

# 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](https://durham.ca/cannabis) or [talksubstance.org](https://talksubstance.org) for tools and resources.



[durham.ca/cannabis](https://durham.ca/cannabis)



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