

TALANOA I TUPULAGA TALAVOU E FA'ATATAU I MARIUANA

Atonu e faigata ona talitonuina, ae ua fa'aalia mai i su'esu'ega pe a o'o i mataupu tau mariuana, o matua ma tausima'i e sili ona fa'atuatua e le tupulaga talavou mo fa'amatalaga.

Taumafai e fa'afaigofie. E mafai ona e fesoasoani i lau fanau talavou e faia ni filifiliga soifua maloloina lelei e fa'atatau i le lē fa'aaogaina o mariuana, ava malosi, po'o isi fualaau fa'asāina pe a e **fesoota'i**, **fa'atulaga tuaoi**, ma **vaavaai**.

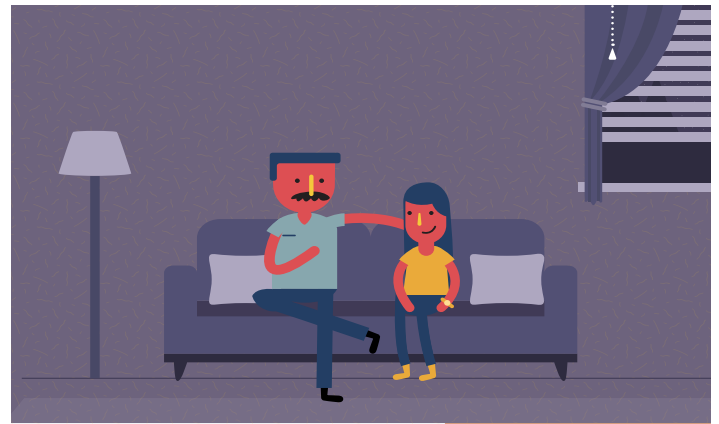


TALANOA I LOU ALO TALAVOU

Matou te le o faiatu i ni talanoaga umi, ma lē talafeagai. O lona uiga o talatalanoaga pupuu ma fa'asamasamanoa. Ae o le mea e sili ona taua, matou te manana'o i ni talanoaga faisoo. Ia auai tupulaga talavou i talanoaga faifaipea e fa'atatau i mariuana ma isi fualaau fa'asāina e maua ai ni avanoa masani e fa'asoa ma a'oa'o ai.

FA'ALOGO I LOU ALO TALAVOU

O le tele o lou fa'alogo, o le tele fo'i lena o lou malamalama ai i lau fanau talavou ma o a mea e taua ia i latou.



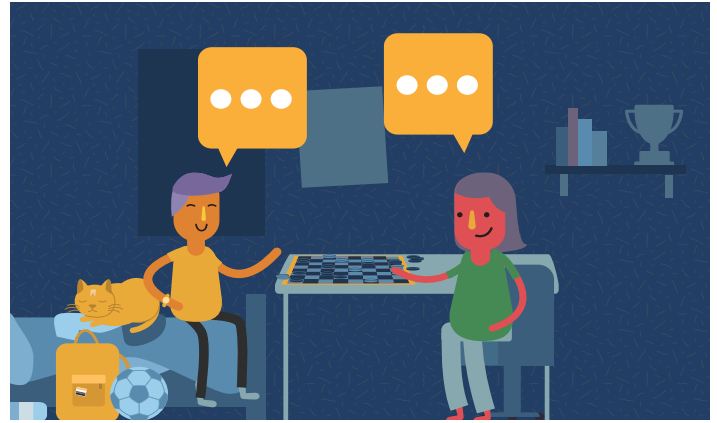
FA'AALU SE TAIMI MA LOU ALO TALAVOU

Matamata i se āta tifaga. Ō e savalivali. Po o le ā lava ni mea e fai e te fiafia i ai ma lau fanau talavou, a auai mātua i o latou olaga, o le a fa'aitiitia le avanoa e fa'aaogaina ai e fanau talavou le mariuana, ava malosi, po'o nisi fualaau fa'asāina.



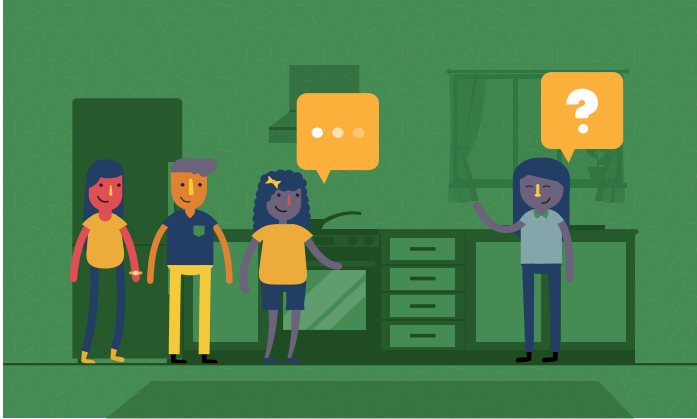
IA MANINO, IA PATINO, & IA TUMAU

O tulafono ma a'oa'oga i totonu o āiga i le fa'aaogaina o mariuana e taua. O lo'o e fa'atulagaina tupulaga talavou e faia ni filifiliga sili atu pe a fa'atulagaina tulafono manino ma fa'asalaga pe a soliaina.



FESILI PO'O AI, O LE A, O FEA, & O AFEA

Fa'aalu se taimi e te iloa ai po'o ai uo a lou alo talavou, o fea o iai, ma o a latou mea o fai o le isi lea auala e fa'a'ailoa ai i lau fanau talavou e te alofa ia i latou.



FAI SE FA'ATAITAIGA

E mulimuli fanau i o latou matua, e o'o lava i le fa'aaogaina o le mariuana. Alo'ese mai le fa'aaogaina o mariuana i luma o lau fanau talavou. E lē gata i lea, ia fa'amanino i lau fanau talavou e te lē taliaina lo latou fa'aaogaina.



IA A'OA'O ATILI:

- 1 O nai fautuaga laiti nei e fesoasoani ai i matua ma isi tagata matutua ua talitonuina e talanoa ai ma a latou fanau talavou e fa'atatau i le fa'aaogaina o mariuana ma fesoasoani ia faia ni filifiliga soifua maloloina lelei. Mo nisi fa'amatalaga, siaki le **StartTalkingNow.org**.
- 2 Afai e lagona e lou alo talavou e fa'afaigofie ona talanoa ma se isi tupulaga talavou, o lo'o i ai se laina fesoota'i mo feasoasoani e malu puipua ma lē togotia o lo'o galulue ai talavou ua a'oa'oina. Ia fa'amalosi i lou alo talavou e vili, feau tusia fa'atelefofi, pe talatalanoa i le **1-866-TEENLINK (833-6546)**.
- 3 Afai o e manatu o lo'o tauivi lou alo talavou mai le mariuana po'o isi fualaau fa'asāina o fa'aaogaina, fa'afesoota'i a latou foma'i pe vala'au le **Washington Recovery Help Line** i le **1-866-789-1511**.

Manatua, o oe o le fa'ataitaiga sili lea a lou alo talavou.