



## Cannabis Talking Kit: Grades 9-12

### Conversation Goals

- Make your questions open-ended (e.g., What did you think of that movie? What do you usually do with your friends when you hang out?). These types of questions can help spark conversations, and can help you better engage with your teen.
- Listen to what your teens are saying with an open mind.
- Talk with your teen, not at them.
- Collaboratively develop expectations and consistently reinforce them. It's important to communicate the consequences if he/she were to break one of your rules, and it's also important that these consequences are realistic.
- Encourage teens to take healthy risks (e.g., meeting new people, joining a new club).
- Develop a "code word/phrase" for your child to use if they find themselves in an uncomfortable situation.

### Conversation Starters

- High school can be difficult, and you may be offered cannabis products like edibles and THC vapes. Even though we've already talked about why those things are unhealthy, I want you to know that you can always talk to me if you have any questions or if you're ever made to feel uncomfortable.
- Tell me about your friends and their families. What are they like?
- Have you heard of people using cannabis (or marijuana, pot, weed, dab pen)? Why do they use it?
- What happened to them/any side effects?
- How would you handle it if your friends wanted you to experiment with cannabis products?
- In that [movie/show] we watched, what consequences did the person who used cannabis experience because of their decision? If you were that person's friend, what advice would you give them?



### Talking Tips

- 1** Avoid asking yes or no questions (they are likely to be met with shrugs, grunts, eye-rolls, and non-answers).
- 2** Encourage healthy, positive activities. Pursuing hobbies or activities (e.g., school events, sports, clubs, etc.) helps prevent teens from experimenting with cannabis out of boredom, curiosity, or as a way to fit-in.
- 3** Take an active interest in who their friends are and what's going on in your teen's life. FACT: teens are less likely to use cannabis (and other drugs) when they feel their parents are involved in their lives.
- 4** Explain what cannabis use disorder (i.e., an addiction) is and how drugs like cannabis can affect their lives.
- 5** Build relationships with your teen's friends' parents. These relationships can help you make sure that other parents are maintaining similar expectations and rules with their teen and that they'll maintain your expectations with your teen.
- 6** Help your teen establish goals and identify steps to reach them.
- 7** Model healthy relationships with substances, including cannabis. Do not feel pressured to disclose your own history of substance use.