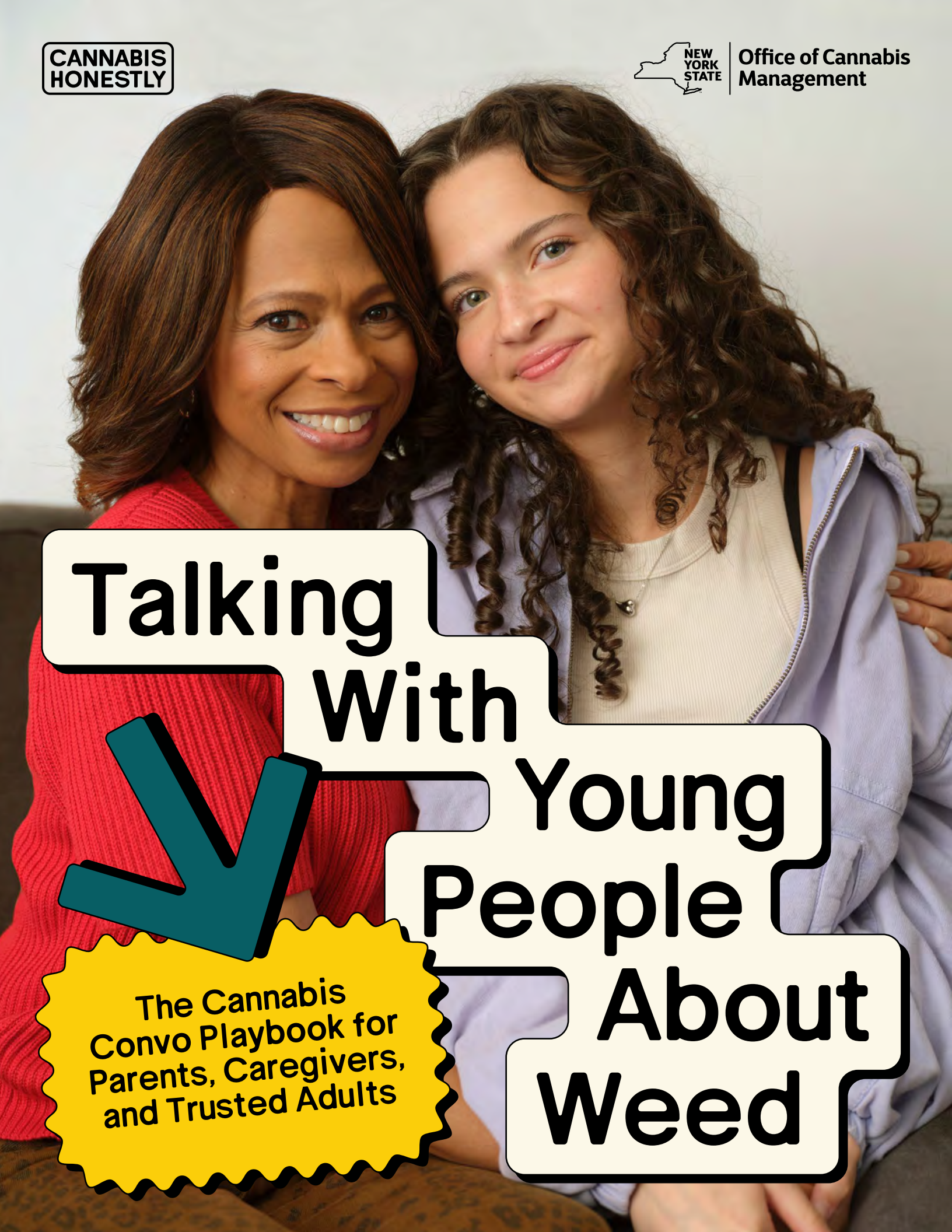




Talking With Young People About Weed



The Cannabis
Convo Playbook for
Parents, Caregivers,
and Trusted Adults

Contents

How to Use This Guide	3
What Is Cannabis?	4
What Is Potency?	6
The Impacts of Cannabis	7
Impacts on Young People	8
Cannabis and the Law	9
Medical Cannabis	10
Intoxicating Hemp Products	10
Timing and Setting of the Cannabis Conversation	11
Conversation Tips	12
Age-Appropriate Approaches	13
What NOT to Do	13
Practice Scenarios	14
If a Young Person Says They’ve Tried Cannabis	16
When to Seek Professional Help	19
Different Adult Experiences	20
Safe Storage	21
Cannabis Conversation Checklist	22
Support and Resources	23

How to Use This Guide

Young people hear about cannabis everywhere— friends, social media, music. No matter your role in a young person’s life, trusted adults are important in helping them make informed choices.

