they're like and how they influence the youth in your life.

PROMOTE SELF-CONFIDENCE

Teach youth that marijuana use is not something to build an identity around. If they want to achieve their goals, being labeled a "pothead" could hurt their image to potential employers or even to someone they may want to date.

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 youth choices.

AGES 17-20

KEEP THE CONVERSATION GOING

Even if you've talked before, youth issues and opinions change all the time. Plus, as youth get older, they can feel more pressure from friends and classmates.

STAY CONNECTED

Be involved in their life. It will help you 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 be responsible with sleep, nutrition, schoolwork, and all aspects of life decreases the likelihood of retail marijuana causing problems for them in the future.

ENCOURAGE BALANCE

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

STICK TO YOUR WORD

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

HELP THEM ACHIEVE THEIR GOALS

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



CONSEQUENCES OF USING RETAIL MARIJUANA BEFORE AGE 21

FINANCIAL AID

Marijuana charges, including Minor in Possession (MIP) charges, can result in the loss of federal financial aid for college, including: Perkins Loans, Pell Grants, Supplemental Educational Opportunity Grants, PLUS Loans, and Work-Study Programs.

EMPLOYMENT

Many employers still prohibit marijuana use by their employees, which could mean losing a job. Losing a job also means losing a job reference, which makes future employment even harder to get.

FREEDOMS

Getting caught with retail marijuana means getting charged with an MIP (Minor in Possession). Minor in Possession charges can involve fines, public service hours, misdemeanor/felony charges, and even possible loss of a driver's license.

SPORTS & ACTIVITIES

If they're caught using retail marijuana, youth can be removed from sports teams and extracurricular activities, suspended, expelled or referred to drug counseling.

MINOR IN POSSESSION CONSEQUENCES

FIRST OFFENSE

Fine of no more than \$100

Court ordered to complete a substance abuse education program approved by the Division of Behavioral Health (DBH)

Possible loss of driver's license.

SECOND OFFENSE

Fine of no more than \$100 and the court shall order the underage person to:

Complete a OBH-approved substance abuse education program

If deemed necessary and appropriate, submit to a OBH-approved substance abuse assessment and complete any treatment recommended by the assessment

Perform up to 24 hours of useful public service

THIRD+ OFFENSE

Fine of up to \$250 and the court shall order the underage person to:

Submit to a OBH-approved substance abuse assessment and complete any treatment recommended by the assessment

Perform up to 36 hours of useful public service



TIPS FOR TALKING TO STUDENTS & ATHLETES

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.

BE AWARE OF METHODS OF CONSUMPTION

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

REAL-WORLD CONSEQUENCES

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

ROLE-PLAY HOW TO SAY “NO”

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

THEY’RE ROLE MODELS TOO

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

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.

NEGATIVE EFFECTS ON PERFORMANCE

Stress how using retail marijuana can impact their performance at school or activities. For example, youth who use marijuana regularly may have difficulty learning, memory issues and lower math and reading scores. And smoking marijuana can also have a negative impact on athletic performance.

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 retail marijuana. If they’re focused on goals that are meaningful to them, they’ll be less likely to let marijuana get in their way.



HEALTH EFFECTS

OF USING RETAIL MARIJUANA BEFORE AGE 21

LEARNING AND MEMORY

Youth who use retail marijuana regularly are more likely to have difficulty learning, memory issues, and lower math and reading scores. The more marijuana youth use, the harder it may be for them to learn. And the effects can last weeks after quitting.

ATHLETIC PERFORMANCE

Marijuana smoke has many of the same chemicals as tobacco smoke. Since tobacco affects the respiratory system, smoking marijuana can make it harder to breathe and affect their coordination, lung capacity and muscular performance.

JUDGMENT

Youth who use retail marijuana—even occasionally—may be more likely to make other risky choices, too. This may include use of alcohol, tobacco and other drugs.

POTENTIAL

Brain development is not complete until age 25. For the best chance to reach their full potential, young people should not use retail marijuana.

ADDICTION

Marijuana is addictive. It is harder to stop using marijuana if started at a young age.

HELP YOUTH UNDERSTAND THE RISKS

While there is still more to learn about the physical, emotional and mental consequences of using retail marijuana before age 21, we already know enough to know that it can be dangerous.



MJ 101

DO YOU KNOW WHAT YOUTH KNOW ABOUT MARIJUANA?

SLANG

TERMS FOR MARIJUANA

- | | | |
|--------------|--------------------|-----------------|
| WEED | HERB | BOOM |
| POT | MARY JANE | SKUNK |
| GRASS | TREES | GANGSTER |
| GANJA | MJ | REEFER |
| BUD | KEEF | JOINT |
| DANK | DANK KRIPPY | |

METHODS OF CONSUMPTION

SMOKING

Usually a joint, pipe or bong. This is the most common method of use.

VAPING

Vaporizers heat marijuana to release its active Tetrahydrocannabinol (THC) and the vapor is inhaled.

DABBING/HASH OIL

Tetrahydrocannabinol (THC) extract from marijuana, also called hash oil, can contain up to 60-80% THC and may take effect very quickly. At this time, we do not know the safety of dabbing.

EDIBLES

The effects of edibles, teas and sodas can take longer to peak, and last longer than smoking, causing users to sometimes consume too much. It can take up to four hours to feel the full effects, which can last up to 10 hours. A serving size is 10 mg.

TOPICALS

Infused lotions, salves and balms are sold for localized pain and inflammation. They may treat skin problems or pain, but do not make the user feel high. They're available at retail locations as well as medical.

SAFE STORAGE

Store all marijuana products in a locked area, out of sight and out of reach of children. Keep marijuana in the child-resistant packaging from the retailer. Remember, how you store marijuana should change as youth get older. What works to protect a toddler from accidental ingestion may not work to protect a curious teenager who might actually be looking for it. For the best security, always keep marijuana of any form locked up, out of sight and out of reach.

UNIVERSAL SYMBOL



Starting this fall, the Colorado Department of Revenue will require that all retail marijuana products use the symbol pictured above on packaging and edible products. Teach youth not to eat or drink anything with this symbol, but don't rely only on that, always store it safely.



COLORADO
Department of Public
Health & Environment



GoodToKnowColorado.com/talk

Thanks to Speak Now for all of these helpful tips. SpeakNowColorado.org