Talk Addiction Vaping Marijuana School Peer Pressure Listen

Talk Early. Talk Often. Listen. It Starts With YOU

A Parent Handbook to help you talk to your teen about the risks of marijuana use.
The goal of this booklet is to protect your teen in ways that respect their growing need for independence by providing accurate information to make healthy decisions when they’re on their own.

It is the coalitions’ hope that the handbook provides motivation to start conversations with your teen.

For more information and resources, contact your local coalition below!

LittleCompton@riprevention.org
Tiverton@riprevention.org
NewportPreventionCoalition@gmail.com
Portsmouth@riprevention.org
msapft@middletownri.com
elwell@riprevention.org
www.riprevention.org/newport-county/
www.facebook.com/NewportCountyPrevention/
What is Marijuana?

Rhode Island has the unfortunate distinction of being a state with one of the highest incidence of past month marijuana use amongst people 12 years and older, 15.75% versus 9.23% in the US overall.


Marijuana is a green or grey mixture of dried, shredded flowers and leaves of the hemp plant. The main active chemical in marijuana, also present in other forms of cannabis, is THC (delta-9-tetrahdrocannabinol). Of roughly 400 chemicals found in cannabis, THC affects the brain the most.

Why Some Teens Use

• For Relaxation
• To Self-Medicate
• Peer Pressure
• Experimentation
• To Escape

The Agenda of Big Marijuana

Big Tobacco companies are pushing a detailed roadmap for the legalization of adult recreational marijuana use by denying potential addiction, downplaying adverse health affects and increasing lobbying, campaign donations and advocacy efforts to protect the market.

History and current evidence suggest that simply legalizing marijuana for adult recreational use, and giving free rein to the industry to self-regulate, is not the answer. The marijuana industry will have unprecedented opportunities to market on the internet and social media, where regulation is minimal. We are currently seeing the youth-centric marketing strategies play out with Big Tobacco companies pushing vaping products to underage youth.”

Drs. Sharon Levy and Kimber Richter, New England Journal of Medicine, June 11, 2014

According to a report commissioned by tobacco company Brown and Williamson, ‘The use of Marijuana...has important implications for the tobacco industry in terms of an alternative product line. “[We] have the land to grow it, the machines to roll it and package it, the distribution to market it.”

Source: https://learnaboutsam.org/science/
Effect on Education

Marijuana can impact your students’ achievement in the classroom, their ability to concentrate, and stifle their potential!

“ Teens who use marijuana daily before the age of 17 are more than 60% less likely to get their high school diploma than those who have never used pot, according to a study published in the journal *The Lancet Psychiatry*."

Heavy Marijuana Use in Teens is Linked to

- Lower Grades
- Higher Drop-Out Rate
- Less Information Retention
- Less Job Retention
- Marijuana Dependence More Likely

Marijuana’s Effect on Mental Health

Teenagers who start using marijuana daily before age 17, are 7x more likely to die by suicide. Even occasional use is associated with an increased risk of suicide.

National Suicide Prevention Lifeline 1-800-273-8255

Marijuana & Psychosis
Marijuana can increase the risk of psychosis — a severe mental disorder in which thoughts, and emotions, are so impaired that contact is lost with external reality — five-fold.

Direct associations have been made between the frequency of marijuana use and higher THC potency with the development of mental health issues (psychosis, depression, anxiety, suicidality, reshaping of brain matter, and addiction). We know that almost 60 percent of new marijuana users each year are under age 18. Marijuana is the number 1 reason adolescents are admitted for substance-abuse treatment in the U.S.

Marijuana & Anxiety
Chronic use of marijuana will “down-regulate” — or decrease the availability of — brain receptors responsible for reducing anxiety. This may also trigger “a vicious cycle” of increasing marijuana use that in some cases lead to addiction.

Marijuana & Depression
Research suggests direct associations between frequency of marijuana use, higher TCH potency and depression.

Marijuana & Addiction
Research shows that 1 in 11 of all marijuana users will become addicted. If a person begins using under the age of 18, it increases to 1 in 6 people.

