Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

WHAT TO KNOW ABOUT MARIJUANA USE

Using products that contain THC like a vape pen or edible cannabis products can have serious consequences.

SHORT-TERM CONSEQUENCES

- More likely to use cigarettes, binge drink, or use other illicit drugs
- Higher likelihood of mood disorders
- Increased anxiety
- Potential for developing personality disorders

LONG-TERM CONSEQUENCES

- Altered brain development
- Poor mental health
- Chronic coughs, shortness of breath, and wheezing
- May increase risk of developing cancer

TIPS FOR TALKING TO YOUR TEEN ABOUT THC PRODUCTS

Conversations about vaping can be difficult to have with a teen. The following chart gives you ideas for ways to best speak with a teenager when addressing the topic.

Raise the Subject	**Build Rapport:** Explore how things are going in life beyond just substance use. Elicit likes, strengths, community connections, goals, support networks and resiliency skills.
	Ask Permission: "Would It Be OK to talk about what makes me worried about what you just shared?"
Provide Feedback	**Summarize what they have shared. Reinforce positive choices:** "It sounds like some of your close friends vape, and it's great to hear that you don't always join in. I worry about the risks we know occur even with occasional use. What makes you sometimes not vape?"
	Provide feedback: "Vaping can be dangerous for many reasons, including the way nicotine rewires the way our brains respond, and chemicals that we know are harmful."
	Recommend (or reinforce) abstinence: "You're making a really smart and adult-like decision to keep yourself healthy by saying "no" to vaping. As your doctor/teacher/coach/mom AND as someone who cares about you – I totally agree with that important choice. That's really impressive. I'm wondering if you can use your strategies in saying "no" sometimes to say "no" more often?"
	Elicit Feedback: "What do you think as you hear me say that?"
Enhance Motivation	**Explore Pros and Cons:** "What do you like about vaping?" "What are some of the not so good things about vaping?"
	Reasons to Change: "What are some of the best reasons you can think of to avoid vaping?"
Negotiate and Advise	**Reinforce Autonomy:** "What you choose to do is ultimately up to you." **Elicit Input:** "What next steps would you like to take and how can I help?"
	Negotiate a Goal: Focus on small, achievable goals to build self-efficacy and advance their level of readiness.
	Harm Reduction: No dabbing; no vaping before sports; etc.
	Assist with Developing a Plan: Help them think through/problem solve potential obstacles. Address co-occurring mental health or other issues.
	Arrange Follow-Up Plan: How soon depends on level of risk and/or goals. Plan should provide accountability and support progress.
	Thank Them: "Thank you for your willingness to seriously think about this issue and your health."