

Preventing Youth Marijuana Use Starts with *Supportive Adults*



Research shows that parents and caregivers are the most powerful influence in a youth's life.

- Talking often about making safe and healthy choices
- Talking early
- Educating yourself
- Spending time together
- Modeling safe and healthy behaviors
- Praise them when they make positive choices
- Keeping track of your youth and who they spend time with
- Ensure your youth knows you do not condone youth marijuana use
- Setting boundaries by enforcing fair and consistent rules
- Providing ways and discussing how to say no to marijuana

Substance-using students, compared with non-users, are at increased risk of academic failure, including dropout.

Marijuana has a stronger negative relationship to academic outcomes, such as grade point average, than alcohol does.

Those who began using marijuana in their teens showed a poorer ability to learn and remember new words by the time they reached middle age than people who started later.

Not a parent? Being a supportive adult makes a difference! Aunts, uncles, grandparents, teachers, coaches, counselors, faith leaders and more can play important roles in a youth's life and choices.

DuPont et al, 2013. Journal of the American Medical Association, 2016

Individuals who used marijuana 10 or more times before the age of 18 were 2-3 times more likely to be diagnosed with schizophrenia.

12% of psychosis cases could be averted if cannabis use was prevented.

There is evidence that the use of marijuana is associated with depression, suicidal ideation and suicide attempts.

Marta Di Fori, et al. Lancet Psychiatry, 2019
Degenhart, et al. 2010
Anderson, D. et al. Am Journal of Public Health, 2014

When influential adults are present and engaged, youth are happier, healthier and make better choices.

For more information on how to support the youth in your life, visit www.parentingmontana.org

