

Know! that today's marijuana is more harmful than ever

In 2007, 34% of Ohio teens reported using marijuana at least once in their life—more youth use marijuana than any other illicit drug ([Ohio Youth Risk Behavior Survey, p. 9, 2007](#)). In Franklin County, marijuana use is becoming as common as cigarette use—10% of 9th grade students reported using marijuana in the past month and 10% reported using cigarettes in the past month ([PPAAUS, 2006](#)). Marijuana is perceived as “natural” and “safer” than cigarettes.



Marijuana is addictive and can lead to health, behavioral and social problems at a time when the body and brain are still developing. Today’s marijuana is stronger than it was in the late 1970’s, with research showing it to be almost 10 times more potent (National Institute on Drug Abuse, 2008).

Know! there are things you can do to reduce your child's risk of experimenting with marijuana:

- **Stay informed.** Monitor academic progress and participation in other activities. Ask questions about activities, friends, movies, etc.
- **Clearly state the facts about marijuana.** Correct misconceptions and look for teachable moments to communicate your views and listen to their views.
- **Set rules and enforce them.** Youth who believe that their parents strongly disapprove of marijuana are less likely to use alcohol and other drugs.

More facts on the harmful effects of marijuana can be found at [National Institute on Drug Abuse](#) and <http://www.theantidrug.com/>.

Talking regularly with kids reduces their risk of using alcohol, tobacco and other drugs. Know! urges you to encourage other parents to join Know! by taking the [Parent and Caregiver Pledge](#). For more information log on to www.HelpThemKnow.com or call 1-866-999-KNOW.

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