

Self-Medicating and Escape

Many teens turn to marijuana in an effort to self-medicate, to make themselves feel better. They use marijuana to try to cope with depression, anxiety, and anger. Teens will also begin using weed as an escape. **“Boredom is one of the main reasons”** some teens report that they use marijuana.

Children who have been physically or sexually abused are at greater risk than other teens for using marijuana and other drugs. They turn to drugs to escape the fear and pain of abuse.

Misinformation About the Risks of Weed

Some kids begin using marijuana because they have not be informed of the harm it can do to them while their brains and minds are still not fully developed. Or more often, they make a decision to begin using based on misinformation.

The marijuana legalization movement has played a role in sending a mixed message to young people. Teens today might believe "if it's medicine, it must be safe" or "if it's legal, it must be OK."

But nowhere that marijuana has been made legal for medical or recreational use has it been made legal for anyone under that age of 21.

Not even the most adamant legalization advocates propose making it legal for children to use. If you are a parent who wants to protect your children from the dangers associated with early marijuana use, educate them with the facts so that they can make an informed decision about the risks.



“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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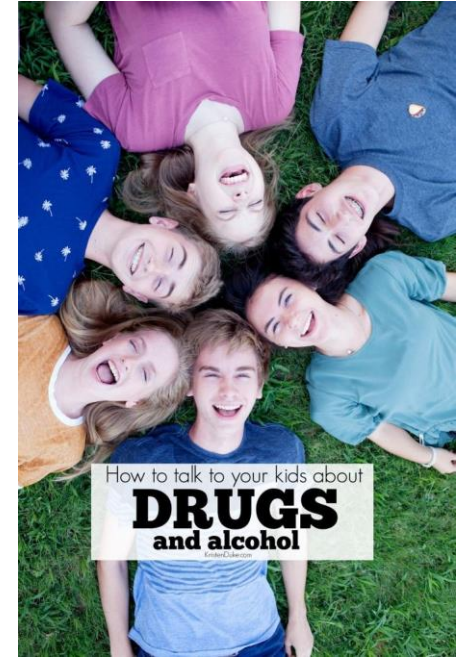
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LIVING SOBER HOME

Abbotsford, BC

Southern, BC 604-835-0855

“A Ministry of Love, Hope & Support”



Why Marijuana Use in Teens Is Harmful





The stigma of marijuana use has declined since the early 2000s, with various states in the USA and provinces in Canada legalizing it for medical and even recreational purpose uses.

But research by the National Institute on Drug Abuse indicates that childhood marijuana use can affect learning ability, attention, memory, coordination, balance, judgment, and decision-making.

While it may not be as problematic for adult use as once believed, there are still plenty of good reasons to discourage pot smoking in teenagers while working towards educating them on the truths.



“Here are some tips to help parents talk to their teens about drugs and alcohol”

Why Do Kids Start Smoking Pot?

It would be nice if there was one clear reason that children and young teenagers begin using marijuana, but there are actually many reasons teens choose to begin smoking weed. But teens report that they began using marijuana for a wide variety of reasons. If you want to keep your children from smoking weed at an early age, you will have to be diligent in several areas of influence in their lives.

If they have family members who smoke or express approval of marijuana, research suggests that

children are much more likely to begin using marijuana than those with no family involvement with the drug.

If they live in a neighborhood where they see drug activity going on, teens are less likely to express disapproval of drug use and become more likely to try drugs themselves. So be clear with your teen about marijuana use, and what problems it can cause.

Peer pressure to smoke pot remains a strong influence as well. If they have friends who are using marijuana, they are more likely to try it themselves. There's a tendency to adopt the attitude that "everyone is doing it" and its part of the normal teenage experience.

But research shows that the majority of teens make it all the way through high school without ever using marijuana.

Drug and alcohol use are often promoted in the magazines that teens read, the music they download, and the songs they listen to on the radio. Those influences can be significant for young children.

TALK TO YOUR CHILDREN BEFORE OTHERS DO!