

# Caretakers Who Use Cannabis

I'm  
curious

Let's get into it



## Talk to Them About Cannabis

Teens pick things up fast – from friends, social media, and what they see at home. Starting the conversation about cannabis early, before they run into misinformation, puts you in a much better position than waiting until you're forced to address it.

If you, as a caretaker, use cannabis recreationally or medically – teens in your life may already know or may figure it out. Having the conversation early and being upfront builds trust and helps avoid stigmatization. You can acknowledge your own cannabis use while being clear that developing brains face different risks than adult brains.

Here are a few quick tips to consider when talking to your teen about cannabis:

- Listen, don't lecture – Ask questions, don't talk over them, listen genuinely.
- Keep your cool – Avoid accusations, watch your tone and body language, stay calm.
- Find the right moment – Keep it casual by choosing a time where everyone is present and has the time and energy to talk.
- Set clear boundaries and expectations – It's okay to have a stance. Just be consistent.
- Be informed – The more trusted information you have in your back pocket, the more prepared you'll feel for conversations.

## Adult-Use Cannabis

Adult-use cannabis (marijuana, weed, or pot), sometimes referred to as "recreational," is legal in New York for adults **21 and over**.

If you use cannabis and care for young people here are some simple steps you can take to keep everyone safer.

## Mind Your Smoke

Secondhand cannabis smoke is a real health risk, especially to developing lungs and brains.

- Avoid smoking around children and teens
- Use cannabis in a well-ventilated space

## New to Cannabis?

Cannabis affects everyone differently. Take time to learn what works best for you. Pay close attention to how your body responds and consume responsibly as a caretaker for young people.



For more read:  
**GUIDE TO SAFER  
CONSUMPTION**

## Store It Safely!

Store cannabis products securely— locked and out of sight and reach of children and pets.

Keep cannabis products in their original child-resistant packaging.

Store cannabis products completely separate from regular foods and drinks, and away from common household areas.

Make sure all parents, grandparents, caregivers, and other trusted adults in the home understand the potential risks associated with unintentional cannabis exposure.

If you think someone consumed cannabis without meaning to, call the **Poison Center at 1-800-222-1222**. Dial 911 if there's a medical emergency.



For more read:  
**SAFE STORAGE  
RACK CARD**

## Interested in learning more about weed?

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



[cannashonestly.org](https://cannashonestly.org)