

CANNABIS

Talk Early, Talk Often

Grade 9-12

Why it matters:

Cannabis use among youth can impact mental health, brain development, memory, and decision-making. Open conversations at home help youth make informed choices.

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:

- **Start early & stay calm:** Approach the topic without judgment. Youth are more likely to listen when they feel respected.
- **Share facts, not fear:** Explain that cannabis can affect learning, mental health, and increase risk for injuries.
- **Ask open questions:** “What have you heard about cannabis?” or “How do you feel about it?” Encourage dialogue, not lectures.
- **Set clear expectations:** Youth need to know your stance and why. Link it to health, safety and goals.
- **Be a role model:** Your actions matter. Avoid normalizing substance use.

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.