For more on mental health resources available in Newport County, go to: https://www.riprevention.org/admin/filemanager/userfiles/NCPC_Mental_Health_Resources_Booklet_web.pdf
What are Edibles?

Marijuana concentrates that contain high levels of THC can be mixed into a wide variety of foods, such as candies, baked goods, chocolates, drinks, and cooking oils!

Edibles are finding their way to youth due to the increasing amount of medical marijuana recipients and their appealing forms and packaging to youth. In Rhode Island, there are stringent laws on packaging labels, colors, and child-proof characteristics. However, these safety precautions do not reduce the in-house access and availability of the products to youth, so it is important to lock up any and all medical marijuana!

Marijuana-infused products are easily disguised, often undetectable providing a discreet means of bringing them to school, workplaces and other public places for consumption or distribution.

<table>
<thead>
<tr>
<th>Inhaling Marijuana</th>
<th>Ingesting Marijuana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takes a few minutes to feel the affects</td>
<td>Takes 20 minutes to 3 hours to digest and be absorbed into the bloodstream through the liver</td>
</tr>
<tr>
<td>12% to 28% THC Levels</td>
<td>Amounts of THC are much greater and very difficult to measure</td>
</tr>
<tr>
<td>Dried marijuana has a stronger scent, so it’s easier to recognize</td>
<td>Has virtually no scent, making it easy for discrete consumption</td>
</tr>
</tbody>
</table>

Page source: https://drugabuse.com/joints-vs-edibles-how-marijuana-effects-the-body/
Impaired Driving

According to the 2017 National Survey on Drug Use and Health (NSDUH), in 2017, 21.4 million people aged 16 or older drove under the influence of alcohol in the past year and 12.8 million drove under the influence of illicit drugs.

Marijuana negatively affects a driver's attentiveness, perception of time, distance and speed, and ability to draw on information from past experiences.

A study of college students with access to a car found that 1 in 6 had driven under the influence of a drug other than alcohol at least once in the past year. Marijuana was the most common drug used, followed by cocaine and prescription pain relievers.

JUULing & Vaping Concentrates

What are E-cigarettes & Juuls?
E-cigarettes are devices that use a battery and heating coil to heat an e-liquid, contained in a chamber or pod, to create an aerosol that is breathed into the lungs. Juul is a brand name vaping device, which has taken the market by storm. Now, the majority of youth call all vaping devices Juuls, and even the act of vaping, Juuling.

Why are they dangerous?
E-liquids contain a variety of nicotine and other chemicals — formaldehyde, acetone, & butane — that can cause cancer, birth defects, developmental issues, and breathing problems, amongst other health concerns.

Vaping devices can also be filled with high potency marijuana concentrates — wax, dabs, shatter — which can be vaped to produce a high. Vaping marijuana can lead to toxic levels of ammonia causing lung irritation, nervous system effects and asthma attacks, in addition to a more intense high experience.

Nearly 1 in 20 middle school students (4.9%) reported in 2018 that they used electronic cigarettes in the past 30 days — an increase from 0.6% in 2011.

Nearly 1 in 5 high school students (20.8%) reported in 2018 that they used electronic cigarettes in the past 30 days — an increase from 1.5% in 2011.

Are they safe to smoke indoors?
No. E-cigarettes pollute the air with tiny particles that get trapped in the lungs. Those same particles, when breathed out indoors, create a residue that is left on surfaces, known as Third-hand Smoke Vaping devices and Juuls are also known to contain unregulated components, leading to the risk of battery explosions, chemical reactions and pocket fires.

Facts for Parents on Common Misperceptions by Teens

“All Young People Try Marijuana!”
An estimated 1.2 million youths aged 12 to 17 tried marijuana for the first time in 2017 — that’s approximately 3,300 kids each day.

Between the ages of 12 through 16, 18.9% of Newport County Youth tried Marijuana for the first time in 2018.

Ask your child to think about “who” is using marijuana, when they believe that everybody is!