Many adults aren’t sure where to start. This guide will help you lead with compassion, listen without judgment, and share facts.



What Is Cannabis?

Cannabis is a plant – sometimes called weed, marijuana, pot, za, gas, loud. Knowing some of these slang terms can help you recognize when cannabis is being discussed and make it easier to have conversations with your teen.

- Cannabis contains dozens of chemical compounds called cannabinoids, but the most common are THC and CBD.
- **THC (delta-9 tetrahydrocannabinol)** is the primary compound in cannabis that gets you “high”. It’s what causes the psychoactive effects like changes in mood and perception – including anxiety, depression, and paranoia. At larger serving sizes, THC can also trigger anxiety, paranoia, and other serious mental health effects for some people.
 - **CBD (cannabidiol)** doesn’t get you high, but some people use it for relaxation or other reasons.

Cannabis products are available in many different forms. How quickly you feel the effects and how long those effects last depend largely on the product and how it’s used.

Onset And Duration Timeframe

Average onset and duration timeframes by product:

The expected onset and duration of effects of cannabis varies from person to person.

CONSUMPTION METHOD	TYPES OF CANNABIS PRODUCTS	ONSET OF EFFECTS	DURATION OF EFFECTS
Inhaled	Pre-Rolls, Flower, Vapes, Concentrates	Rapid (7-10 min)	Shorter (1-3 hours)
Applied	Lotions, Ointments, Balms	Intermediate (30 min-1 hr)	Shorter (1-3 hours)
Consumed Under the Tongue	Tinctures	Rapid (10 min-30 min)	Shorter (1-3 hours)
Consumed	Capsules, Edibles	Slower (1 hr-4 hours)	Longer (4-12 hours)

Consumed



Edibles
Cannabis is combined with different foods (gummies, baked goods, drinks) and metabolized (broken down) through the liver as the item is digested.



Capsules/Tablets
Swallowed and absorbed into the digestive system, similar to a pill that does not contain cannabis.



Tinctures
Cannabis liquids are placed under the tongue with a dropper or syringe and absorbed through the mucous membrane in the mouth.



Lozenges/Films
These items dissolve in the mouth or under the tongue.

Inhaled



Pre-Rolls
Dried cannabis flower is “rolled” into a cigarette-like shape using different kinds of smoking (rolling) paper.



Pipes & Bongs
Dried flower or cannabis concentrates are placed into a pipe and smoked.

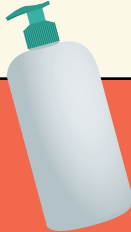


Concentrates
Cannabis concentrates (dabs, shatter, and wax) placed and inhaled from a smoking device.



Vape
Cannabis smoked from either a dried flower vaporizing device or a concentrated cannabis oil cartridge.

Applied



Topicals
Applied to the skin and include lotions, ointments, and balms. Transdermal compounds, patches, and suppositories release medical cannabis into the body.



Cannabis can interact with food, medications, and medical conditions or diseases differently. Consult with your healthcare provider for more information.

What Is Potency?

Potency refers to the amount of THC in a cannabis product. The more potent, the “stronger” the cannabis product.

- THC levels can vary widely.**
- Most cannabis flower: **~15–30% THC** (Note: this can be higher in pre-rolls infused with concentrate)
 - Concentrates (dabs, wax, vape oils): **~60–90% THC or more.**
 - Edibles (drinks, gummies, lozenges): no more than **10 mg of THC per serving** and **100 mg of THC per package** in the legal cannabis market.
 - Tinctures: no more than **10 mg of THC per serving** and **1,000 mg of THC per bottle** in the legal cannabis market.

Higher potency products have greater risks, particularly for young people. Cannabis products purchased outside of the legal market may have unreliable potency labeling.



The Impacts of Cannabis

How cannabis affects you depends on the product type, your age, how much you use, your metabolism, and tolerance.

