



— HEALTH EFFECTS OF UNDERAGE RETAIL MARIJUANA USE —

LEARNING AND MEMORY

Youth who use marijuana regularly are more likely to have difficulty learning, memory issues and 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.

COORDINATION

THC in any form, will likely impair the ability to drive, play sports, play video games, bike or do other activities.

JUDGMENT

Youth who use marijuana—even occasionally—may be more likely to do risky things later in life. This may include use of use alcohol, tobacco and other drugs.

POTENTIAL

Brain development is not complete until age 25. For the best chance to reach their full potential, young people should not use marijuana.

ADDICTION

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

CONSEQUENCES OF UNDERAGE RETAIL MARIJUANA USE



FINANCIAL AID

Marijuana charges can cause loss of financial aid for college, even outside Colorado. Including: Perkins Loans, Pell Grants, Supplemental Educational Opportunity Grants, PLUS Loans, and Work-Study Programs.

FREEDOMS

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

EMPLOYMENT

Breaking work policies can result in loss of employment.

SPORTS & ACTIVITIES

Breaking school policies can result in removal from sports teams and extracurricular activities, school suspensions, expulsions and drug counseling.



FIRST OFFENSE

Fine of no more than \$100.

Court ordered to complete a substance abuse education program approved by the Office of Behavioral Health (OBH).

Possible loss of driver's license.



SECOND OFFENSE

Fine of no more than \$100 and the court shall order the underage person to:

Complete an OBH-approved substance abuse education program.

If deemed necessary and appropriate, submit to an OBH-approved substance abuse assessment and complete any treatment recommended by the assessment.

Perform up to 24 hours of useful public service.



THIRD/SUBSEQUENT OFFENSE

Fine of up to \$250 and the court shall order the underage person to:

Submit to an OBH-approved substance abuse assessment and complete any treatment recommended by the assessment.

Perform up to 36 hours of useful public service.

TALKING

— TO YOUR KIDS & TEENS —

UNDERAGE RETAIL MARIJUANA USE: CONVERSATION TIPS FOR PARENTS



Listen carefully and stay positive. Keep the conversation open so they can come to you with questions. When youth know they can ask you questions, it creates an open dialogue where they can feel comfortable coming to you when they are in a difficult situation.

AGES 13-16

START THE CONVERSATION

Decide when the time is right for you. And remember, conversation is much better than ignoring the issue.

LISTEN

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

ESTABLISH CLEAR RULES

Set your expectations. Make them clear and stick to them.

ROLE-PLAY HOW TO SAY "NO"

Work with them to find tools to deal with peer pressure. This can be as simple as: "No thanks. If I get in trouble, I won't be able to do: sports, theater, etc."

FOCUS ON POSITIVE MESSAGES

Positive messages are empowering. Being negative might overwhelm them or make them act out of fear or defiance.

TALK ABOUT FRIENDS

Know who their friends are, what they're like and how they influence your child.

PROMOTE SELF-CONFIDENCE

Teach them that marijuana use is not something to build an identity around.

KEEP YOUR RELATIONSHIP STRONG

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

YOUR INFLUENCE MATTERS

You might be surprised at how much influence your words, actions and opinions can have on your child's choices.

AGES 17-20

KEEP THE CONVERSATION GOING

Even if you've talked before, their issues and opinions change all the time.

STAY CONNECTED

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

SET EXPECTATIONS

Be clear about rules and expectations. Stick to the rules you set and be serious about consequences.

PROMOTE RESPONSIBILITY

Teaching them how to behave responsibly in all aspects of life, decreases the likelihood of marijuana causing problems in the future.

ENCOURAGE BALANCE

Reinforce and celebrate their passions, hobbies, interests etc.—the things that keep them balanced.

PRACTICE ASSERTIVENESS

Listening to and considering their opinion is important, but remember to stand your ground on how you feel about marijuana.

HELP THEM ACHIEVE THEIR GOALS

Help them to identify the passions, hobbies, dreams and freedoms they want for themselves, and to prioritize those interests over using marijuana. If they're focused on goals that are meaningful to them,



MARIJUANA 101

DO YOU KNOW WHAT TEENS KNOW ABOUT MARIJUANA?

SLANG TERMS FOR *Marijuana*

Weed
Pot
Grass
Ganja
Bud
Herb
Mary Jane

MJ
Keef
Boom
Skunk
Gangster
Reefer

And new names pop up every day.

Safe Storage

Store all marijuana products in a locked area. Make sure children cannot see or reach the locked area. Keep marijuana in the child-resistant packaging from the store.

How you store marijuana should change as youth get older. Safe storage methods for young children may not prevent older children or teens from accessing it.

METHODS OF *Consumption*

SMOKING

Usually a joint, pipe or bong. This is the most common method of use.

VAPING

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

DABBING/HASH OIL/WAX

THC extract from marijuana, also called hash oil, can contain up to 60-80% THC and may take effect very quickly. High levels of THC may be dangerous. At this time, we do not know the safety of dabbing.

EDIBLES

The effects of edibles, teas and sodas can take longer to peak, and last longer, causing users to sometimes consume too much. Users can be caught off-guard by the stronger potency and long-lasting effects of marijuana infused products. Recent regulations determine that all retail marijuana edibles serving sizes can contain no more than 10m of THC. It can take up to four hours to feel the effects, and they can last up to 10 hours.

TOPICALS

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



FOR
TALKING
TO
STUDENTS & ATHLETES

— UNDERAGE RETAIL MARIJUANA USE: A GUIDE FOR TEACHERS AND COACHES —

LISTEN

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

ESTABLISH CLEAR RULES

Communicate expectations and hold them to the consequences.

FOCUS ON POSITIVE MESSAGES

Positive messages are empowering. Being negative might overwhelm them or make them act out of fear or defiance.

ROLE-PLAY HOW TO SAY “NO”

Give them a reason to say no. (Staying on varsity, wanting to get good grades, etc.)

YOUR INFLUENCE MATTERS

Teachers and coaches are highly influential in students' lives. What you say, and the example you set, is important.

PROMOTE RESPONSIBILITY

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

THEY'RE ROLE MODELS TOO

Communicate to students that they are role models for younger students, athletes and siblings.

NEGATIVE EFFECTS ON PERFORMANCE

Stress the consequences of marijuana on school or activity performance.

Teens who use marijuana regularly may have difficulty learning, memory issues and lower math and reading scores.

Smoking marijuana means you inhale more than 2,000 chemicals, many of the same chemicals that are found in tobacco smoke.

REAL-WORLD CONSEQUENCES

Stress the real-world consequences. Teens that break school or school activity rules may be referred to drug counseling, suspended, expelled, or face prosecution.

BE AWARE OF METHODS OF CONSUMPTION

Because of vaporizers, edibles, drinks and tonics, it is easier than ever to conceal and consume marijuana at school or during school activities. Familiarize yourself with these forms of marijuana so you know what to look for.

HELP THEM ACHIEVE THEIR GOALS

Help them to identify the passions, hobbies, dreams and teenage freedoms they want for themselves, and to prioritize those interests over using marijuana. If they're focused on goals that are meaningful to them, they'll be less likely to let marijuana get in their way.



COLORADO
Department of Public
Health & Environment



GOOD to KNOW

GoodToKnowColorado.com/talk

Thanks to Speak Now for
all of these helpful tips.
SpeakNowColorado.org