

CANNABIS

Talk Early, Talk Often

Grade 5-8

Why it matters:

Kids are curious and may be introduced to cannabis sooner than you think. Early talks about cannabis build trust and resilience.

What youth are saying:

- Many youth believe cannabis is safer than alcohol or tobacco.
- Social media and peer influence can normalize use.
- Some youth use cannabis to cope with stress, anxiety, or sleep issues.

Start the conversation:

- **Keep it age appropriate:** Focus on health, safety, and decision-making rather than scare tactics.
- **Normalize questions:** Let them know it's okay to ask about cannabis. Answer honestly and calmly.
- **Explain risks simply:** Cannabis can harm growing brains, make it harder to concentrate or learn, and affect mental health.
- **Practice refusal skills:** Role play how to say "no" confidently when offered substances like cannabis.
- **Stay connected:** Know their friends, activities, and online influences.

Need help?

- Visit **durham.ca/cannabis** or **drugfreekidscanada.org** for tools and resources.



durham.ca/cannabis



If you require this information in an accessible format, contact 1-800-841-2729.