

TALKING TO TEENS ABOUT MARIJUANA.

It might be tough to believe, but research shows that when it comes to marijuana, parents and caregivers are teens' most trusted source for information.

Try to keep it simple. You can help your teens make healthy decisions about not using marijuana, alcohol, or other drugs when you **bond**, **set boundaries**, and **monitor**.

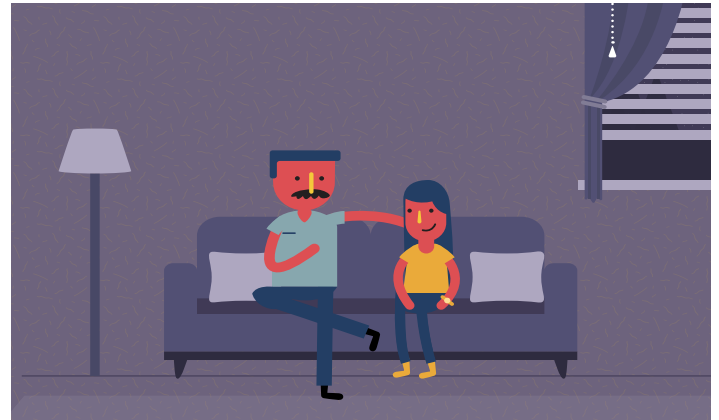


1 TALK WITH YOUR TEEN

We don't mean long, awkward conversations. We mean short chats and keeping it casual. But most importantly, we mean talking often. Engaging teens in ongoing conversations about marijuana and other drugs provides regular opportunities to share and learn.

2 LISTEN TO YOUR TEEN

The more you listen, the more you'll understand who your teens are and what's important to them.



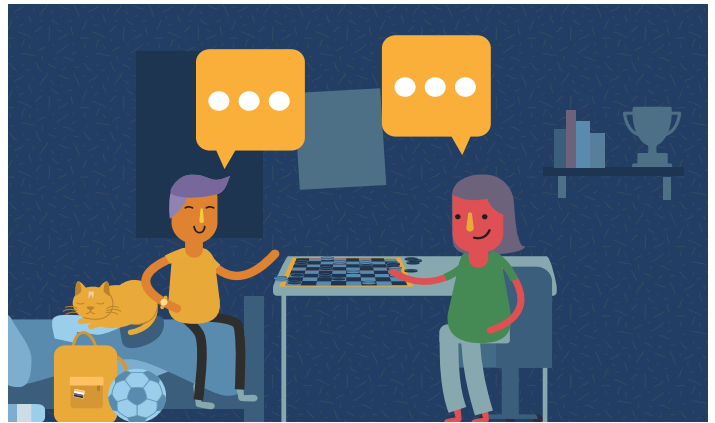
3 SPEND TIME WITH YOUR TEEN

Watch a movie. Take a walk. No matter what activity interests you and your teens, when parents are involved in their lives, teens are less likely to use marijuana, alcohol, or other drugs.



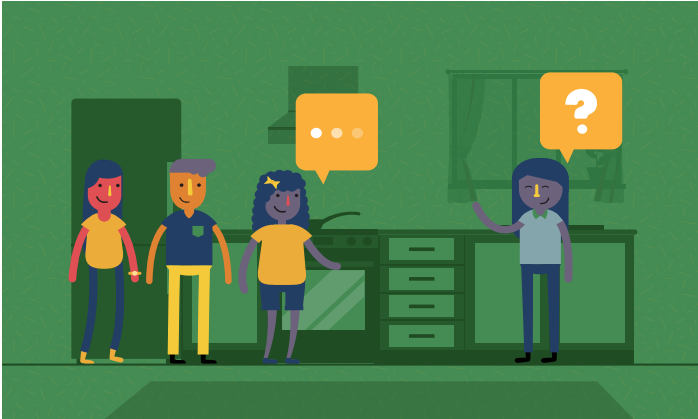
BE CLEAR, BE SPECIFIC, & BE CONSISTENT

Rules and family values around marijuana use are important. You're setting teens up to make better choices when you set up clear rules and the consequences for breaking them.



5 ASK WHO, WHAT, WHERE, & WHEN

Taking the time to get to know who your teen is spending time with, where they are, and what they're doing is another way of letting your teens know that you care about them.



1 SET AN EXAMPLE

Kids take after their parents, even when it comes to marijuana use. Avoid using marijuana in front of your teens. Also, make it clear to your teens that you disapprove of them using it.



LEARN MORE:

- 1 These are just a few tips to help parents and other trusted adults talk with their teens about marijuana use and help them make healthy choices. For more information, check out **StartTalkingNow.org**.
- 2 If your teen feels more comfortable speaking with a peer, there is a confidential and free helpline staffed by trained teens. Encourage your teen to call, text, or chat **1-866-TEENLINK (833-6546)**.
- 3 If you think that your teen is struggling with marijuana or other substance use, contact their doctor or call the **Washington Recovery Help Line at 1-866-789-1511**.

Remember, teens are under the influence...of you.