Common Effects:

CHANGES IN HEART RATE AND BLOOD PRESSURE

RED EYES AND DRY MOUTH

DIZZINESS OR LIGHTEADEDNESS

INCREASED APPETITE

TROUBLE WITH ATTENTION, MEMORY, AND COORDINATION

SLOWER REACTION TIMES

MENTAL HEALTH EFFECTS

- Anxiety or panic attacks
- Paranoia (feeling unsafe or watched)
- Depression or low mood
- Psychosis (losing touch with reality)

A large, stylized red arrow pointing upwards and to the left, located on the right side of the 'Common Effects' section.

What to Know About Ongoing Cannabis Use:

Young people may feel these effects differently because their brains are still developing. Over time, regular cannabis use can also change how the body responds.

Tolerance

With regular use, the body may become less sensitive to the effects of cannabis. This means a person may need a stronger cannabis product or to use more to feel the same effects.

Withdrawal

When someone stops using cannabis after regular use, they may notice temporary symptoms such as irritability, trouble sleeping, or cravings. Symptoms usually begin within 1–2 days and may last a few weeks.

Cannabis Use Disorder

Some people may develop Cannabis Use Disorder, a health condition that causes a person to continue using cannabis even when it is causing problems in their daily life, and they find it hard to cut down or stop. Cannabis Use Disorder is treatable and should be discussed with a healthcare provider.

Note: The risks for unwanted mental health effects are greater with higher levels of THC, more frequent use, or if there is a family history of serious mental illness.

Impacts on Young People

Cannabis affects young people differently.

Age Matters

The brain continues developing until about age 25. The teen years are a critical time for brain development, especially in areas responsible for:

- **Memory and learning** (hippocampus)
- **Attention and focus** (prefrontal cortex)
- **Decision-making and impulse control** (prefrontal cortex)
- **Emotional regulation** (the ability to manage emotions, feelings, and stress) (amygdala and prefrontal cortex)

What About “Just Trying It Once”?

Some experimenting doesn’t automatically lead to long-term harm. Many young people who try cannabis don’t go on to use it regularly.

However, you can’t predict who will develop problems, even occasional use carries risk, and early experimentation can lead to more frequent use.

Short-Term Effects for Teens

Young people who use cannabis regularly may experience:

- **Trouble in school** – Difficulty concentrating, remembering information, paying attention, and completing assignments
- **Problems with coordination** – Slower reaction times, which impact driving and sports performance.
- **Mental health changes** – Increased anxiety, panic attacks, mood dysregulation, depression, paranoid thoughts, or suicidal tendencies.
- **Motivation issues** – Less motivation for activities they used to enjoy.
- **Overconsumption or “Greening Out”** (consuming too much cannabis too quickly) – Experiencing anxiety, paranoia, panic attacks, severe nausea, vomiting, rapid heart rate, fainting, and dizziness.

Note: Higher THC levels are linked to more significant mental health, memory, and attention problems.

Long-Term Risks for Teens

Research shows that regular cannabis use during the teen years increases long-term risks.

- About 16% of teens who use cannabis will develop Cannabis Use Disorder compared to about 10% of adults who started using cannabis as adults.
- Risky cannabis use is more likely when people start using as teens.

Anyone who uses cannabis frequently over time is at risk for developing Cannabinoid Hyperemesis Syndrome. This medical condition causes severe abdominal pain, persistent nausea, and repeated vomiting. In some cases, symptoms are so intense that individuals may seek emergency medical care.

Note: Higher THC levels are linked to higher likelihood for developing Cannabis Use Disorder and Cannabinoid Hyperemesis Syndrome.

Cannabis and the Law

In New York State, cannabis is legal for adults 21 and older, but driving while impaired by cannabis at any age is illegal.

People under 21 can access **medical cannabis** with guidance from a healthcare provider. Patients under 18 will also need permission from a parent or guardian.

What Does “Licensed” Mean?

Legal cannabis comes from dispensaries licensed by New York State to sell cannabis products. These stores must follow rules about the cannabis they source and sell. Dispensaries also must check IDs to prevent sales to minors. Cannabis products sold by licensed dispensaries are:

- Tested for safety and potency
- Labeled accurately with THC content
- Packaged in child-resistant containers and not designed to be attractive to kids

It can be hard to tell the difference between legal cannabis and illicit cannabis products, and between legal and unlicensed dispensaries. Just because a store is selling cannabis doesn’t mean it’s licensed.

