



TALKING TO YOUTH

THE BASICS

Talking with young adults about retail marijuana can help keep them from using before they turn 21. These tips can help you get started.

AGES 13-16

START THE CONVERSATION

According to the 2015 Healthy Kids Colorado Survey, youth with supportive parents, teachers, coaches and other adults are less likely to use marijuana underage. That's why it's important to talk with youth before they try marijuana for the first time. Start the conversation early. Don't try to squeeze it in on the way to school or when you only have a few minutes. Find time to have these conversations that works for both of you.

FOCUS ON THE POSITIVE

Encourage them to make choices that help them achieve their goals. Remind them that four out of five high schoolers don't use marijuana.

SET CLEAR RULES

Let them know what will happen for not following them. Make your rules clear and stick to them.

ROLE-PLAY HOW TO SAY "NO"

Work with youth to find tools to deal with peer pressure. Many youth don't realize saying no can be as simple as saying, "If I get caught, I won't be able to do sports, theater, dance, etc." Also, encourage youth to use you as an excuse to avoid marijuana use. For example, "My parents would ground me for the summer."

LISTEN

Be a good listener. Get their opinion. Don't talk over or down to them. When you allow them to be heard, they'll be more likely to listen when you speak.

TALK ABOUT FRIENDS

Know who their friends are, what they're like and how they influence the youth in your life.

BUILD CONFIDENCE

Teach them that if they want to reach their goals, they need to focus on more than just marijuana. Being labeled a "pothead" could hurt their chances of getting a job or even dating someone they like.

KEEP YOUR RELATIONSHIP STRONG

Let them know you're on their side. You want them to make the best decisions for themselves.

THEY CARE WHAT YOU THINK

You might be surprised at the effect that your words, actions and opinions can have on your child's choices.

AGES 17-20

KEEP TALKING

Even if you've talked before, their issues and opinions change all the time. Plus, as youth get older, they can feel more pressure from friends and classmates.

STAY CONNECTED

Be involved in their life. It will help you to be able to key into what they're thinking and feeling.

SET CLEAR RULES

Make your rules clear and don't change them. Let them know you are serious about what will happen for not following them.

GIVE THEM RESPONSIBILITY

Teach them to take charge of their own sleep, health, schoolwork and more. Having control over parts of their lives helps to teach youth how their decisions impact their health and future.

KEEP THEM BALANCED

Celebrate the things they do well and the things that keep them balanced. Getting a job or scoring a goal in a big game are good examples.

STICK TO YOUR WORD

Listening to how they feel is important. Also, remember to stand your ground on how you feel about marijuana.

HELP THEM ACHIEVE THEIR GOALS

Help them to figure out what their hobbies and dreams are and what freedoms they want. Help them prioritize those interests over using marijuana. If they're focused on goals that mean a lot to them, they'll be less likely to let marijuana get in their way.



TIPS FOR TALKING TO STUDENTS & ATHLETES

ADVICE FOR TEACHERS, COACHES, FAMILY MEMBERS & MORE

What you think matters to the young people in your life. As an adult who they trust, you can impact the choices of the youth you work with. What you say, and the example you set, makes a difference. These tips can help you get talking.

LISTEN

Make them feel heard. Consider their opinions and keep the conversation open.

SET CLEAR RULES

Make school and sports team rules clear and stick to them. Let them know what will happen if they don't follow them.

FOCUS ON POSITIVE MESSAGES

Encourage them to make choices that help them achieve their goals.

LEARN HOW TEENS ARE USING MARIJUANA

Because of vaporizers, edibles and drinks, it is easier than ever to hide and use marijuana at school or during school activities. Learn the different ways youth can use marijuana so you know what to look out for.

REMIND THEM WHAT CAN HAPPEN FOR BREAKING THE RULES

Teens that break school or school activity rules may have to go to drug counseling. They can also be suspended or kicked out of school or off a team. They can also face prosecution.

ROLE-PLAY HOW TO SAY "NO"

Give them a reason to say no. Like, staying on varsity, getting good grades, etc.

REMIND THEM THEY'RE ROLE MODELS

Let them know that younger students and siblings look up to them as examples.

NOT EVERYONE IS DOING IT

It is easier for youth to say "no" to peer pressure if they don't think everyone is doing it. Let them know that four out of five high school students do not use marijuana, so they're not alone by saying, "no".

PROMOTE RESPONSIBILITY

Promoting a responsible classroom or team atmosphere can shape behavior toward positive action and responsibility.

EFFECT ON SCHOOL AND SPORTS

Stress the fact that teens who use marijuana regularly may have trouble learning and memory issues. They may also have lower math and reading scores. Marijuana can also affect the way they play sports because it can affect coordination.

