

BE OPEN TO BRAVE CONVERSATIONS

Talking to young people about cannabis doesn't have to be intimidating. The goal isn't to control them—it's to help them think critically and make informed choices.



CONVERSATION APPROACH

Lead with Curiosity, Not Judgment Start by asking questions: “What do you hear people saying about cannabis?” Young people open up more when they feel heard, not judged.

Make it a Conversation, Not a Lecture Talk WITH them, not AT them. Use real stories, ask what they think, and avoid scare tactics.

Share Facts, Not Fear Be real about both risks and reasons people use cannabis: “Some people use it to cope, but it can also mess with sleep or mental health—especially if your brain's still developing.”

Acknowledge Their Independence “You're in charge of your choices—I just want you to have the full picture.” Respect their growing autonomy to build trust.

Keep the Door Open “If you ever want to talk about this—or anything else—I'm here, no pressure.”

BE OPEN TO BEING PREPARED

Get Informed First Learn facts about cannabis effects on developing brains, mental health, and high-potency THC products. Being informed builds credibility.

Know Your Why Ask yourself: “Why do I want this conversation?” Whether it's safety, health, or open communication, clarity helps you stay grounded.

Practice Makes Possible Rehearse what you'll say. This helps you avoid feeling tripped up in the moment.

Check Tone and Timing Pick relaxed moments, not during conflict. Aim for calm, respectful tone.

Be Ready to Listen Sometimes just hearing them out builds more trust than any fact you could share.



BE OPEN TO THE
FACTS ABOUT CANNABIS

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