Look for:

The Dispensary Verification Tool on the outside of dispensaries:



The Universal Symbol on cannabis product packaging:



What to Tell Young People

“Just like alcohol is legal for adults but not for teenagers, the same is true for weed. The legal age exists because of the extra health risks for young people.”

“Weed on school grounds is prohibited. Schools are drug-free zones by law. Bringing weed to school can lead to serious negative consequences.”



Medical Cannabis

In New York, patients may qualify for the **Medical Cannabis Program** with guidance from a licensed healthcare provider. Medical cannabis products are bought from licensed medical dispensaries and used under the care of a medical professional.

- Key features of the Medical Cannabis Program**
- Recommended by a healthcare provider
 - Monitored for specific medical conditions and interactions with other medications
 - Dosing and product type are guided by medical professionals
 - No age restrictions, although patients under 18 will need permission from a parent or guardian

This is different from young people using cannabis recreationally or self-medicating (such as using cannabis to cope) without medical guidance.



What to Tell Young People

“Some people use cannabis as medicine under a doctor’s care, just like other prescription medications. But like any medication, cannabis carries health risks, including the potential for harm and addiction. That’s why it’s important to speak to your doctor about it.”

Timing and Setting of the Cannabis Conversation

When and where you talk about cannabis matters too. Even if you say all the right things, it may not land correctly if the moment is wrong.

Look for “natural” moments:



In the car
Side-by-side conversations feel less intense than face-to-face. It can come up naturally if you pass by a cannabis dispensary or hear a commercial on the radio. No one has to make eye contact, and there’s a natural endpoint when you arrive at your destination.



While doing an activity together
Cooking, walking the dog, shooting hoops, or folding laundry. Keeping your hands busy can make talking easier.



After watching or hearing something together
A scene in a show, a news story, a song lyric. It gives you a natural opening without it feeling forced.



At bedtime or low-key moments
When the day is winding down, and there’s no rush. Some young people open up more at night.



When they bring it up
Even if it’s not the “perfect” time, if they’re asking questions or mentioning something, lean in. That’s your window.

Intoxicating Hemp Products

You may have seen products labeled as “hemp-derived THC,” “Delta-8,” “Delta-10,” “THC-O,” or “HHC” sold in gas stations, convenience stores, vape shops, or online. These products contain THC or THC-like chemicals made from hemp (a type of cannabis plant). They can get you high, just

like weed, sometimes with more risk because they are not held to the same safety rules as the licensed cannabis market.

 **K2 and Spice are not from the cannabis plant and can potentially be fatal when consumed.**



What to Tell Young People

“Just because you can buy something at a gas station, at a corner store, or online doesn’t mean it’s safe. These products carry the same risks as weed, and sometimes even more. They don’t have to follow safety rules, so they can be unpredictable or have harmful contaminants.”

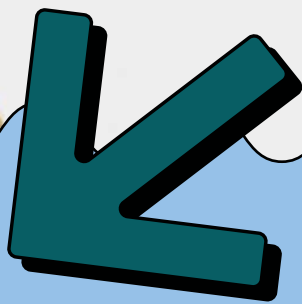
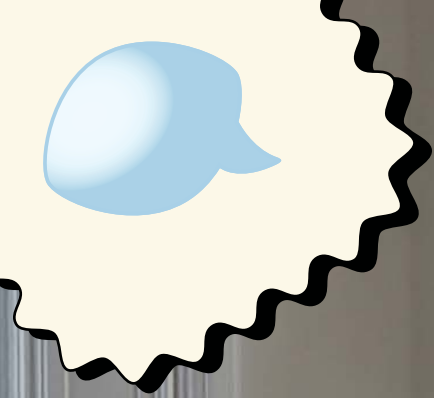
Why Are They Sold Everywhere?
These products exist in a legal gray area. A federal law (the 2018 Farm Bill) made hemp legal, which led some companies to make intoxicating products from hemp and sell them without the same rules and protections as cannabis sold from licensed dispensaries. However, many states, including New York, have banned or restricted these products. While they are banned, they are still sold illegally.

