

BE OPEN

TO BEING PREPARED

You have more influence over young people than you may realize.

They look up to you. They need your perspective, especially when it comes to the short- and long-term effects of cannabis. So go ahead and have brave conversations with the kids in your life. It'll open things up for them.



BE OPEN TO THE FACTS

- Regular cannabis use during adolescence and early adulthood may have lasting effects on cognitive functions like memory, learning, and decision-making.
- Cannabis can reshape a growing brain.
- High-THC products can trigger mental health struggles.
- Vaping or dabber isn't safer. Concentrates like wax or oils can have two to four times more THC than regular cannabis.

The truth is, cannabis is stronger than you may realize.

Learn the facts at: BeCannabisAware.org



***“Knowing the facts
help youth make
better life choices.”***

BE OPEN TO BRAVE CONVERSATIONS

1. **Lead with curiosity, not judgment**

Start by asking questions to understand their perspective. Young people open up more when they feel heard, not judged.

2. **Make it a conversation, not a lecture**

Talk with them, not at them. Use real stories and ask what they think. Your goal is to help them think critically and make informed choices.

3. **Share facts, not fear**

Be real about both the risks and reasons why people use cannabis. Say something like: “Some people use it to cope, but it can also mess with sleep or mental health—especially if your brain's still developing.”

4. **Acknowledge their independence**

Let them know: “You're in charge of your choices—I just want you to have the full picture.”

5. **Keep the door open**

Say something like: “If you ever want to talk about this—or anything else—I'm here, no pressure.”



BE OPEN TO THE FACTS
ABOUT CANNABIS

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CANNABIS
— AWARE.ORG