

## Tips for Discussion

Start off on the right foot.



### 10 tips for a better conversation with your teen.

You've read the overview on marijuana. You know the common misconceptions. And you've seen the research about how it can affect your teen's developing brain. You're ready to start the conversation with your teen. We've got your back. Here are 10 tips to make it as productive as possible.

1 Be a good listener—pay attention and try not to interrupt or lecture.

2 Ask what they have heard about using marijuana.

3 Ask why (if at all) they are drawn to marijuana (social pressures, perceived benefits, curiosity, etc.).

4 Offer your teen facts about the risks and consequences of using marijuana. Need a refresher?

5 Ask your teen to give examples of the effects of marijuana. This will help you make sure they understand what you talked about.

6 Explain your concerns about using marijuana.

7 Emphasize their future goals and desires and how avoiding marijuana will help them get there.

8 Keep the conversation focused on problem solving. For example, if they are feeling social pressures to try marijuana, help them think of ways they can say no if they're offered marijuana.

9 Be a good listener—pay attention and try not to interrupt or lecture.

10 Talk to your child again and again. Regular conversations with your teens about the harms of substance use makes them less likely to try these substances.



### Remember, these tips are just the beginning.

Meaningful conversations happen when both you and your teen feel heard, respected, and supported. By following these guidelines, you'll create an environment where your teen feels safe sharing their thoughts, concerns, and questions about marijuana. Over time, these conversations can help your teen make healthy choices that support both their present well-being and their long-term goals.