SERAC

TRAINING FOR PARENTS & CAREGIVERS

Substances Deep Dive for Parents & Caregivers:

Marijuana and THC Products

Get informed. Ask questions. Support healthy choices.

1. Marijuana/Cannabis/ New Intoxicating Hemp Products: Definitions and Descriptions

- What counts as marijuana, cannabis, and hemp-derived products?
- THC vs. CBD – what's the difference?
- Forms and products (flower, edibles, vapes, concentrates, drinks, etc.)
- How these products affect the brain and body

2. Prevalence and Trends in Youth Marijuana Use

- Latest data on youth use (middle and high school)
- How use has changed over time
- Emerging trends (e.g., high-potency products, vapes, edibles)
- What we're seeing in our communities

3. Why is Youth Marijuana Use Concerning?

Risks and Consequences for Use

- Effects on brain development
- Impact on mental health (anxiety, depression, psychosis)
- Academic, social, and behavioral consequences
- Risk of addiction and long-term effects

4. Motivations for Youth Marijuana Use

- Curiosity and experimentation
- Peer influence
- Stress, anxiety, or coping
- Perceived benefits (relaxation, focus, creativity)
- Social media and marketing

5. Frequently Asked Questions from Parents and Dispelling Common Myths

- Is it really "just a plant"?
- Is it safer than alcohol?
- Does CBD get you high?
- Will it show up on a drug test?
- Common myths vs. the facts

6. Safeguarding Youth

- Open, honest communication
- Recognizing warning signs
- Setting clear expectations and boundaries
- Supporting healthy coping skills
- Building strong relationships and resilience

October 15, 2026

7:00 – 8:30 PM

VIRTUALLY

PRESENTED BY

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REGISTER HERE

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