

The background of the image features silhouettes of a family of four—two adults and two children—holding hands in a line. The silhouettes are dark blue against a lighter blue background. The text is overlaid on this image.

TALKING TO YOUR KIDS ABOUT MARIJUANA

**KEEP AN OPEN MIND: THE ONLY WAY TO
HAVE A PRODUCTIVE CONVERSATION
WITH TEENS IS TO MAKE SURE THEY
DON'T FEEL CONDEMNED OR JUDGED.**



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Don't lecture: Keep in mind that they already know you do not approve of the actions but they need to know you still approve of them as people.

A blue-tinted photograph of a woman and a young girl smiling together. The woman is in the foreground, looking towards the camera with a warm smile. The girl is behind her, also smiling. The background is slightly blurred, showing what appears to be an indoor setting with some plants.

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Be clear about your goals: Write them down. That way when the conversation begins, you can stay on track, review what went right, what went wrong, where goals were met, and which ones can be saved for another day.

A silhouette of a woman holding hands with two children, set against a green background. The woman is in the center, with her arms extended to hold the hands of a child on the left and a child on the right. The child on the right is holding a bouquet of flowers. The background is a solid green color.

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It may help to consider the way you would prefer to be addressed about a difficult or touchy subject. Think about how you felt as a teenager.



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Be Positive: things to avoid – shame, anger, scare tactics or disappointment. These efforts are counter-productive. Instead, be attentive, curious, respectful, and understanding.

A photograph of a woman and a child sitting at a table. The woman is on the right, looking down at the child with a gentle expression. Her hand is resting on the child's head. The child is on the left, looking down. The entire image is overlaid with a semi-transparent green filter. The text is white and positioned on the left side of the image.

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Get comfortable: Avoid announcing a huge sit down. They are normally met with resistance. Approach your teen in spontaneous casual setting to lower their anxiety and maybe your own. Look for a place that isn't confined but not too distracting.



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Body Language Speaks: If your teen is sitting, join them. If standing, ask them to sit. Be mindful of finger-pointing, crossed arms, and other closed gestures.



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Talking to teenagers about anything can be difficult. Talking to them about drugs and alcohol is even harder. Get into the right frame of mind