Why Are They Risky?
They lack rules and protections:

- These products are often not lab tested for safety
- Labels may be wrong about how much THC and other ingredients are inside
- Packaging often looks like candy or snacks, increasing the risk of unintentional consumption
- They may have harmful chemicals or contaminants inside them

They can have unpredictable effects:

- Strength and effects can vary widely
- Some products might feel stronger or different than regular cannabis
- Risk of overconsumption is high, especially with edibles



Conversation Tips

Talking about weed doesn't have to be perfect. These simple tips can help:

Be calm (and carry on)

Check in with yourself before you start the conversation. Keep your voice steady and body language open. Take deep breaths.

Stay curious and ask open-ended questions

"What have you heard about weed lately?"
"What do people your age say about it?"

Listen more than you talk

Young people are more likely to open up when they feel heard.

Active Listening

Focus entirely on understanding their perspective without interrupting or planning a rebuttal.

Use "I" Statements

Frame topics from your own perspective. More "I feel..." than "You did..."

Validate Emotions

Acknowledge that the conversation is difficult and validate their feelings to ease tension.

Be Honest

It's okay to say, "I'm not sure about that. Let's learn about it together."

Take Breaks

If emotions run high, pause the conversation and regroup. Be honest if you need to take a break and encourage them to do the same!

Try these conversation-starters:

- "I want this to be a conversation, not a lecture. I just want to make sure you have accurate information. Let's talk this through."
- "You can always talk to me, even if you've made a choice I wouldn't agree with."
- "I'd rather you come to me with questions than get information from unreliable sources."
- "Even if you're in a situation where you've used cannabis, I want you to know you can call me and I'll come get you—no questions asked in that moment."
- "My job is to keep you safe and healthy, and I want you to trust me with that."

Keep the conversation going

Short, frequent conversations over time are often more helpful than one big talk. If you need to say less and listen more to keep the conversation going, that's okay! You don't have to be perfect. Even awkward or brief conversations are better than silence.

Age-Appropriate Approaches

Middle School (ages 11-13): Build a basic understanding and talk safety.

- Keep it simple and factual
- Focus on brain development and health
- Emphasize that their body is still growing
- Talk about peer pressure and how to say no

Example: "Your brain is developing so much right now. Using weed can get in the way of that growth."

Early High School (ages 14-15): Address social pressure and short-term consequences.

- Acknowledge they may have used cannabis or know people who do
- Discuss decision-making and consequences
- Talk about how cannabis impacts school, activities, and their goals
- Address driving safety – especially when accepting rides from older friends and siblings

Example: "I know some people your age are trying weed. Let's talk about why that's risky for young people and how you can handle it if you're offered."

Late High School (ages 16+): Connect choices to independence, driving, work, and future plans.

- Have more nuanced conversations
- Discuss long-term impacts on goals and future
- Address mental health connections and safety concerns (such as driving)
- Talk about reducing harm if they've already experimented

Example: "You're thinking about your future. Let's talk about how weed use now could affect those plans down the road."



What NOT to Do

- Yelling, shaming, or punishing immediately
- Comparing them to siblings, other kids, or adults in their lives
- Shutting down the conversation
- Assuming the worst without asking questions

These responses can:

- Damage trust
- Make them less likely to open up and be honest in the future
- Increase shame and isolation
- Cause missed opportunities to understand what's really going on

Practice Scenarios

Scenario 1: “But Everyone’s Doing It”

What they say

“All my friends smoke weed, and they’re fine.”

Try saying

“That may be true for them at this time. Some consequences are not obvious right away and may show up later, like anxiety or depression. But here’s the thing: the younger you start and the more often you use weed, the riskier it is.”

You could also say: “I understand that’s been your experience. I’d like to keep our conversation today about your well-being specifically.”

You can also share: “It may not be as common as you think. About 17 of 20 high-school-aged kids in New York State say they do not regularly use weed.”

Why this works

You’re not dismissing what they see, but you’re adding context and asking them to think deeper.

Avoid saying

“Your friends are idiots” or “They’re not fine, trust me.”

Why to avoid it

Insulting their friends makes them defensive and less likely to listen to you.

Scenario 2: “Self-Medicating”

What they say

“Weed helps with anxiety. I’ve been really stressed with school.”

Try saying

“Stress and anxiety are hard to deal with. Some people feel like weed helps their anxiety, but here’s what worries me: for teenagers, weed can actually make anxiety worse over time. It might feel like it helps in the moment, but it can create bigger problems down the road. Let’s figure out what’s going on and find some other ways to help you feel better. What exactly about school has been stressing you out lately?”

