

# Healthy Youth Survey

## The Good News!

Most High School 12th graders in Issaquah (**71%**) **DON'T use marijuana.**

The Bad news is that this number is lower than the **state average of 73%.**



## Issaquah Students are at-risk!

It takes a community to change the norms. Adults protect teens by setting high standards.

State Healthy Youth Survey Results for Issaquah Students	Grade 8	Grade 10	Grade 12
Have ever smoked marijuana	5%	24%	40%
Used marijuana in past 30 days	5%	17%	29%
Students who report that adults in their neighborhood think marijuana use is "very wrong"	81%	55%	37%

# How Can I Tell If My Child is Using?

Beware of changes in behavior, such as carelessness with grooming, mood changes, and deteriorating relationship with family members and friends. In addition, changes in grades, skipping school, lost interest in favorite activities, and changes in eating or sleeping habits could all be related to drug use.

## If someone is high or has been high, he or she might:

- Have an odor of smoke
- Seem dizzy or uncoordinated
- Seem silly and giggly for no reason
- Have drawings of marijuana or the number 420 on books or clothing
- Use eye drops
- Have unexplained use of money or missing money
- Use incense, air freshener or cologne
- Wear clothing or jewelry or have posters that promote drug use

## Other Resources:

Friends of Youth Issaquah 425-392-6367

[www.friendsofyouth.org](http://www.friendsofyouth.org)

Youth Eastside Services 425-747-4937

[www.friendsofyouth.org](http://www.friendsofyouth.org)

Lakeside-Milam Recovery Centers 425-392 8468

[www.lakesidemilam.com](http://www.lakesidemilam.com)

Crosspath Counseling and Consultation 425-369-1111

[www.crosspathcounseling.com](http://www.crosspathcounseling.com)

National Institute on Drug Abuse (NIDA)

[www.drugabuse.gov/publications](http://www.drugabuse.gov/publications)

Substance Abuse & Mental Health Services Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)

Healthy Youth Survey Results:

[www.issaquah.wednet.edu/family/health/HYS.aspx](http://www.issaquah.wednet.edu/family/health/HYS.aspx)

Marijuana & Teens after I-502 Video

<http://www.youtube.com/watch?v=051fjuFcnaU&feature=youtu.be>

Drug Free Community Coalition Facebook Page

<https://www.facebook.com/IssaquahCommunityDrugFreeCoalition>

24 hour Crisis Line 866-427-4747

In an emergency, always call 911

# Legal Marijuana and our Teens!



# A PARENT GUIDE

to preventing underage marijuana use

Sponsored by the Issaquah Community Network and Drug Free Community Coalition  
[www.issaquahcommunitynetwork.com](http://www.issaquahcommunitynetwork.com)

# Washington Laws & Minors

## FACTS

## What You Can Do

The passing of I-502 legalized recreational marijuana for adult use in Washington State but remains a federal crime in all 50 states.

**The law for people under 21 HAS NOT changed!**

**It is STILL illegal for someone under 21 to possess or consume marijuana.**

- It is a **felony** for adults to provide marijuana to people under the age of 21, including parents giving their own children marijuana.
- **Students found** in possession of, under the influence of, transporting or selling marijuana **on campus** can face long term suspension; emergency expulsion from school, notification to police and expulsion from athletics. Additional **off campus** rules apply for athletes as well. (check with your school for all rules)
- **It is illegal for anyone to drive** after using marijuana, but the law with respect to **under age 21 is zero tolerance.**
- It is illegal to consume (smoke, eat, drink) marijuana products **in public.**
- Underage use of marijuana is a **misdemeanor offense.** It is illegal! Penalties could be 0-30 days in detention, require community service, and probation. (check with local law enforcement)

1. **Marijuana is addictive.** Repeated use can lead to addiction. 1 in 10 people who try marijuana becomes addicted to it, developing a dependence that produces withdrawal and cravings. If marijuana use starts in adolescence, the chances of addiction are 1 in 6.
2. **Marijuana use directly affects the brain,** specifically the parts of the brain responsible for memory, learning, attention and reaction time. These effects can last up to 28 days after abstinence from use of the drug.
3. Adolescents who start using marijuana before the age of 14 are **four times more likely to become addicted** by the time they are adults.
4. Marijuana addiction is **more common among teens** than adults because their brains are still developing and vulnerable.
5. Today's marijuana is **four or five times stronger** than the weed of the 1960's and 1970's. It is not safer than alcohol.
6. Marijuana use is significantly **linked with mental illness,** especially schizophrenia and psychosis, but also depression and anxiety.
7. Youth who use marijuana **can have:**
  - a. Increased difficulty memorizing things
  - b. Distorted thinking and perception
  - c. Hallucinations
  - d. Paranoia
  - e. Anxiety
  - f. Depression
  - g. A permanent decrease in IQ with prolonged use

**Children care about what parents say. One of the key reasons teens choose not to use drugs is because they know their parents don't approve of it.**

**Express a NO USE attitude.** Children whose parents have a positive attitude toward marijuana use are five times more likely to use.

**Start conversations early!** Since teens often start by age 14, parents should start an ongoing conversation about drugs by 4th or 5th grade.

**Teach and practice skills to refuse drug offers.**

- Role play situations
- Help them find the right words to refuse drug offers.
- Help them suggest an alternative to using drugs.
- Let them know it is fine to walk away from someone, including a friend, who is offering drugs and, if needed, to call you for a ride home.



**Get to know your child's friends and parents.** Network with other parents so that you may support one another to keep your children away from drugs.

**Monitor your child's whereabouts.** Know your child's plans for the whole evening. Ask your teen to call if there is a change in location. Supervise teen activities at your home.

**Be awake or have your teen wake you up when they arrive home.** Be aware of any signs of substance abuse.

**Remind your child that despite what they may think, the majority of teen's are NOT using!**