



PARENT ACTION NETWORK

A project of Smart Approaches to Marijuana

www.learnaboutsam.org/pan/

Preventing Drug Use & Knowing When to Be Concerned



Prevention

Educate

Empower

Engage

6 REASONS WHY

1 Experimentation: I wonder what it feels like?

2 Peer Pressure: They will like me more if I try it.

3 Self-Medication & Escape: I am hurting and scared. Using makes it go away.

4 Performance Improvement: I have to do great or I'm a failure.

5 To Feel Grown Up: Using means I am finally an independent adult.

6 Easy Access: In a 2021 survey, data showed 70% of 12th graders report that they get free alcohol and drugs from friends/family (83%), or take it from home without consent (50%).

WHAT CAN I DO?

- **Exercise your influence.** 63% of teens choose not to drink because they feel their parents would disapprove.
- **Speak up to teens and other parents.** Silence can be misinterpreted and dangerous. Get educated!
- **Pass it on! Share what you have learned with other parents.** Ask them not to allow teens to drink or use drugs in their homes.
- **Report parents who serve alcohol and marijuana to teens to law enforcement.** Talk to them about the dangers.
- **Host drug-free teen parties** in partnership with your teen. Get other parents to do the same. Stay aware and enforce the boundaries agreed on.
- **Let local law enforcement know** that you encourage active policing of anything that may signal alcohol and/or drug use. From Dr. Lynn Fox
- **Report any sale of vapes, liquor or drugs to teens.**

WARNING SIGNS OF CHILD DRUG USE

Here are some things to look out for that may be indicators that your child or teen is using marijuana. These may or may not indicate a drug problem, but if you feel like your child may be at risk, contact Partnership for Drug Free Kids (drugfree.org, text 55753) or a counselor as soon as possible.



<http://stoprxdrugabuse.org/dr/signs-brochure>

- Intense mood swings
- Sullen, withdrawn, depressed
- Loss of inhibitions
- Increased/decreased appetite
- Excessive weight loss
- Hostile, angry, uncooperative
- Avoids eye contact
- Loss of interest

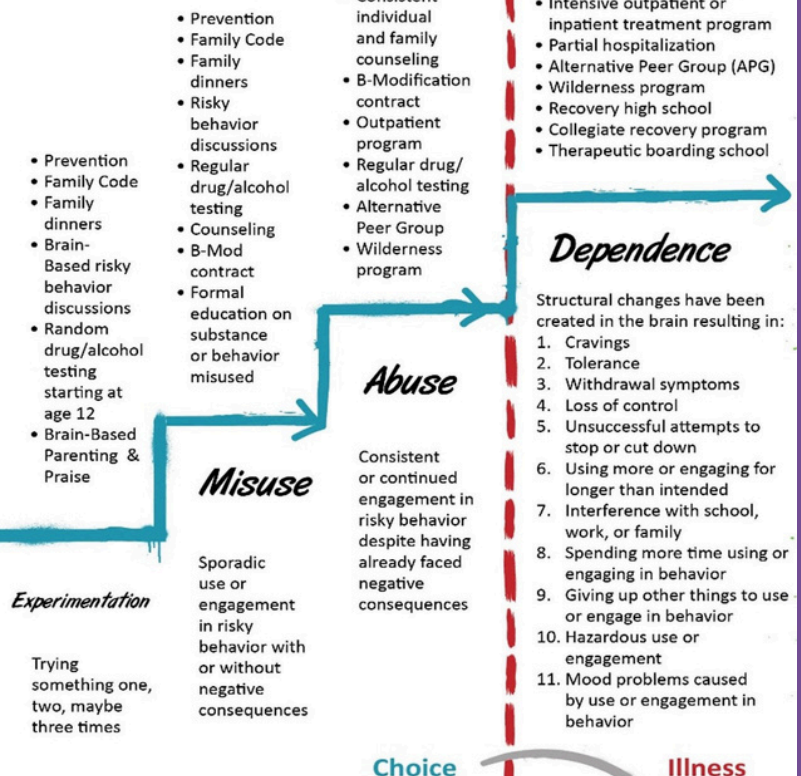
- Slowed speech/coordination
- Paranoia/Psychosis
- Relationship changes
- Over sleeping
- Headache/Shakiness/Sweating
- Vomiting
- Poor hygiene
- Tunnel Vision

- Deceitful/Secretive
- Self-harm
- Suicidal ideations
- Irrational statements
- Takes many long, hot showers
- Memory issues
- Many lighters, hidden or not
- Vape paraphernalia



KNOW WHEN TO SAY WHEN

Levels of Use



Credit: Dr. Crystal Collier. Neuro WhereAbouts.