Why this works

You’re validating their feelings, giving accurate information, and offering to help solve the real problem.

Avoid saying

“You’re too young to be stressed” or “Just deal with it.”

Why to avoid it

This dismisses their feelings and shuts down the conversation. They’ll look for relief somewhere else.

These scenarios show how different responses can either open up a conversation or shut it down. There’s no perfect script, but some approaches work better than others. Feel free to make these responses sound like you.

Scenario 3: “It’s Natural, So It’s Safe”

What they say

“It’s just a plant. It’s natural, so it can’t be that bad for you.”

Try saying

“You’re right that it’s a plant. But not everything natural is automatically safe. Tobacco is natural, too, and so is poison ivy. Natural doesn’t always mean harmless.”

Why this works

You’re agreeing with the fact while challenging the logic, using examples they can understand.

Avoid saying

“That’s a stupid argument.”

Why to avoid it

This shuts them down and makes them feel foolish for asking.

Scenario 4: “The Cool Parents Next Door”

What they say

“My friend’s parents let them smoke weed at home. They say it’s safer that way.”

Try saying

“I know different families have different rules. In our family, I don’t want you using weed while your brain is still developing. The safest choice for your health right now is not using it at all.”

You might add: “How do you feel about what your friend’s parents are doing?”

Why this works

You’re not trashing the other family, but you’re clear about your own values and reasons.

Avoid saying

“Those parents are idiots” or “I’m calling them right now.”

Why to avoid it

Attacking another family puts your teen in an awkward position and makes them less likely to share information with you next time.

If a Young Person Says They've Tried Cannabis



Learning that a young person has tried cannabis can feel scary or upsetting. Your response in this moment matters. How you react may affect whether they continue to come to you for support.

Thank them for being honest and respond with empathy.

You might say:

- "I'm glad you felt you could talk to me about this."
- "I appreciate you being honest with me."

Ask open-ended questions where possible to understand the situation.

Try to learn more before jumping to conclusions or consequences.

Ask about their experience:

- "What made you want to try it?"
- "How did it make you feel?"
- "Can you share with me a bit about what led to that moment?"

Ask about their knowledge and intentions:

- "What do you know about the risks of using weed?"
- "Do you want to try it again? Can you tell me why?"
- "Can we talk about any worries you have?"

Understand their reasons:

- "Are you using weed to find relief from stress, anxiety, or other feelings?"
- "Do you feel pressure to use weed?"
- "Is there something going on that you want to talk about?"

Listen without judgment.

Let them talk. Don't interrupt.

Pay attention to:

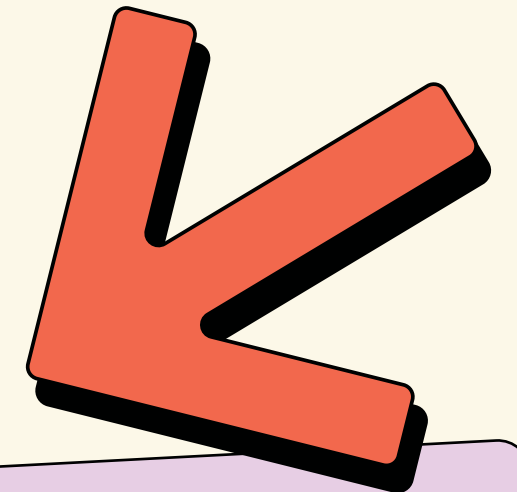
- Why they tried it
- How they're feeling about it
- Whether this was a one-time experiment or part of a pattern
- What else might be going on in their life

Share information calmly.

After listening, share facts about cannabis and young people:

"I want to make sure you understand some important things about weed and your developing brain"

- Your brain is still developing until you're about 25 years old.
- Using weed may affect memory, learning, focus, mental health, feelings, and relationships. The younger someone starts using weed, and the more often they use it, the greater the risk.
- Driving while high is illegal and unsafe. Weed can slow reaction time and make it harder to focus. Don't drive or ride with a driver who has recently used weed. Use public transportation, or plan ahead to find a sober ride.



"Some families agree on a code word for situations where driving or a safe ride isn't possible - a simple text, and we will come pick you up, with no questions asked."

Talk about what happens next.

