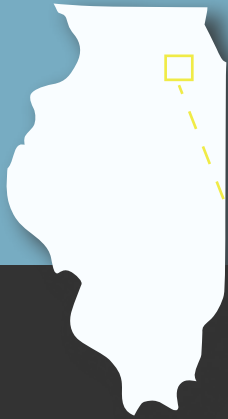


WHAT PARENTS SHOULD KNOW ABOUT RECREATIONAL MARIJUANA



As of January 1st, 2020, marijuana is legal for recreational use in Illinois for those **ages 21 and over.**

It also cannot be consumed in public spaces.

In Wheeling Township, most high school and middle school students **do not currently use marijuana.**¹



There are two main components of marijuana: THC and CBD.



CBD is non-psychoactive



The main ingredient, THC, is psychoactive

This is what causes powerful surges of **dopamine**, a neurotransmitter released in the brain's pleasure or reward center.

Dopamine surges create an intense level of pleasure, or a "high." The **more** a person uses a substance, the **more** they need to use in order to reach that same "high."



What YOU Can Do

91% of Wheeling Township parents and guardians think it would be wrong for their teen to smoke/use marijuana.¹

However, only **57%** of students report that their parents/guardians **talked to them about not using in the past year.**¹

1 in 6 marijuana users under the age of **18** will become addicted³



Be clear.

Confidently and clearly express a no-use attitude with very clear guidelines for healthy behaviors and your expectations for their lifestyle choices.



Be positive.

Make sure your child knows that these rules and expectations are coming from a place of love. You want to protect them and their futures.



Be ready.

Talk early and talk often. Start talking with your child about the impacts of drug use while they are young and continue having these conversations as they grow older.



Be supportive.

Help your child develop strong refusal skills so that they can say no to drugs if ever offered



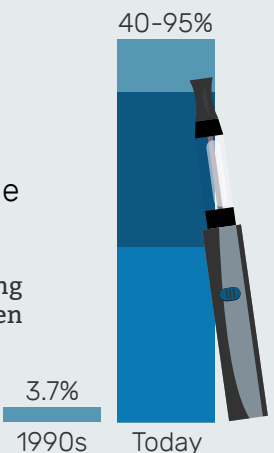
Be involved.

Be aware of your child's life. Communicate often, spend quality and fun time together.

Parents: You are the #1 influence in your kids' lives.

The levels of THC concentrations in marijuana have **increased** exponentially in the past decade.²

The popularity of vaping marijuana has also risen during this time.



¹ 2018 Illinois Youth Survey, N= 7,318

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6312155/>


³ <https://www.cdc.gov/marijuana/health-effects.html>

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