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:

- 1% Taken from someone else’s home
- 1% My parents WITH their permission
- 2% My parents WITHOUT their permission
- 2% An adult (other than my parents) WITH that adult’s permission
- 2% Gave a stranger money to buy it
- 6% My older brother or sister
- 15% Bought from someone who sells drugs
- 27% From friends

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

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.

![Graph showing 30-Day Use, Parent Disapproval, Peer Disapproval, Harm over grades 8th to 12th.]

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.

CommunityTheAntiDrug.org info@CommunityTheAntiDrug.org 224-765-CTAD (2823)
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.

**Forms of Marijuana**

<table>
<thead>
<tr>
<th>What is it?</th>
<th>How Consumed</th>
<th>Time to onset of effects</th>
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</thead>
<tbody>
<tr>
<td>Flower</td>
<td>The dried mixture of the flower from the cannabis plant</td>
<td>Smoked</td>
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<tr>
<td>Concentrates</td>
<td>Oils, wax, dabs, tinctures</td>
<td>Vaped</td>
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<td></td>
<td></td>
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<tr>
<td>Edibles</td>
<td>Food (gummies, brownies, lollipops, etc.) and drink products infused with marijuana</td>
<td>Ingested</td>
</tr>
<tr>
<td>Topical Products</td>
<td>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.</td>
<td>Absorbed</td>
</tr>
</tbody>
</table>


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

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. 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