

Cannabis Resources

Minnesota Department of Health

Cannabis and Your Health

www.health.state.mn.us/communities/cannabis/yourhealth.html

Preventing Unintentional Poisonings from Cannabis Products

www.health.state.mn.us/communities/cannabis/thcpoisonings.html

Minnesota Prevention Resource Center

www.mnprc.org/

Additional Resources

Cannabis Health Effects

www.cdc.gov/cannabis/health-effects

Cannabis and Brain Health

www.cdc.gov/cannabis/health-effects/brain-health.html

Know the Effects, Risks, and Side Effects of Marijuana

www.samhsa.gov/substance-use/learn/marijuana/risks



A digital copy of this conversation guide and other cannabis resources are available at www.powerofpublichealthmn.com

Our goal is to support you as a caregiver. For additional questions, please call 507-233-6820 to connect with the Brown County Public Health Educator

1-Centers for Disease Control and Prevention: Cannabis and Teens
2-Substance Abuse and Mental Health Services Administration: Know the Effects, Risks, & Side Effects of Marijuana

The Cannabis Conversation

How to start the conversation with your teen about cannabis



Public Health
Prevent. Promote. Protect.
Brown County



Heart of New Ulm
Supporting a culture of wellness

Brown County
Chemical Health
Action Team



CRPH
COLLABORATIVE FOR
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INNOVATION



**DEPARTMENT
OF HEALTH**

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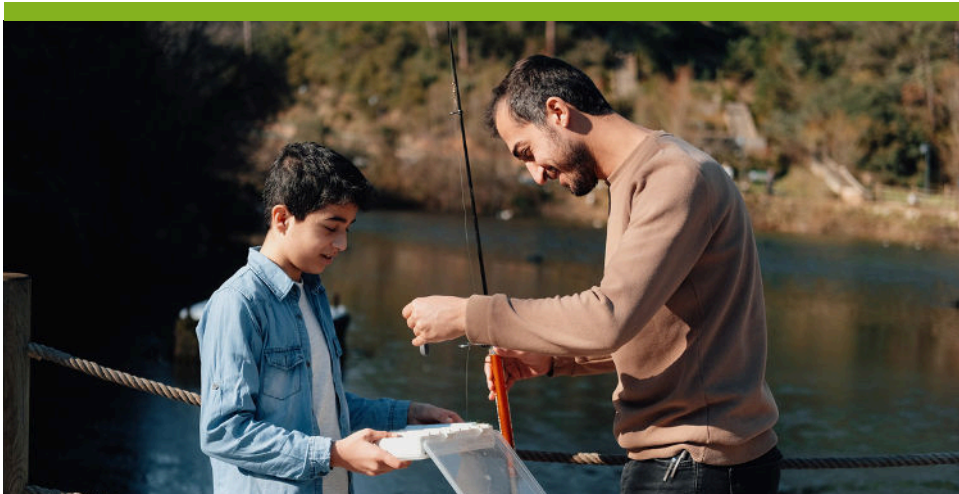
Start the talk before they are asked.

Non-medical cannabis became legalized in Minnesota in 2023 for adults age 21+. Dispensaries will soon begin to pop up around the state. **Now is the perfect time to talk to your teen about cannabis.**

Signs of use in teens'

- difficulty thinking and problem-solving
- problems with memory and learning
- difficulty paying attention
- reduced coordination
- problems with school and social life

When teens begin using cannabis before age 18, the rate of addiction rises to 1 in 6². Start the conversation before they have a chance to try.



Before you talk

- Check out the resources on the back of this pamphlet for reliable and accurate information about cannabis.
- Pause for a moment to take a deep breath and calm yourself for the conversation.
- Lead with curiosity rather than judgement - this can make it easier for your teen to talk.
- Encourage honesty, even if you don't love what they say.

When you talk

Empathy & Empowerment. Validate your teen's experiences and avoid judgement. This will help to build trust and create open conversations in the future. Empower your teen to make healthy decisions.

Ask Open-Ended Questions. The conversation will flow better if you keep the questions open and free of judgement. Instead of asking "Do you use cannabis?" say "What do you think of cannabis?" or "What are your friends saying about cannabis?"

Relevance to Personal Goals. Explain how using cannabis comes with consequences and can affect their personal goals. This can include things like sports, college, relationships, and other activities.

Provide Credible Facts. Share accurate information about cannabis (see resources on back page of this guide). This will help you counter misinformation with facts and confidence.