

PROJECT SUCCESS

Resources for Parents

RESOURCES FOR PARENTS

In this edition:

What parents need to know - facts, trends and risks

Quotes from teens

The effects of marijuana on the brain

Parent tips for engaging, talking, and observing your teen

Resources for help



THE FACE OF MARIJUANA

Nationally,
1 in 5 high school
students regularly
use marijuana

From: DrugAbuse.gov

Family Time and Talks

BY LAUREN HERDRICH

Adolescents typically do not think using marijuana is as risky as using other substances and this belief has been steadily growing over the past 10 years. As a result of this and other factors, marijuana is the most commonly used illicit drug among teens. (National Institute of Drug Abuse (NIDA))

Between social distancing and summer break, families have more time together than usual. Many families are using this time to get to know each other better, play together, exercise together, and just hang out. With the rising statistics of marijuana use among teens (HHS.gov), and the strong evidence that parents have such an important influence on young people's choices about substances, it can also be the perfect time to start (or continue) conversations about health, marijuana use, and quitting.

Teen Marijuana Use Facts

In 2019 daily marijuana use increased by 85.7 percent among 8th graders and 41.2 percent among 10th graders, compared to 2018
 -National Institute of Drug Abuse (NIDA), December 2019

THE PROBLEM:

According to a 2019 National Study called **Monitoring the Future**:

- 6%** of students in 8th grade,
- 18%** of students in 10th grade,
- 23%** of students in 12th grade,

reported to have used marijuana in the previous 30 days.

From: NIDA

2x

In 2019, past-month marijuana vaping among 12th graders nearly doubled in a single year—the second largest 1-year jump for any substance in the history of the Monitoring the Future survey.

From: DrugAbuse.gov

Students' disapproval of other people using marijuana regularly has declined.

- 83%** disapproved of people smoking marijuana regularly in 2006, while only
- 69%** disapproved in 2016

From: US Dept. of Health and Human Services (HHS.gov)

Marijuana Misperceptions

- "Marijuana is a natural drug -it's not dangerous!"
- "I smoked an hour ago, I'm not high anymore."
- "Synthetic marijuana is safe and legal."
- "I drive high all the time, no problem"
- "Marijuana smoke is better than cigarettes"


From: UW Health

THE TREND:



The increased availability and popularity of vaping products has allowed a more undetectable use of marijuana. Additionally, vaping marijuana can allow a much more potent percentage of tetrahydrocannabinol (THC).

(National Institute of Health (NIH.gov))



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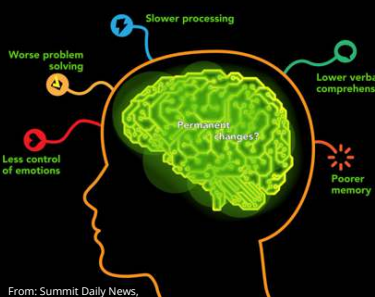
Today's marijuana plants are grown differently than in the past and can contain two to three times more THC, the ingredient that makes people high, making teens more impaired and addicted.

(American Academy of Child & Adolescent Psychiatry (AACAP))



The legalization of marijuana in many states and the resulting availability and retail and medicinal presentation is believed to be causing an increased positive perception among youth and a reported 24% increase in use in states that have legalized.

(Journal of American Medical Association)



Pharmacologic changes?

- Slower processing
- Lower verbal comprehension
- Poorer memory
- Worse problem solving
- Less control of emotions

From: Summit Daily News, 2/22/17

THE RISKS:




Physical/Behavioral Risks:

- Interference with prescribed medications
- Disruption of growth/sexual development
- Increased aggression
- Car accidents/Fines/Legal involvement
- Risky sexual behaviors
- Aggression/Irritability
- Use of other drugs or alcohol



Emotional Risks:

- Worsening of underlying mental health issues.
- Mood changes
- Suicidal thinking
- Risk of psychosis



Academic Risks:

- More frequent absence and poor grades
- Problems with memory and concentration

From: cdc.gov/marijuana/factsheets/teens.htm



THE REASONS:

There is no single reason why teens first try drugs- it is often a combination of factors such as:

- Others' example
- Popular media
- Escape or self-medication
- Boredom
- Rebellion
- Instant gratification
- Lack of confidence
- Misinformation

From: Drugfree.org

"Parents have a significant influence in their children's decisions to experiment with alcohol and other drugs one of the most influential factors during a child's adolescence is maintaining a strong, open relationship with a parent. When parents create supportive and nurturing environments, children make better decisions."

(Substance Abuse and Mental Health Services Administration (SAMHSA.gov))





Tips for Parents

PARENT TIPS:

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Parents' relationship with their kids can be one of the most important preventative factors in steering kids away from even trying drugs for the first time. So it is important to talk to your teens in general about things such as: what they're interested in lately, who they're hanging out with, and if they have any concerns. It is also important to talk to teens about substance use specifically.



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Ideas for starting a conversation about drugs with your teen:
<https://drugfree.org/article/how-to-talk-with-your-teen/>
(Partnership for Drug-Free Kids)

5 goals for talking to your kids about drugs:
<https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child> (SAMHSA)



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Parents should be aware of changes in their child's behavior, such as decrease in hygiene habits, changes in mood, and a change in friends. In addition, changes in grades, skipping classes or missing school, loss of interest in sports or other favorite activities, changes in eating or sleeping habits, and getting in trouble in school or with law enforcement could all be related to drug use—or may indicate other problems. (SAMHSA)



RESOURCES FOR HELP:

<https://www.samhsa.gov/underage-drinking/parent-resources/what-you-can-do-prevent-your-child-drinking>

<https://drugfree.org/landing-page/get-help-support/>

<https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/other-useful-resources>

Video of an officer giving parents tips: <https://www.tallcopsaysstop.com/blog/teen-talk-clears-smoke-marijuana-use>

Drug guide for parents from Partnership for Drug-Free Kids
<https://drugfree.org/drug-guide/>

You can find more information on Project SUCCESS at:

Website: <https://stage-semi-trinity-ih.cphostaccess.com/find-a-service-or-specialty/behavioral-health/project-success>

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