



MARIJUANA AND OUR YOUTH

YOU CAN BE THE DIFFERENCE.

TALK

- Despite what you may hear, kids do listen to their parents. It may feel uncomfortable, but it is important to check in early and often about use.
- Kids are smarter than we give them credit. Educate yourself on the real impacts of marijuana use on youth. Then share that information with your kid.

GET INVOLVED

- Research shows that positive social outlets and hobbies can delay and prevent youth substance use. Help them beat boredom. Spend time with your kid or connect them with healthy, positive hobbies such as sports, games, crafts, church groups, music, or nature.
- Not sure where to start? Try volunteering together – this will make a difference for everyone.

DIG DEEPER

- People often use substances to self-medicate when struggling with stress, anxiety, loneliness, or depression. Don't shy away from asking what is going on and most importantly, offering needed support. For additional resources please visit <http://uintaaware.com/>.
- If you or your child are struggling with mental health issues or suicidal thoughts please call - 988.