# PREVENTION TALKS: MARIJUANA

May 2023 | Vol.1



- What is marijuana?
- Health effects and risks
- Preventative Talks

# Marijuana 101



Marijuana is a psychoactive substance the cannabis derived from plant. It contains the mind-altering chemical Tetrahydrocannabinol (THC) which can change the way your brain and body function. It can cause changes in vision, perception of time, coordination, heart rate and many other normal functions. It is commonly most ingested through smoking, vaping, or eaten in the form of "edibles". The form of consumption can additional create risks and health concerns for users.



According to the 2022 Florida Youth Substance Abuse Survey (FYSAS), 16% of Florida adolescents reported having used marijuana sometime in their lifetime and 8.3% reported use in the past 30 days.

### **Negative Effects**

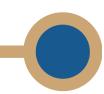


Overall, marijuana can have negative effects on memory, depth perception, and problem solving. The human brain is not finished developing until about the age 25. The adolescent years are a crucial time of development. The use of marijuana or other substances can severely hinder and disrupt their normal brain development.

Marijuana is typically smoked and/or vaped. The inhalation smoke or heated vapors often leads to damage the respiratory system. Some common issues consist of complications with breathing which can affect day-to-day life and the ability for the lungs function normally. Another way to ingest marijuana is through the consumption of "edibles". Edibles come in a variety of forms, such as cookies, brownies, and more. Edibles are made through the high use of concentrations of the chemical THC form. typically Oil High in an concentrations can cause distortions in vision and perception that may lead to hallucinations, delusions, and even symptoms of psychosis.



#### **Preventative Talks**



Having these difficult discussions with your teen is very important. If we avoid these conversations, we will not have effectively set expectation for their behaviors. When you have a preventative talk, it is important to have an open mind to listen to what your child may ask/say. Emphasize the purpose of the conversation is for them to make healthy decisions and be educated on the risks of substance use. Taking the time to have a conversation about substances allows you to build rapport with your child. The foundation of having these important conversations will increase the odds of your in you when making confiding child decisions for their health, safety, and future.

#### **Guidelines for Prevention Talks**

- 1. Identify potential problems and risks
  - Use your experience of situations and the knowledge of your child to antcipate any future problems
- 2. Share thoughts & feelings
  - Ask your child about what they think/experiences and make your thoughts/feelings clear in friendly manner
- 3. Generate guidelines for behavior
  - Talk with your child about how you would expect them to behavior in risky situations
- 4. Decide on logical consequences for violating the guidelines (if necessary)
  - Children are more likely to follow rules of they are aware of consequences that may occur if they are not meeting expectations
- 5. Follow up later
  - Preventative talks should be short and consistent instead of having one long conversation

# <u>Upcoming Events:</u>

Active Parenting Classes: Beginning May 25, 2023

Active Parenting of Teens Classes: Beginning Fall 2023

To register contact the Prevention Department by calling 239-263-4013

# Combat the Myths



Myth #1: "You can't become addicted to marijuana."

 Users can develop a psychological addiction or dependence on the substance.

Myth #2: "It's legal so it can't be bad for me."

 Although medical marijuana is legal in the state of Florida and has become legal for recreational use in some states, there are still many health risks with using substances.

Myth #3: "Marijuana comes from a plant, so how harmful could it be?"

 While marijuana is derived from the Cannabis plant, this does not mean it is safe or healthy to use.



Horseshoe Drive Location | Prevention Services 2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register contact 239-263-4013

Prevention Talks: DLCPrevention.org

Mind Your Mind: DLCMindYourMind.org