If this was a one-time experiment:

- “It is normal to try things. I encourage you to think about putting off any more use of weed right now. Let’s talk about why.”
- “If you’re offered weed again, what will you say?”
- “Let’s brainstorm some ways you can handle peer pressure.”

If they’re using cannabis occasionally:

- “I’m worried about how often you’re using weed. Can we talk about how it is affecting you?”
- “What would help you choose not to use?”
- “Are there other ways you could relax/have fun/cope with stress?”

If they’re using it regularly:

- “I’m worried about how often you’re using weed. Is everything ok?”
- “Let’s talk to a doctor, counselor, or someone else who can help.”
- “I love you, and I want to support you in making healthier choices.”

Set clear expectations.

Be clear about your family’s rules and expectations:

- “If you’re struggling or feeling pressured, I want you to know I’m here to help.”
- “I’d like to keep talking about this.”
- “I’m on your side and I’m here for you – always.”

Keep the conversation going.

This should not be a one-time talk. Young people need repeated exposure to information and continued support as they grow and face new situations.

Check in regularly:

- “How are you doing?”
- “Is there anything on your mind you want to talk about?”
- “I’m here for you whenever you need me.”

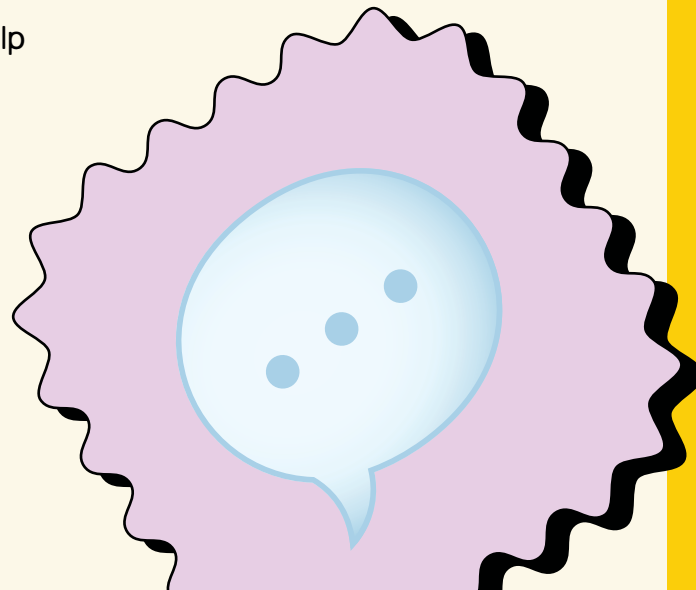
Why ongoing conversations matter:

- Young people’s understanding and experiences change as they get older
- Peer pressure and opportunities to use cannabis may increase over time
- Regular check-ins show you care and are available
- Repeated conversations help information stick
- It keeps the door open for them to come to you with questions or problems

Signs It’s Time for Another Conversation

Have a check-in conversation if you notice:

- Declining grades or loss of interest in activities
- Mood changes or increased irritability
- Changes in sleep patterns or appetite
- Finding cannabis or related paraphernalia
- News stories or social media posts about cannabis that they engage with
- If they are learning about cannabis or other substances in school



When to Seek Professional Help

Consider talking to a healthcare provider, counselor, or substance use specialist if:

- The young person is using cannabis regularly (daily or several times a week)
- Their cannabis use is affecting school, relationships, or activities they used to enjoy
- They’re using cannabis to cope with anxiety, depression, trauma, or suicidal ideation or tendencies
- They’ve tried to stop but can’t or refuse to quit
- They’re using other substances along with cannabis
- You notice significant changes in mood, behavior, or personality
- They’re experiencing mental health symptoms like paranoia, panic, or depression

You may also call or text 988 or chat 988lifeline.org for free, confidential support 24/7. Caring counselors are ready to listen without judgment.

Different Adult Experiences

As an adult, you can still have helpful conversations no matter your own journey with cannabis. What matters most is being honest and focusing on young people’s health and development.

Young people may ask you about your own cannabis use—or they may already know. Being prepared to address your own experience can help you respond with honesty while still guiding them toward healthy choices.

Here are some ways to approach the conversation based on your situation:

If you do not use cannabis

You might say: “I don’t use weed, but I know you might hear about it from friends or online. If you ever have questions, we can talk.”

