

PREVENTION TALKS: MARIJUANA

May 2023 | Vol.1

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Marijuana 101

Marijuana is a psychoactive substance derived from the cannabis plant. It contains the mind-altering chemical Tetrahydrocannabinol (THC) which can change the way your brain and body function. It can cause changes in vision, perception of time, coordination, heart rate and many other normal functions. It is most commonly ingested through smoking, vaping, or eaten in the form of "edibles". The form of consumption can create additional risks and health concerns for users.



According to the 2022 Florida Youth Substance Abuse Survey (FYSAS), 16% of Florida adolescents reported having used marijuana sometime in their lifetime and 8.3% reported use in the past 30 days.

Negative Effects

Overall, marijuana can have negative effects on memory, depth perception, and problem solving. The human brain is not finished developing until about the age 25. The adolescent years are a crucial time of development. The use of marijuana or other substances can severely hinder and disrupt their normal brain development.

Marijuana is typically smoked and/or vaped. The inhalation smoke or heated vapors often leads to damage the respiratory system. Some common issues consist of complications with breathing which can affect day-to-day life and the ability for the lungs function normally. Another way to ingest marijuana is through the consumption of "edibles". Edibles come in a variety of forms, such as cookies, brownies, and more. Edibles are made through the use of high concentrations of the chemical THC typically in an oil form. High concentrations can cause distortions in vision and perception that may lead to delusions, hallucinations, and even symptoms of psychosis.



Preventative Talks

Having these difficult discussions with your teen is very important. If we avoid these conversations, we will not have effectively set expectation for their behaviors. When you have a preventative talk, it is important to have an open mind to listen to what your child may ask/say. Emphasize the purpose of the conversation is for them to make healthy decisions and be educated on the risks of substance use. Taking the time to have a conversation about substances allows you to build rapport with your child. The foundation of having these important conversations will increase the odds of your child confiding in you when making decisions for their health, safety, and future.

Guidelines for Prevention Talks

1. Identify potential problems and risks

- Use your experience of situations and the knowledge of your child to anticipate any future problems

2. Share thoughts & feelings

- Ask your child about what they think/experiences and make your thoughts/feelings clear in friendly manner

3. Generate guidelines for behavior

- Talk with your child about how you would expect them to behave in risky situations

4. Decide on logical consequences for violating the guidelines (if necessary)

- Children are more likely to follow rules if they are aware of consequences that may occur if they are not meeting expectations

5. Follow up later

- Preventative talks should be short and consistent instead of having one long conversation

Upcoming Events:

Active Parenting Classes:

Beginning May 25, 2023

Active Parenting of Teens Classes:

Beginning Fall 2023

To register contact the Prevention Department by calling 239-263-4013

Combat the Myths

Myth #1: "You can't become addicted to marijuana."

- Users can develop a psychological addiction or dependence on the substance.

Myth #2: "It's legal so it can't be bad for me."

- Although medical marijuana is legal in the state of Florida and has become legal for recreational use in some states, there are still many health risks with using substances.

Myth #3: "Marijuana comes from a plant, so how harmful could it be?"

- While marijuana is derived from the Cannabis plant, this does not mean it is safe or healthy to use.



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Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

