

# PREVENTION TALK

**CSAP'S WESTERN CENTER FOR THE APPLICATION OF PREVENTION TECHNOLOGIES**  
**JULIE HOGAN, PH.D. DIRECTOR**

*By Diane Glass, Prevention Application Management Coordinator*  
*Edited by Kris Gabrielsen, Associate Director*

## TO THINK ABOUT...

- Youth who learn from parents or caregivers about the risks of drug use are 30% less likely to smoke marijuana.<sup>2</sup>
- Your first TALK should not be your last. The pressures that contribute to a young person's decision to experiment with drugs continues into early adulthood.
- Smoking five joints per week puts as much cancer causing chemicals in the body as smoking a full pack of cigarettes every day.<sup>1</sup>

## ACTION STEPS:

- Learn about the risks/effects of smoking marijuana and communicate them to your teen.<sup>2</sup>
- Clarify your own point of view and clearly state your expectations to your teen.
- Find out what your teen thinks about drug use.
- Celebrate with your teen frequently when they make healthy no use choices.

For more information call:

## SOURCES CITED:

<sup>1</sup>Wu, T.C., Tashkin, D.P., Djahad, B., & Rose, J.E. (1988). Pulmonary hazards of smoking marijuana as compared with tobacco. *New England Journal of Medicine*, 318, 347-351.

<sup>2</sup>National Institute on Drug Abuse. (2002, October). *Marijuana Use and Abuse*. Retrieved from <http://www.nida.nih.gov/publications/monographs/monograph11.htm>