

# Tips for Encouraging Youth To Not Use Marijuana



Youth who have supportive parents, teachers, and other adults are less likely to use marijuana and illegal drugs.



## Talk openly.

Provide guidance about the risks of using marijuana.

## Keep track of youth's activities.

Know the rules of where they are going and who will be there.

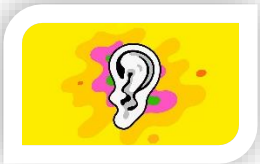
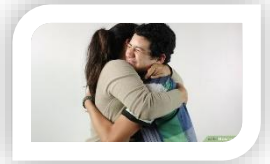


## Stay positive.

Focus on how using marijuana can get in the way of achieving goals.

## Have some contact.

When a young person returns from going out at night, have some contact with him or her.

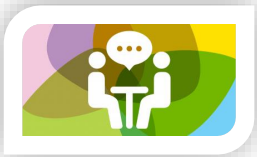


## Listen carefully...

to the questions and thoughts youth have.

## Fight boredom!

Encourage healthy alternatives.



## Share your concerns.

Don't lecture.

Remember listening and understanding doesn't equal agreement.

## Do not allow use in your home.

Keep alcohol, and other drugs locked at all times. Have an adult monitor the alcohol at parties.



## Set shared guidelines and expectations for healthy behaviors.

Youth are less likely to use marijuana when parents set clear limits and house rules and don't use in front of them.

## Begin or join community efforts to reduce youth access to alcohol & drugs..

Sacramento County Coalition for Youth meets at 430pm on the first Wednesday of each month.  
10474 Mather Blvd., Mather CA 95655



# WARNING

Experts believe that a problem is more likely if you notice several of these signs at the same time, if they occur suddenly, and if some of them are extreme in nature.



## A “nothing matters” attitude

Sloppy appearance, a lack of involvement in former interests, and general low energy.

## Finding paraphernalia

In your child’s room or backpack, or smelling it on his or her belongings.



## Rebelling

Against family, school, or societal rules or authority figures.

## Physical or mental problems

Memory lapses, poor concentration, bloodshot eyes, lack of coordination, slurred speech, or blank affect.

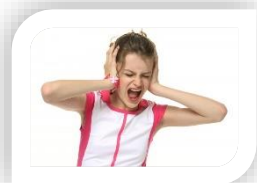


## School problems

Poor attendance, low grades, and/or recent disciplinary action.

## Switching friends

Along with a reluctance to have you get to know the new friends.



## Mood changes

Flare-ups of temper, irritability, and defensiveness.



If you are going to be away for longer than an evening, call your neighbors and give them the phone numbers where you can be reached. (whether you have teens in the home or not)

Call the parents of your teen’s close friends to let them know that you’ll be gone and what is permitted at your home during your absence.

Have a responsible adult (relative, friend, neighbor) supervise or randomly check in on your teen and your house while you’re away.

If your teen throws a party anyway, pre-arrange for a neighbor to call the police to shut down the party.

Tell your teen you have done this.