



Cannabis Talking Kit: Pre-K-2nd Grade

Conversation Goals

- To create a relaxed tone that will make future conversations easier, to encourage healthy behaviors, to establish yourself as trustworthy, and to help your child deal with stress, anger and other uncomfortable feelings.

Conversation Starters

- When are medicines “safe”? When are they “unsafe”?
- What does it mean to be a grown-up?
- Who are the grown-ups you can trust?
- What happened to them/any side effects?
- How would you handle it if your friends wanted you to experiment with cannabis products?
- What are some yummy things that you should put into your body? What are some yucky things that you shouldn't put into your body?



Talking Tips

- 1** Look for teachable moments throughout the day so that conversations feel more natural.
- 2** Listen to what your teens are saying with an open mind. out of boredom, curiosity, or as a way to fit-in.
- 3** Establish healthy routines at home, and use family activities as a way to build a stable, reliable foundation for future conversations.
- 4** Keep medicine, cannabis and alcohol out of reach and out of sight of children (i.e., high up, in locked/child-proof cabinets).
- 5** Explain the reasons people take medicine and how/when it should be used. Explain that medicine should only be used when necessary and not taken for minor problems.
- 6** Model healthy behaviors! Work hard to ensure that your actions match your words.