



Working Together for Alcohol and Drug-Free San Marcos Youth



TOOL 4



Marijuana

notice the signs, discuss harms

Let's **saturate** our youth with accurate information



Changes to grooming, mood, relationships, academic performance, truancy, lost interest in their favorite activity, sleeping or eating habits could all be related to drug use.

If someone is using marijuana, they might:

- Seem dizzy, uncoordinated, irritable, giggly, forgetful, paranoid, depressed, and lethargic.
- Have drug paraphernalia, or clothes and belongings that promote drug use.

Parents/caregivers: talk with your kids.

- Research has shown that teens who choose to be drug free report that their parents are the number one influence in their decision (CASA).
- Teens that share family meals regularly are less likely to smoke, drink alcohol, and use drugs (CASA).
- Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only 25% of teens report having these conversations (SAMHSA).