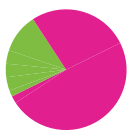




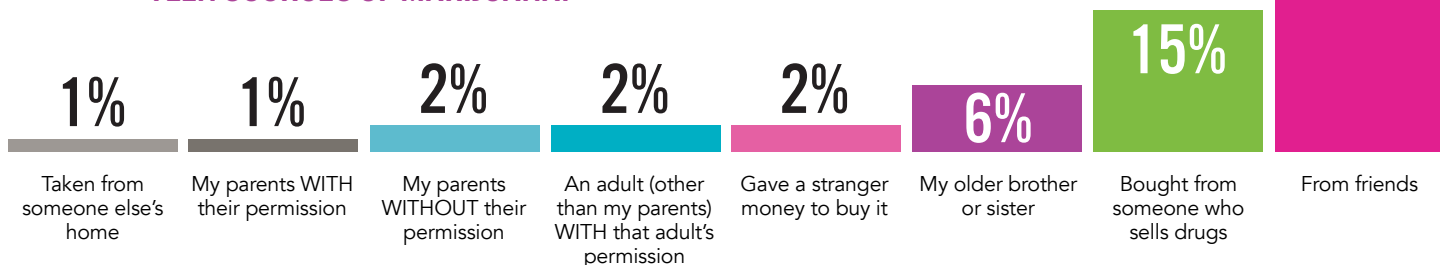
MARIJUANA & TEENS

GUIDE FOR PARENTS & GUARDIANS



The good news is that 76% of our District 113 students do not use marijuana.

TEEN SOURCES OF MARIJUANA:



Source: (Illinois Youth Survey, March 2018, conducted at Deerfield & Highland Park High Schools with 2,793 students across all grade levels.)



Ask your teen about their friends and classmates. Do they know anyone who uses marijuana? If they are concerned about a friend, offer to role play a conversation.

ADVERTISING



While state law prohibits using the image of the marijuana leaf and advertising within 1,000 feet of schools, it does not restrict the amount or kind of advertising. Your child might be bombarded with creative and edgy ads from this multi-billion dollar industry. Tobacco and alcohol advertising are more strictly regulated.

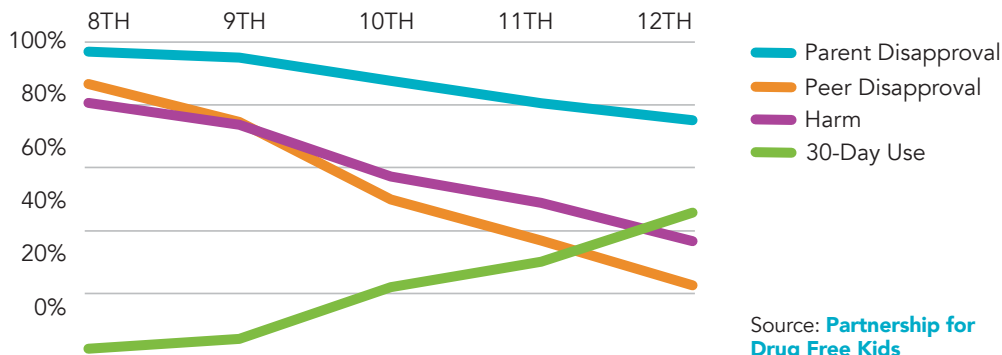


When you see an ad, encourage your teen to think critically about what it says. Ask them what they see about marijuana on social media.

WHY DO SOME YOUTH USE MARIJUANA?

Every teen is different. While some teens say they use marijuana to have fun, relax or relieve stress, there are many key factors that are proven to influence use. These include: boredom, rebellion, escape, lack of self-confidence, instant gratification, what they see others doing, what they see in the media, self-medication for depression or anxiety, and misinformation on the effects of marijuana.

There is also a direct correlation between youth marijuana use and their perception of harm of the drug, their perception of parent disapproval and perception of peer disapproval. Deerfield and Highland Park High School survey results clearly show as these factors decrease, likelihood of use increases.



Source: Partnership for Drug Free Kids



Check in often about how your child is feeling. Discuss the impact marijuana has on the teen brain. Share facts without exaggerating. Stress that while the choice is ultimately theirs, you disapprove of underage use and expect them to stay drug-free.



It's not one 60 Minute Conversation. It's 60 One-Minute Conversations.

Continue to have short but frequent conversations with your child. See CTAD's Resource Guide for talking tips, signs of when to be concerned and what to do if you think your child is using.

Community - The Anti-Drug (CTAD) Coalition is a 501(c)3 nonprofit working to reduce alcohol, marijuana, and other drug use among youth in Bannockburn, Deerfield, Highland Park, Highwood & Riverwoods.

Marijuana – also called pot, weed, or cannabis – comes from the plant *Cannabis sativa*, which contains about 500 chemical substances including THC and CBD.

THC, or delta-9-tetrahydrocannabinol, is the main active chemical and has greatest impact on the brain. It is the mind-altering, psychoactive component that produces the high feeling. THC can be smoked, vaped or eaten. It is available in oils, edibles, capsules, and more.

CBD, short for cannabidiol, is not psychoactive and does not produce a high. It is sold in gels, edibles, oils, supplements, and extracts. Most CBD products have traces of THC. **Many CBD products are marketed for therapeutic or medical use without FDA approval**

of these assertions. The only form of CBD approved by the FDA is the prescription drug Epidiolex which treats a rare, severe form of epilepsy, and comes with a safety warning that it may cause liver damage.

Sources: **National Institute on Drug Abuse, FDA & Missouri Medicine July/August 2018**

FORMS OF MARIJUANA

	What is it?	How Consumed	Time to onset of effects
Flower	The dried mixture of the flower from the cannabis plant	Smoked	Within a few minutes
Concentrates	Oils, wax, dabs, tinctures	Made by extracting potent cannabinoids from the cannabis plant, with THC concentrations as high as 95%	Within a few minutes. By consuming high levels of THC at faster rates, this form of use leads to more side effects and increased chance of addiction.
Edibles	Food (gummies, brownies, lollipops, etc.) and drink products infused with marijuana	Ingested	Delayed onset (1-3 hours). Sometimes users increase the amount they consume because they don't feel the effects right away.
Topical Products	Cannabis-infused lotions, balms, and oils that typically have more CBD than THC. Often promoted for health benefits, the claims have not been approved by FDA.	Absorbed	With most topicals, THC doesn't reach the bloodstream and therefore do not produce a high. Transdermal patches, however, can deliver THC to the bloodstream and have psychoactive effects.

Sources: **Washington State Dept of Health & Journal of Forensic Sciences, Jan 2000**

Since 2008 the average potency of marijuana has doubled, and some extracts are almost pure THC. High potency increases the risk of addiction and psychotic episodes, particularly for teen due to their stage of brain development.

Source: The Lancet Psychiatry, 2019

LOCK IT UP

States with legalized marijuana have seen increased poison control center calls related to marijuana. This is partially due to the high potency of some products and because small children mistakenly eat THC infused candies. **If there is marijuana in the home, keep it locked up out of reach and out of view.** Consider locking it in a file cabinet along with prescription medications or in a lockable liquor cabinet. When your child goes to a friend's house, connect with the parents to ask about marijuana in the home.

Sources: **Children's Hospital of Colorado & Oregon Poison Center**

