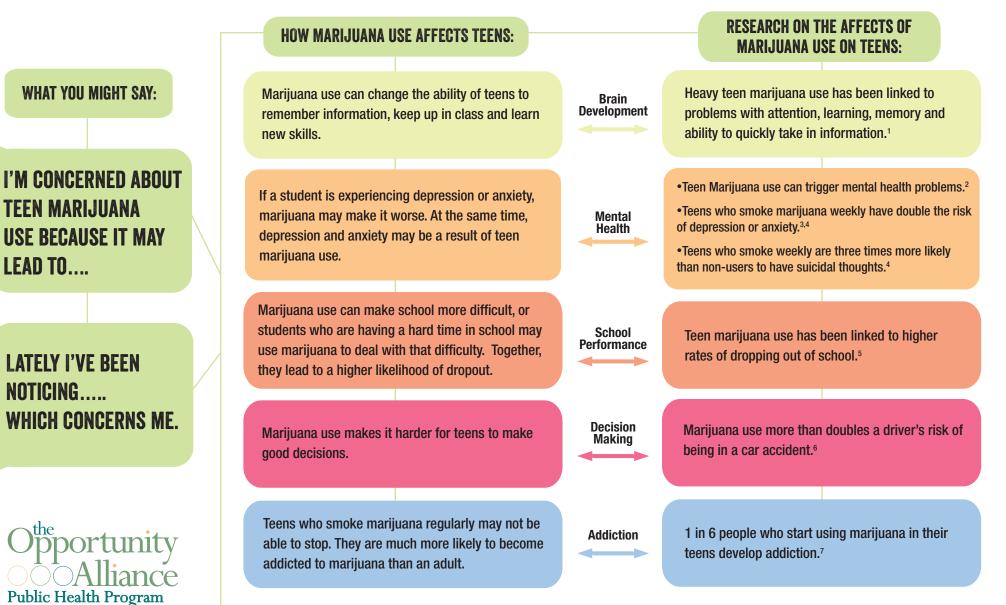
MARIJUANA: THE LANDSCAPE HAS CHANGED

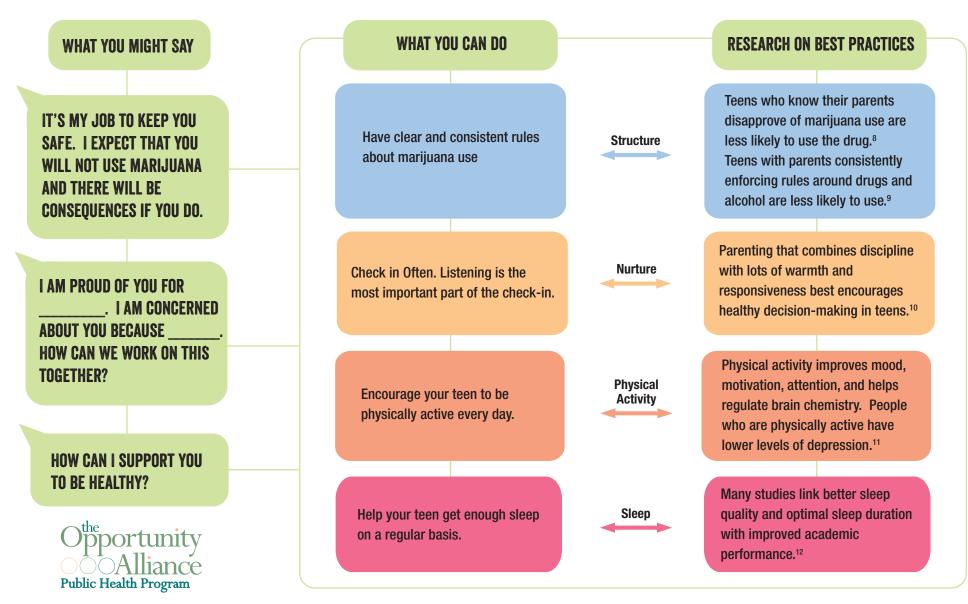
PARENTS, HOW DO YOU EXPLAIN THAT TO YOUR TEEN? We know teen marijuana use is a problem, but explaining why to youth can be challenging. Here are some ways to connect the research with your concerns about teen marijuana use.



WHATEVER HAPPENS WITH LEGALIZATION, IT WILL ALWAYS BE ILLEGAL FOR TEENS TO USE MARIJUANA. WHY? ANY OF THESE MESSAGES WILL DO.

CHANGING THE LANDSCAPE | HOW DO WE SUPPORT WELLNESS FOR TEENS?

Being a teenager can be difficult. Creating opportunities, supporting teens and setting expectations will help to prevent problem drug use. Here are some ideas for supporting your teen to make healthy decisions.



References for Marijuana Talking points.: 1. Meier, MH et. al (2012) Persistent Cannabis Users Show Neuropsychological Decline from Childhood to Midlife. Proceedings of the National Academy of Sciences. 109(40) e2657-e2664. 2. ONDCP (2008) Teen Marijuana Use Worsens Depression: An analysis of recent data shows "self-medicating" could actually make things worse. 3. Hayatbakhsh, M.R. et al. (2007) Cannabis and anxiety and depression in young adults: A large prospective study. Journal of the American Academy of Child and Adolescent Psychiatry, 46(3):408-17. 4. Patton, GC et al. (2002) Cannabis use and mental health in young people: cohort study. British Medical Journal, 325:1195-1198. 5. DuPont, Robert et al. (2013) America's Dropout Crisis: The Unrecognized Connection To Adolescent Substance Use. Rockville, MD: Institute for Behavior and Health, Inc. 6. Ashbridge, M. & Hayden, J.A (2012) Acute Cannabis Consumption and Motor Vehicle Collision Risk: Systematic Review of Observational Studies and Meta-analysis. British Medical Journal, 344:e356. 7. Wagner, FA & Anthony, JC (2002) From first drug use to drug dependence; developmental periods of risk for dependence upon cannabis, cocaine, and alcohol use during early adolescente. Journal of Adolescent Health 31 (5): 425-432. 10. National Institute on Alcohol Abuse and Alcohol Abuse and Alcohol Spark: The Revolutionary New Science of Exercise and the Brain. NY, New York. Little Brown and Co. 12. 1. Dewald, Julia et al. (2010). The influence of sleep quality, sleep duration and sleepiness on school performance in children and adolescents: A meta-analytic review. Sleep Medicine Reviews. 14 (3) 197-189.