If you are a medical cannabis patient

You might say: “I use weed as medicine under my doctor’s care for [condition]. My doctor helps me use it safely and monitors how it affects me. This is different from young people using weed on their own.”

“Even medicine can be harmful if used at the wrong time or in the wrong way.”

“If you’re struggling with [anxiety/sleep/pain/etc.], let’s talk to a doctor about options for you.”

If you use cannabis or have used cannabis in the past

You might say: “Some adults choose to use weed, but it’s different for young people. Your brain is still developing until you’re about 25 years old. Using weed during these years can affect how your brain grows and works. The legal age to purchase weed in New York is 21, which is important to help protect young people’s health and development.”

“When I was younger, I tried weed. Looking back, there are things I wish I understood better, like [fill in your own experience].”

You can also acknowledge: “Just because I make this choice as an adult doesn’t mean it’s the right choice for you right now.”

If your past use had an impact on you, consider sharing age-appropriate details: “I made some choices I regret. I want to help you avoid those same mistakes.”

Be prepared and open to discussing concerns about your own cannabis use. Listen actively and avoid getting defensive.

Safe Storage

Safe storage helps prevent **unintended exposure**, which in children can cause symptoms like drowsiness, confusion, loss of muscle control, or trouble breathing.

If you have cannabis in your home, keep young people and pets safe by:

- Storing cannabis products securely— **locked** and **out of sight** and reach of children and pets.
- Keeping cannabis products in their original **child-resistant packaging**.
- Storing cannabis products **separately** from regular foods and drinks, and away from common household areas.
- Making sure parents, grandparents, caregivers, and other trusted adults understand the potential risks associated with unintentional cannabis exposure.
- Using **lock bags, boxes, or other secure storage tools** to reduce access.
- Properly disposing of cannabis packaging and waste. Discard cannabis waste – such as residue from concentrates on Q-tips, cigarette butts, and edibles – in a trash container with a closed lid, **out of reach** of young people or pets.



Cannabis Conversation Checklist

Quick reference for talking with teens about cannabis

BEFORE YOU TALK

- Pick a relaxed moment
- Know your goal—share info, listen, keep communication open
- Stay calm—your tone matters more than perfect words

DURING THE CONVERSATION

- Ask, don't accuse—"What have you heard about cannabis?"
- Listen more than you talk
- Ask open-ended questions
- Stay factual, no exaggeration
- Keep it brief to avoid losing their attention
- Stay calm if they push back— Eye-rolling is normal

KEY POINTS TO COVER

- Your brain develops until about age 25—cannabis interferes with that growth
- Real risks: memory, learning, mental health, Cannabinoid Hyperemesis Syndrome, addiction
- They can come to you with questions—always
- Clear family rules and why they matter

IF THEY'VE TRIED IT

- Pause and breathe before responding
- Thank them for honesty
- Ask questions to understand, not to interrogate
- Share info calmly, without shame or judgement
- Decide next steps together

AFTER THE TALK

- Check in again in a week or two
- Watch for changes (grades, mood, friends, activities)
- Keep the door open for questions
- Lead by example, what you do means just as much as what you say. Be honest about your relationship with cannabis!

Remember:

Awkward conversations don't feel great, but they still help. Stay consistent. Your relationship matters most.



Support and Resources

If you need help, or if the young person in your life does, here's where to start:



People who can help:

- A doctor or health care provider
- School counselor or social worker
- A trusted community organization or youth program

Free, confidential, and nonjudgmental help is available:

Need help now?

988 Suicide & Crisis Lifeline
Call or text 988 or chat online at 988lifeline.org
Free. 24/7. Confidential.

Feeling stressed or overwhelmed?

Go to bewell.ny.gov
Access quick tools to calm your mind, manage stress, and sleep better

Worried about substance use — yours or a friend's?

Call 1-877-8-HOPENY or text HOPENY (467369)
No-cost, judgment-free support anytime.

Green out or used too much weed? Used it by mistake?

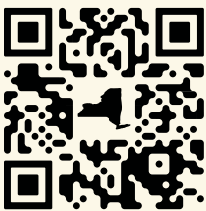
Call the Poison Center for help: 1-800-222-1222.

Dial 911 if there's a medical emergency.

Interested in learning more about weed?

Get the facts. Make informed choices. Scan QR code or visit:

Try the online convo starter



cannabishonestly.org

Real info on cannabis, your brain, and how to reduce risks.

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