

## WHY DO TEENS USE CANNABIS?

**There are many reasons:** to relax, to relieve stress and anxiety, to have fun, to experiment, to fit in with friends, or just to try something new. Some teens might see cannabis as a natural plant and think it's safe.

**PURSU  
YOUR PASSION**

**VIS TA PASSION**

## CANNABIS CAN BE HARMFUL FOR YOUR TEEN'S HEALTH

At any age, cannabis use affects the way the brain functions.

This includes impacts on:

- > attention
- > memory
- > learning

Teens are especially susceptible to the negative effects of cannabis use because their brain does not stop developing until about age 25. The younger they are when they begin cannabis use, the more likely that it will have a higher impact on their brain.



## IS MY TEEN USING? SIGNS TO WATCH FOR:

- > Decreasing school work and grades
- > Sudden changes in friends
- > Deteriorating relationships with family
- > Less openness and honesty
- > Unusual health issues or sleeping habits

**One in five** teens between 15 and 19 years old has used cannabis in the past year.

## KEEP AN OPEN MIND WHEN TALKING WITH YOUR TEEN

**There are ways to engage with your teen that promote open and positive communication.**

- > Try active listening (ask open-ended questions, be positive, ask permission to discuss cannabis)
- > Get in the right frame of mind (put yourself in your teen's shoes)
- > Respond clearly to your teen's questions and thoughts
- > Have more than one conversation
- > Be clear about your intent and let your teen know that you hear him/her
- > Be calm, relaxed and offer empathy and compassion

## CANNABIS AND YOUR TEEN'S HEALTH... YOU HAVE QUESTIONS, AND WE'RE HERE TO HELP.

Visit [Canada.ca/cannabis](https://Canada.ca/cannabis) to get the facts and for tips on how to talk about cannabis with your teen.

