CLEAR THE AIR:
Talk to Your Kids About Cannabis

Talking to kids about cannabis can help them better understand the risks.

Plan to have many, short talks and keep conversations informal.

Set clear expectations about drug and alcohol use, including consequences for not following family rules.

Be prepared to listen and answer questions.

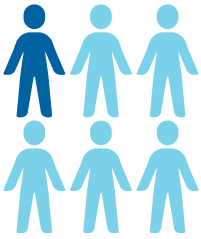
Let your child know you are always there for them. Emphasize that your concerns are for their health and safety.

Do Your Research

- Cannabis is much stronger now than it was in past decades.
- Cannabis comes in many forms, such as edibles, vapes, concentrates, and even beverages.

Know The Risks

- Cannabis in any form is not safe for teens' brain development.
- **1 in 6** people who start using cannabis as teens will become addicted.



SIGNS OF YOUTH CANNABIS USE

Visible Signs of Cannabis Use

- Red or bloodshot eyes
- Issues with coordination or balance
- Mood changes
- Changes in behavior such as poor school performance, withdrawing from friends and family, and lack of motivation

Remember: Some methods of using cannabis, like edibles and vaping, may not have a smell.

Cannabis-Related Accessories

- Edibles (gummies, cookies, etc.)
- Hand pipes and water pipes
- Joints or blunts
- Vapes

See what could be hidden in plain sight.

Be a Good Role Model

Avoid using cannabis, alcohol, or other drugs around your children. Lock up cannabis products.

Scan to learn more or visit bit.ly/4c8RxDy

Funding for this resource is provided by MI Dept of Licensing and Regulatory Affairs (LARA) Cannabis Regulatory Agency.

Revised May 2025

LIVINGSTON COUNTY Health Department