



You cared about what she put in her mouth then.



You care about what she puts in her mouth now.

She was a young, innocent child, and in the blink of an eye, she's a teen. Your teen still needs your guidance, especially when it comes to not using marijuana. Take the time to talk to your teens and preteens.

### Here's why it's worth it:

- Teenagers are more vulnerable to addiction.
- Kids who start using marijuana regularly decrease their IQ and impair learning, memory, and math and reading levels.
- Marijuana use while driving makes a crash twice as likely to happen.
- Today's marijuana is more potent than it was in the 60s and 70s.
- Parents who talk with their kids about not using marijuana have teens who are less likely to use marijuana.



More tips and resources can be found on our website: [www.smartcolorado.org/parents](http://www.smartcolorado.org/parents)

## 8 Things to Know About Colorado's Pot:

1. Colorado ranks first in the nation for youth (12+) marijuana use.
2. Pot use by students has been identified by Colorado educators as the #1 challenge faced.
3. Youth perception of the risk of using marijuana is declining in Colorado, and as risk declines, youth use rises.
4. Marijuana infractions carry big consequences for youth, including legal charges, school suspension or expulsion, removal from sports teams and school activities, loss of federal financial aid, and job loss.
5. Research shows that brain development is not complete until age 25 and that marijuana may cause depression, anxiety, and psychotic symptoms.
6. There are over 300 edible marijuana products that look like everyday food items, including candy and sodas. Multi-serving edibles are now required to be marked with the following symbol for recreational and medical edibles, respectively.
7. Colorado's pot is very potent with potencies averaging 17.1% of marijuana flower/buds and concentrated forms of marijuana averaging 62.1%. Today's marijuana comes in many different forms and can be smoked, dabbed, vaped and eaten.
8. There is a big difference between zero to low THC potency products used to treat, for example, kids with seizures and athletes for pain, and high THC potency products that cause harm to the adolescent brain.



\*References are available at [www.smartcolorado.org/resources](http://www.smartcolorado.org/resources)



@smartcolorado #SmartParentsKnowPot

**Good news, parents! There are resources in our state to help you talk to your kids about underage marijuana use. Smart Colorado encourages you to use this opportunity to start an open, honest conversation:**

- For tips on talking to youth about pot and to watch CBS4 Denver's Town Hall discussion on the importance of getting youth talking about marijuana, visit <http://goodtoknowcolorado.com/youth-prevention/talking-to-youth>.
- For information on marijuana in Colorado, including laws, methods of use, health effects and other consequences, visit <http://bit.ly/2ejlHLd>.
- If you have concerns about reactions to marijuana use, call Rocky Mountain Poison & Drug Center at 1-800-222-1222.
- To access Colorado substance abuse treatment professionals, visit [LinkingCare.org](http://LinkingCare.org), or call 1-800-CHILDREN for additional resources.
- To stay informed about important developments around the impact of marijuana legalization on Colorado youth, sign up for our newsletter at [www.smartcolorado.org](http://www.smartcolorado.org) and follow us on Facebook and Twitter.

**You might be surprised at how much influence your words, actions and opinions can have on your child's choices. So speak up and get the conversation started!**

## **And, pssst...Colorado teens:**



**You've got goals. You've got big moments ahead. Don't let marijuana get in the way of what's next!**

- Check out Goal Getter tips at <http://protectwhatsnext.com> and on social media!
- If you see or hear something that concerns or threatens you, your friends, your family or your community, call Safe2Tell @ 1-877-542-7233 ([safe2tell.org](http://safe2tell.org)) to anonymously report it.