

## Sudden Behavioral Changes

Although these behavioral changes could be related to other typical teenage issues, they also could indicate marijuana use:

- Tiredness
- Hostility or mood swings
- Social withdrawal
- Depression
- Declining attention to hygiene, grooming
- Deteriorating relationships

## Changes in Interests

These signs could also indicate other teenage-related problems, they also could be prompted by the use of marijuana:

- A change in friends or peer group
- Declining grades in school
- Increased absenteeism or truancy
- Changes in eating habits
- A change in sleep patterns
- Loss of interest in sports or other activities
- Behavioral problems at school
- Brushes with the law

If you suspect that your child has been using marijuana, you may want to just sit down and talk to them about it. If your child is using marijuana, chances are he or she will deny it and blame any evidence you found on someone else.

But, carefully watch their reaction to your conversation with them. If they over-react, that too could be an indication of their involvement with marijuana or other drugs.

How about drug testing your child? There are home drug tests available that parents can use to test their children, but be aware that there are some drawbacks when parents decide to test their kids.



**“Restoring Lives – One Person at a Time”**

Psalm 23 Transition Society is a non-profit Canadian Charity and operates an Addiction Treatment Centre at 59 Mile House, BC for men 18+ and also operates a Living Sober Home in Abbotsford, BC for men completed treatment and looking to transition back into society in a clean, safe, structured and supportive environment.

Psalm 23 also serves families who are seeking direction and help for their loved ones. Psalm 23 provides interventions along with speaking engagements.

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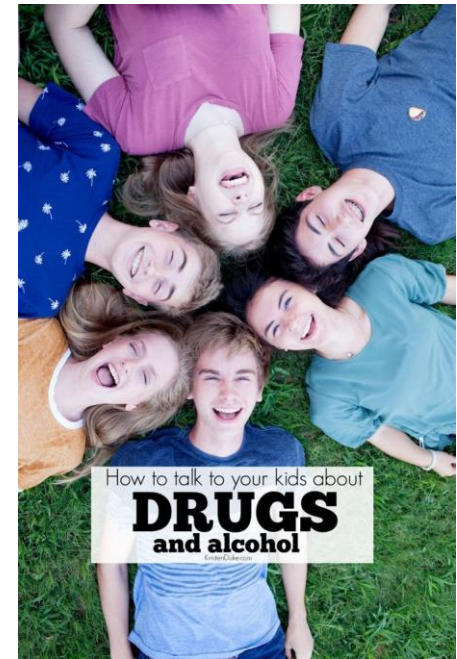
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### **LIVING SOBER HOME**

Abbotsford, BC  
Southern, BC 604-835-0855

**“A Ministry of Love, Hope & Support”**



## How Can I Tell If My Child Is Using Marijuana?





Naturally, most parents would prefer not to find out that their children are smoking marijuana while they are young. Even if you have a tolerant attitude toward marijuana or perhaps smoke it—or used to smoke it—yourself, you probably would not want your young children to use it due to the damage it can do to their young, developing brains.

Or, you may be like many parents and think that your child will not get involved with drugs or alcohol, because you have discussed the dangers with them, and besides, smoking weed is something that older children do, not your child.

### **Kids Are Smoking at Earlier Ages These Days**

One problem is children today are beginning to smoke marijuana very early in life. National surveys may indicate that the average age that children first smoke weed is 16, but that means many of them started much earlier for the average to be age 16.

In fact, one survey of children in treatment for substance abuse found that 14 percent of them first smoked marijuana before age 13—before they were teenagers.



### **Marijuana Is More Available Today**

Another problem is availability. Research has found that availability plays a large role in youngsters becoming involved with substance abuse whether it is alcohol, inhalants, prescription drugs, or marijuana.

Make no mistake about it, marijuana is becoming more and more available to young children, even in elementary and middle school. In response to surveys, a growing percentage of teens report that they know someone who sells drugs or know where they can buy drugs. In fact, some teens report they can get marijuana easier than they can alcohol.

### **Legalization Has Changed Attitudes**

The growth of the marijuana legalization movement in North America—for both medical and recreational use—has had an effect on how children perceive the use of marijuana. Fewer teens report seeing it as harmful or dangerous.

And finally, if you are a parent who does smoke marijuana, or even if you merely express approval of the use of weed around your children, they are much more likely to smoke it themselves compared with children whose parents disapprove of the drug.

Given all of these factors, you might want to rethink whether or not your child might be involved in marijuana use, especially if they have shown any of the signs outlined below.

### **How Can You Tell If Your Child Has Been Using Marijuana?**

If someone is actually high on marijuana, there may be some visible signs that they are under the influence:

- They may seem unsteady on their feet or appear dizzy
- They could have bloodshot eyes
- They might laugh inappropriately or seem silly for no reason
- They may have difficulty remembering something that just happened
- As the effects wear off, they may become sleepy

### **Evidence of Smoking Behavior**

Even if they are not visibly high, there are some signs you can look for that linger after they have been smoking:

- The smell. The odor will linger and cling to their clothes
- Drug paraphernalia such as rolling papers or pipes
- A sudden uncharacteristic use of eye drops
- The use of incense or room deodorizers
- Pro-drug slogans on t-shirts or posters
- Evidence of smoking, such as lighters, ashes

**TALK TO YOUR CHILDREN BEFORE OTHERS DO!**