

# 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](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.