“You Smoked Weed and You Turned Out Fine!”
Additionally, nearly one in three people who use marijuana may have some degree of marijuana use disorder. One in six people who start using marijuana as teenagers will become addicted.

In 2018, 22.2% of Newport County 6th – 12th graders reported having used marijuana in their lifetime with about half of those students having used marijuana in the past 30 days.

Remind your child that this is about their future and not your past! Reiterate that not everyone turns out “fine” and those who are addicted to other substances state that marijuana was the first that they had used.

“Marijuana is Legal!”
Marijuana laws are changing at a rapid pace across all 50 states, making things a bit confusing at times. In Rhode Island, though medical marijuana is legal for those with a medical marijuana license, adult recreational use is not legal, and nowhere is it legal for someone under the age of 21 to use recreationally.

“Students Who Get A’s Smoke!”
Research shows that marijuana does affect an individual’s motivation, which can drastically affect a student’s ability to learn, focus, and concentrate in school. 40% of students receiving D’s have reported to use marijuana, while only 10% of those who receive A’s.

Tip for Healthy Conversations

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Two-Thirds of youth ages 13 to 17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.
Tips for Parents

Setting rules and enforcing them can make all the difference in teens’ lives.

- Youths who are not regularly monitored by their parents are 4x more likely to use drugs.
- Parents are the most powerful influence on their kids when it comes to drugs. Two-thirds of youth ages 13-17 say losing their parents’ respect is one of the main reasons they don’t smoke marijuana or use other drugs.

Watch List for Parents

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, dryer sheets, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using “coded” language
- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, e-cigs, rolling papers, etc.
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell

What do I do if I find my teen is using marijuana or other drugs or breaking other family rules?

- Keep calm.
- Communication is key! When dealing with behavior problems it is important to communicate your disapproval of the behavior without making your teen feel rejected or like they are a bad person.
- Enforce the consequences that your family set for breaking the rules.
- Seek professional help if necessary. Contact Student Assistance Services at your teen’s school.
- For more information on marijuana and other drugs, visit: www.drugabuse.gov www.teens.drugabuse.gov.

Most marijuana use begins in adolescence, the age group most likely to suffer from negative effects. 78% of the 2.4 million people who began using in the last year were ages 12-20.
Medical Marijuana
Several states, including Rhode Island, permit the medical use and cultivation of marijuana under certain circumstances. Rhode Island’s Medical Marijuana Act does not alter federal statutes and regulations prohibiting the possession and use of marijuana. Federal Law prohibits medical marijuana except for a prescribed pill form of the drug.

The RI Department of Health oversees the medical marijuana program and describes it in this way: “Rhode Island is one of 33 states with a medical marijuana program. A physician has “authorized” the patient to obtain a medical marijuana card that allows the patient to purchase, grow, and possess medical marijuana in spite of the fact that it remains a Drug Enforcement Administration (DEA) Schedule I drug that cannot be prescribed by virtue of state and federal law. The rapid expansion of medical marijuana has put all physicians in the awkward position of “authorizing” a drug that is not supported by the American College of Physicians and the American Medical Association.”

Marijuana Decriminalization
Under decriminalization marijuana remains illegal — only the penalty has changed; the consequences for possession changed from criminal sanctions to fines of civil penalties. In 2013, the Legislators voted to decriminalize marijuana in amounts less than one ounce. The law makes possession of less than ounce of cannabis a civil violation with a $150 fine, although three violations in 18 months would be a misdemeanor with larger fines and the risk of prison time. Youth must also perform community service and/or complete a drug awareness class.

It is illegal to drive under the influence of any marijuana.
Our Vision
The Coalitions envision a community that embraces and promotes the health and safety of all its residents, and is working toward achieving that vision through education, partnerships, and community collaboration.

Our Mission
The Coalitions are an organized group of voluntary members, representing and serving the constituencies of our towns, concerned with the development, implementation, and support of effective community-based prevention programs.

riprevention.org/newport-county/