HELP THEM ACHIEVE THEIR GOALS

Help them figure out what their hobbies and dreams are and what freedoms they want. Help them prioritize those interests over using marijuana. If they're focused on goals that mean a lot to them, they'll be less likely to let marijuana get in their way.



CONSEQUENCES OF USING RETAIL MARIJUANA BEFORE AGE 21

THE BASICS

Unless a physician makes a recommendation for a young person to use medical marijuana, underage retail marijuana use comes with legal consequences that can negatively impact a young person's goals and plans. Learn what these consequences are so you'll be able to help them understand how using marijuana can affect their lives now, and in the future.

FREEDOMS

Getting caught with retail marijuana means getting charged with an MIP (Minor in Possession). MIP charges can involve fines, public service hours, misdemeanor/felony charges and even the loss of a driver's license.

FINANCIAL AID

Marijuana charges, including Minor in Possession (MIP) charges, can lead to the loss of federal financial aid for college. This includes Perkins Loans, Pell Grants, Supplemental Education Opportunity Grants, PLUS Loans and Work-Study programs.

EMPLOYMENT

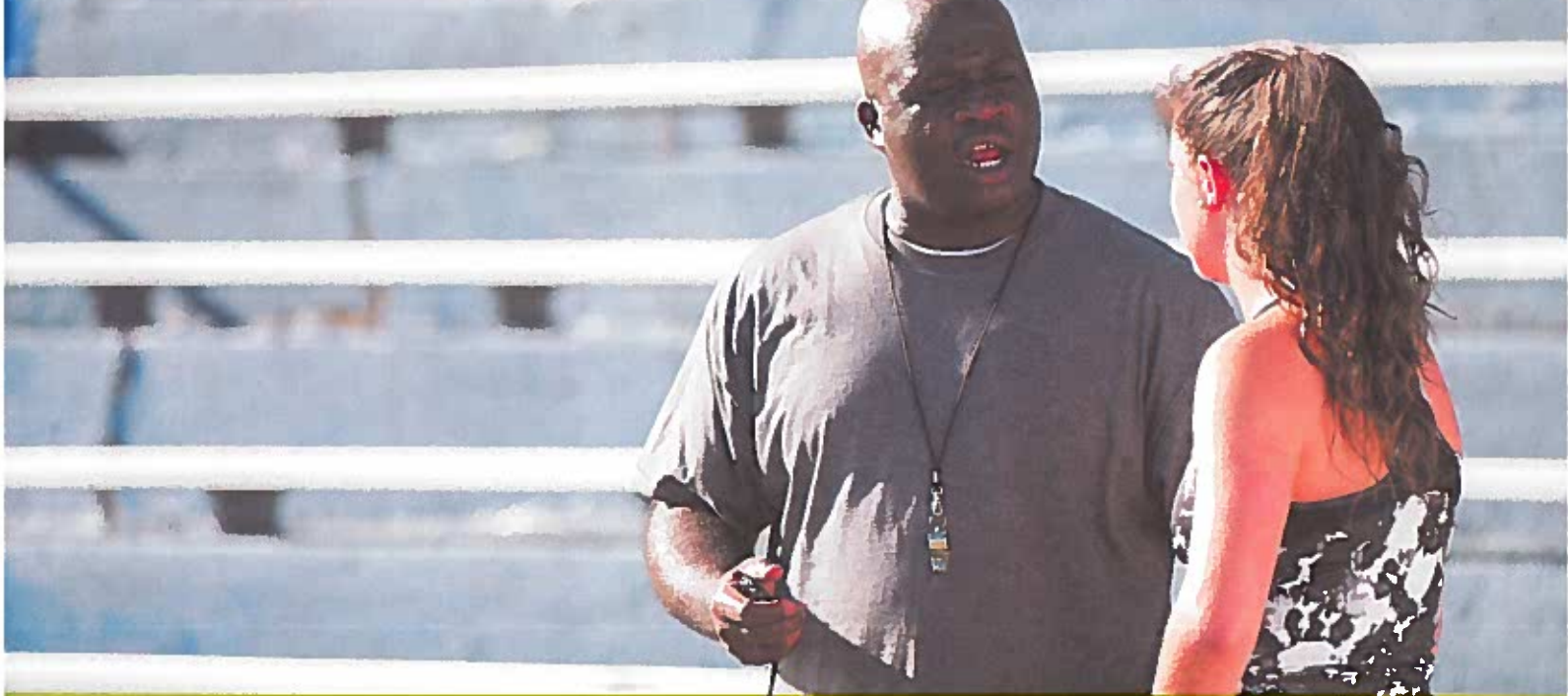
Many employers don't allow their employees to use marijuana. This could mean losing a job. Losing a job also means losing a reference, which can make future jobs harder to get.

SPORTS & ACTIVITIES

If they're caught using retail marijuana, youth can be kicked off of their sports teams and other after-school activities. They can also be suspended or expelled from school and/or referred to drug counseling.

