

Resources

- **Kids Escaping Drugs:** 716-827-9462 - Substance Abuse Programs, Treatment & Education in Western New York www.ked.org
- **Office of Cannabis Management:** 1-888-626-5151 <https://cannabis.ny.gov> Email: info@ocm.ny.gov.
- **Crisis Services:** 716-834-3131 Crisis Services - Buffalo and Erie County, NY <http://crisisservices.org>
- **24hr Addiction Hotline**– 716-831-7007
- **Kids Helpline** - 716-834-1144
- **NYS HOPEline**– 1-877-846-7369/ text-467369

Emergency Help

- **Dial 911 in an emergency**
- **Poison Control**– 1800-222-1222
- **Call your health care provider**



**Erie County
Department of
Health**



Public Health
Prevent. Promote. Protect.

Keeping you & your family safe

What you should know about Marijuana



Tips For Parents



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Items used to ingest THC :



VAPING MARIJUANA IS AS HARMFUL AS SMOKING

HOW TO TALK ABOUT IT

Listen & stay positive	Support them
Keep dialogue open	Don't exaggerate
Stay calm	Be truthful
Tell kids they can always come to you	Let children know you are on their side

EXPLAIN THE HEALTH RISKS

Addictive	Anxiety/Panic Attacks
Heart complications	Learning Problems
Hinders brain development	Memory Issues
Psychosis	Altered perceptions
Lung problems/disease	Red Eyes
Cancer	Dry mouth

IF YOU, THE PARENT, PLANS TO USE:

- Make sure there is someone available to take care of kids
- Store safely out of reach of children and teens
- Don't smoke or allow smoking in your home
- Know that second hand marijuana smoke is dangerous
- Don't drive while high

WHAT TO SAY

Let children know the possible consequences if they use Marijuana they can be:

- Kicked off sport teams & school activities
- Unfocused and do poorly in school
- Expelled from school
- Ineligible for financial aid
- Disqualified from jobs
- Charged with a crime
- Seen as untrustworthy
- Develop health issues
- At a higher risk for multiple addictions

**IT'S ONLY LEGAL FOR ADULTS OVER 21 YEARS OF AGE
JUST BECAUSE IT'S LEGAL; DOESN'T MEAN IT'S HEALTHY
ALTHOUGH USED MEDICINALLY, IT'S HARMFUL WHEN ABUSED**



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