

# “Why it’s STILL not ok for your teen to get high”

ARCH Roundtable Discussion – Meeting Recap

February 19, 2014 - 9:00 - 10:15 am

## Participants

1. Brittany Angelastro, Community Prevention Specialist, The COAD Group
2. Claire Ryan, TESD Student Assistance Program (SAP), The COAD Group
3. Jacqueline Taylor, Executive Director, The COAD Group
4. Anthony Giaimo, Superintendent of Police, Tredyffrin Township Police Department
5. Also attended by members of ARCH and parents in the community.

Jeanne Braun opened the discussion with introductions around the table, and moderated the discussion.

The following discussion points were covered:

- Marijuana is now legal for adult use in the states of Colorado and Washington.
- It is legal for medical use in some states.
- Kids can do research and parents should too. Informed parents will have facts to use in conversations with their children.
- Superintendent Giaimo brought two resources to share with parents, that are available to download online.
  1. **Marijuana Myths and Facts**, from the office of National Drug Control Policy  
[https://www.ncjrs.gov/ondcppubs/publications/pdf/marijuana\\_myths\\_facts.pdf](https://www.ncjrs.gov/ondcppubs/publications/pdf/marijuana_myths_facts.pdf)
  2. **DEA Position on Marijuana** [http://www.justice.gov/dea/docs/marijuana\\_position\\_2011.pdf](http://www.justice.gov/dea/docs/marijuana_position_2011.pdf)
  3. Also go to NIDA.com for user-friendly facts
- Brief discussion on “why” make it legal. This has nothing to do with its “safety” but instead for revenue generating for states and frankly, for votes.
- Why do people want to use it? The answer is to get high. This is not a substance that is used like, as example, a glass of wine that one might savor with dinner.

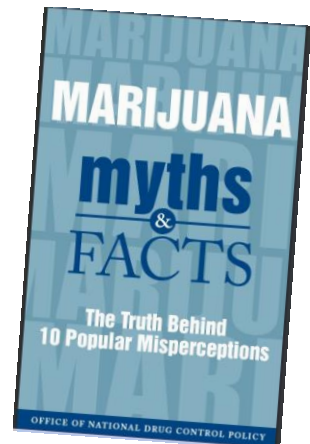
The group conversation and questions revolved around exploring “10 myths about marijuana.”

**Myth #1:** Marijuana is harmless

**Myth #2:** Marijuana is not addictive 18% of youth (if they start using as teens) become addicted. 9% of adults who use become addicted.

**Myth #3:** Marijuana is not as harmful to health as tobacco

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**Myth #4:** Marijuana makes you mellow.

The THC oil is extracted from the plant material and may be used in food, etc.

Potency of THC has increased significantly. Individuals are more at risk for psychoactive response because of the potency. Psychosis can occur even in one-time use. Use of marijuana can be linked with depression and anxiety.

**Myth #5:** Marijuana is used to treat cancer and other diseases.

Marinol is the FDA approved drug that has regulated THC extract. It is primarily used for nausea and appetite stimulation.

**Myth #6.:** Marijuana is not a problem, so go ahead and legalize it.

Monitoring the Future national survey indicates that use of marijuana among youth has been rising since 2010. The results of recent surveys of youth in the TE/SD can be found at ARCHcares.com. TE/SD results indicate higher use than county-wide results in Chester County.

Question to ask your teen: **“Why are you using?”** or **“What benefit is it giving you?”**

If the answer is to feel different, there are therapeutic tools that are more effective than marijuana.

**Signs and Symptoms of use:**

1. red eyes (regardless of method of ingestion)
2. smell (if smoked) on clothes and hair
3. strong odor such as F’breeze, cologne, incense used to hide odor
4. coordination difficulties exhibited in poor balance and falling
5. laughing unnecessarily
6. effects can be different every time due to different strength, potency, laced substances
7. finding a lighter in a car or on a person- -why would they be carrying a lighter?
8. breath mints / Visine

**Dialogue with your kids** . . . having the conversation is useful for the relationship between parent and child and leads to the important conversations. Just ask your kids how they are doing /feeling and listen to their answers. Parents have a huge influence on the decisions that their children make.

*Our discussion time ended before we got to the other 4 myths. All 10 myths can be found at this [link](#)*

*[Link here](#) to Follow ARCH on Facebook. Or, search: “ARCH: Area Residents Caring & Helping”*