MINOR IN POSSESSION CONSEQUENCES

- Fine of up to \$100
- Court ordered to complete a substance abuse education program approved by the Division of Behavioral Health (DBH)
- Possible loss of driver's license
- Penalties are even more severe the more times a youth is charged with an MIP



HEALTH EFFECTS

OF USING RETAIL MARIJUANA BEFORE AGE 21

THE BASICS

While there is still more to learn about the physical, emotional and mental consequences of using retail marijuana before age 21, we already know enough to know that it can be dangerous. Help youth understand the risks.

MARIJUANA AS MEDICINE?

Yes, some youth use medical marijuana to help with medical issues like seizures, but the form of marijuana that helps these youth is often not the same type that gets you high.

LEARNING AND MEMORY

Youth who use marijuana regularly are more likely to have difficulty learning and memory issues. They may also have lower math and reading scores. The more marijuana youth use, the harder it may be for them to learn. And the effects can last weeks after quitting.

ADDICTION

Marijuana is addictive. It is harder to stop using marijuana if started at a young age.

JUDGMENT

Youth who start using marijuana, alcohol or other drugs may be more likely to continue using later in life. Plus, impaired decision-making can lead to risky choices.

POTENTIAL

The brain isn't done developing until age 25. For the best chance to reach their full potential, young people should not use retail marijuana.

ATHLETIC PERFORMANCE

Marijuana smoke has many of the same chemicals as tobacco smoke, which are not healthy for the lungs. Smoking marijuana can make it harder for athletes to breathe. Marijuana can also affect athletic performance and coordination.



TIPS FOR PARENTS

TO KEEP THEIR CHILDREN SAFE AROUND MARIJUANA

THE BASICS

No matter their age, here are some tips to keep children safe around marijuana.

STORE IT SAFELY

Store all marijuana products in a locked area. Make sure that children can't see them or reach them. Keep marijuana in the child-safe packaging from the retailer. Remember, how you store marijuana should change as youth get older. What works to protect a toddler from accidentally getting into marijuana may not work to protect a curious teenager who might be looking for it. For the best security, always keep marijuana of any form locked up, out of sight and out of reach.

IT'S NOT SAFE TO DRIVE HIGH

Being high or even buzzed can make some activities more dangerous. Driving a car while high is not safe for the driver or the passengers. Tell children and teens not to ride in a car if the driver is high.

BE A GOOD ROLE MODEL FOR CHILDREN

Set a good example and create a safe environment. Actions speak louder than words. Do not use marijuana, alcohol or other substances around children.

WHAT HAPPENS IF CHILDREN EAT OR DRINK MARIJUANA BY ACCIDENT

Marijuana can make children very sick. Look for problems walking or sitting up, difficulty breathing and becoming sleepy. If you are worried, call the Poison Control Hotline at 1-800-222-1222 as soon as possible. If symptoms seem bad, call 911 or go to an emergency room right away.



MJ 101

THE BASICS

There are many ways to use marijuana. Though the most common method of use by youth is smoking, this information will get you up-to-speed and help you feel more confident to start a conversation about marijuana.

UNIVERSAL SYMBOL



All retail marijuana products use the symbol pictured above on packaging and edible products. Teach youth not to eat or drink anything with this symbol, but don't rely only on that, always store it safely.



NOT SAFE TO MIX

It is not safe to mix alcohol and marijuana. Drinking alcohol and using marijuana at the same time is more dangerous than using either alone.

METHODS OF CONSUMPTION

SMOKING

Smoking is the most common form of marijuana use among youth and adults. Marijuana is most commonly smoked using joints, pipes or bongs.

VAPING

Vaporizers heat marijuana to release its active Tetrahydrocannabinol (THC) and the vapor is inhaled.

DABBING/HASH OIL

THC extract from marijuana, also called hash oil, can contain up to 60-80% THC and may take effect very quickly. When dabbing, the oil is heated and the vapor is inhaled. At this time, the safety of dabbing has not been studied.

EDIBLES

The effects of edibles, teas and sodas can take longer to peak, and last longer than smoking, causing users to sometimes consume too much. It can take up to four hours to feel the full effects, which can last up to 10 hours. That's why it's important to know that a serving size should be 10mg or less.

TOPICALS

Infused lotions, salves and balms are sold for localized pain and inflammation. They may treat skin problems or pain, but do not make the user feel high.

POTENCY

Retail marijuana is legal for adults over 21. It can be used in many ways and can have different levels of tetrahydrocannabinol (THC). For example, low potency marijuana might be somewhere around 8% THC in some flower and high potency can be somewhere around 80% THC in some concentrates. Because marijuana products can have varying levels of THC, they can affect people differently. No matter how marijuana is used- smoked, eaten, vaped or dabbed- THC can make you feel high.