

GIVE OUR KIDS THE POWER TO
JUST SAY KNOW



KNOW THE FACTS

1

Regular marijuana use has been linked to **depression, anxiety, and suicide in teens.**

2

Youth who regularly use marijuana are more likely to have **memory issues, difficulty learning, and lower math and reading scores.**

3

Marijuana use directly affects the parts of the brain responsible for **decision-making, emotions, coordination and reaction.**

START THE CONVERSATION TODAY

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JUST SAY KNOW

Start the conversation

Talk to your teen about the risks associated with marijuana or other drug use. Be your teen's trusted resource.

Listen

Stay calm and non-judgmental. When you allow youth to be heard, they're more likely to hear what you have to say.

Set clear rules

While you may think that your teen knows not to use marijuana, they may be tempted if it is offered to them. Youth with clear family rules about drug use are less likely to use marijuana than those without clear rules. Let them know your expectations and possible consequences.

Focus on the good

Encourage young people to make healthy decisions that help them achieve their goals. Remind youth that most of their peers choose not to use.

Monitor

Ask Who? What? Where? When? Get to know the parents of your teen's friends.

Count it and lock it up

If you have alcohol, marijuana or other substances in your home that are prohibited to minors, track them and lock them up.

Sponsored by the Linn County Juvenile Department in partnership with Linn County Sheriff's Office and Linn County Alcohol and Drug Program.

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