

What Parents Can Do

- Set a clear family rule: Marijuana is statistically less frequent in homes where the parents have a clearly stated family rule.
- Know the consequences. It will give you confidence when you speak to your kids.
- Although it is never too late, start talking to kids at an early age and repeat often. Make sure your kids know the risks and consequences.
- Let kids know that the majority of students do not use marijuana. A 2009 survey of the DMS 8th grade shows that over 80% are not current users.
- Be aware of your child's spending habits. Do they seem to be spending more money than usual? Or could they be a supplier and seem to have more money than they earn at a job or through allowances.



Resources

**Dover Police Department
Community Outreach Bureau**
(Dover Youth to Youth/ Dover Coalition for Youth)
603.516.3274
www.DoverYouth.com

Dover Middle School
Main Office - 516-7200
Guidance - 516-7207

Dover Police Department
(to report drug information)
742-4646

Website resources for more info:
www.theantidrug.com
www.drugfree.org



Parental Monitoring

There is much less marijuana use where students report high parental monitoring. This includes such parental activities as:

- Always knowing where your kids are; who they are with.
- Insuring parents are home if kids are at a friend's home.
- Always being up when your kids come in at night so they know they will face you if they have been using marijuana or other drugs.
- Being alert for "signs" when cleaning their room or doing laundry.

Marijuana: What Dover Parents Can Do



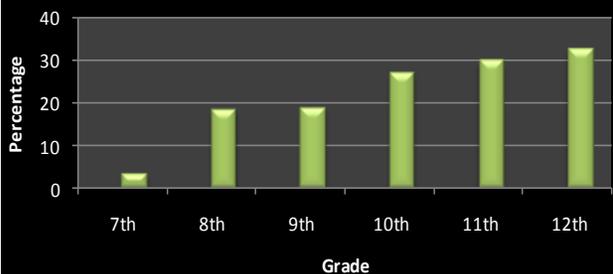
Why Does It Matter?

Marijuana is the illegal drug most often used in this country and kids start using at a young age. The average age of first use is about 13.5 years old.

Recent surveys of Dover students have showed that:

- 18% of 8th graders report having used marijuana in the past 30 days
- 56% of students report that marijuana is easy or very easy to get
- 37% of students don't view regular use of marijuana as harmful

**December 2009 Dover Survey Results
Used Marijuana in the last 30 days**



Marijuana is considered to be a gateway drug. Long-term studies of high school students and their patterns of drug use show that very few young people use other illegal drugs without first trying marijuana.

On average, marijuana today is far more intoxicating than 30 years ago. The potency of the THC, the intoxicating ingredient, has increased more than 500 percent.

**Over 80%
of Dover 8th
graders do not
use marijuana**

Know the Consequences

Marijuana has several consequences, legally, socially and health wise. It is important that teens understand all of the consequences.

Health Consequences:

- Marijuana is addictive. Studies have shown that regular users experience withdrawal symptoms.
- Marijuana impairs judgment and hinders the user's short-term memory.
- Results in loss of coordination, poor sense of balance and decreased reaction time is associated with use.
- Smoking marijuana has most of the same consequences as smoking cigarettes does, including reduced endurance in sports.
- Marijuana has 4 times the amount of known cancer causing chemicals as cigarettes.
- Marijuana complicates the problems for kids with depression and emotional illnesses. It can also result in slowed physical, mental, emotional and sexual development.

Other Consequences:

- Getting arrested
- Potential to get kicked out of school and off sports teams
- Loss of college scholarships and federal financial aid

“Make no mistake, marijuana is a harmful, addictive drug that is readily available to our children in communities across the country. Teenagers who are smoking marijuana today are using a drug more potent than what was available in the 1960s.”

*—Louis Z. Cooper, M.D., president,
American Academy of Pediatrics*

Know the Signs

There are some signs you might be able to see. If someone is high on marijuana, he or she might:

- Seem dizzy and have trouble walking
- Seem silly and giggly for no reason
- Have very red, bloodshot eyes
- Have a hard time remembering things that just happened

In addition parents should be aware of signs of drugs and drug paraphernalia, including:

- Pipes, rolling papers and marijuana seeds
- Odor on clothes and in the bedroom
- Use of incense and other deodorizers
- Use of eye drops
- Clothing, posters, jewelry, etc.

In addition to memory loss, impaired school performance, and loss of balance and coordination,
Marijuana shares most of the same risks as cigarettes.

Cigarettes	Marijuana
<ul style="list-style-type: none">• Hurts performance in sports• Contains known cancer causing chemicals• Addictive• Raises heart rate• Lung problems like coughing and wheezing	<ul style="list-style-type: none">• Hurts performance in sports• Contains known cancer causing chemicals• Addictive• Raises heart rate• Lung problems like coughing and wheezing