

Your Teen & Pot: What parents Want to Know about marijuana

Psychological & Long Term Effects

Using marijuana weekly has been shown to **double a teen's risk of depression or anxiety**.

Marijuana use is linked to lower academic performance & **reduced job prospects**.

Users, over the long term, report **less life satisfaction**.

Addiction

Research has established that **marijuana is addictive** and that it is three times more likely to lead to dependence among adolescents than adults.



Effects on the Lungs

Regular marijuana smokers *may have many of the same lung problems that tobacco smokers have*. Users inhale more deeply and hold the smoke in their lungs. The amount of tar inhaled by marijuana smokers and the level of carbon monoxide absorbed are 3 - 5 times greater than from tobacco smoke.



Times have Changed - and so has marijuana

Marijuana contains the chemical THC, which causes the mind-altering & addictive effects.

The average THC content in marijuana has risen from less than 4% to over 10% - **making today's marijuana far more potent**. The increase in marijuana potency means a smaller amount can pack a higher level of intoxication.

Tips for Talking to Your Teen about Marijuana

1. Talk to youth about marijuana BEFORE you suspect they are experimenting. Youth are most likely to start marijuana use between the ages of 13 and 15 - and during this time you have the **most influence over their behavior**.
2. Before you talk to your teen, make sure you speak their language. Check out our [teen room](#) for insight into modern marijuana lingo, user-equipment, and tips for recognizing the obvious and not-so-obvious signs of teen marijuana use.
3. If you think your teen has been using marijuana, ask them about it immediately. Kids say that losing their parents' **respect and trust** are the most important reasons not to use drugs.

Message brought to you by Healthy Oxford Hills &
Maine's Office of Substance Abuse and Mental Health:

<http://www.maineparents.net/TeensandMarijuana/YourTeenandpot.pdf>