

Social Media.  
Resilience.  
Healthy Relationships.

# Talk About **It.**

Cannabis.  
Vaping.  
Mental Health.

Cannabis refers to all products derived from the cannabis plant, and marijuana refers to the products from cannabis that have a psychoactive ingredient.



1 in 6 Beach Cities 11th graders report using marijuana in the past 30 days.



1 in 3 Beach Cities 9th graders report it is fairly easy or very easy to obtain marijuana.

**Whatever "it" is, have the talk.**

Find tips at [bchd.org/talk](http://bchd.org/talk).

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# Tips to Talk About It

When you set clear boundaries about substance use, your child will be less likely to use drugs or alcohol.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

## Top five tips to help your child make smart choices about marijuana:

1. Know the facts. Get credible information about underage marijuana use at [cdc.gov/marijuana](https://www.cdc.gov/marijuana).
2. Be clear and consistent about your expectations regarding marijuana use, including real consequences for not following family rules.
3. Find informal opportunities to discuss marijuana with your child, such as when driving past a dispensary or when seeing a character on television using marijuana.
4. Be a role model. Children are more likely to use marijuana if you do.
5. Check in frequently with your child and continue talking with them about alcohol and drug use as they get older.

**Have the talk.** Find tips at [bchd.org/talk](https://bchd.org/talk).

### Information sourced from:

California Healthy Kids Survey, 2022  
National Institutes of Health – National Institute on Drug Abuse, "Marijuana: Facts Parents Need to Know"  
Substance Abuse and Mental Health Services Administration, "Talking With Your Teen About Marijuana"  
American Academy of Pediatrics, "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana"  
Illinois Department of Human Services, "Talking to Your Kids About Cannabis"

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