

# zero proof

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Talking  
to Your  
Parents

10 WAYS TO  
**SAY NO**  
TO ALCOHOL

Edible  
Marijuana  
**DANGERS**

How Parents Can Prevent **POT POISONING**

**DRIVER  
SAFETY  
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**FOR TEENAGERS**

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# 10 WAYS TO

# SAY NO

TO ALCOHOL

<https://www.responsibility.org/wp-content/uploads/2015/02/ALL-Kids-Brochure.pdf>

I'M A LEADER

I'M WAY TOO COOL

SAY NO!

People your age sometimes feel it's hard to say no to alcohol – even to your best friends. If anyone offers you a drink, be prepared with an answer to refuse it. That way you won't feel pressured to think one up on the spot. Below are seven possible ways to say no.

1. I'm not a follower. I'm a leader and I'm saying NO.
2. That's not my style.
3. No way...that's not for me
4. I'm not a drinker, I'm a thinker!
5. No thanks. I'm allergic.
6. Sorry, but alcohol is not good for my gorgeous body!
7. I'm way too cool for that stuff.

not my style

Now make up YOUR OWN WAYS to say no and keep them in mind next time someone offers you a drink.

8.

9.

10.

# DRIVER SAFETY TIPS

## FOR TEENAGERS

- ALWAYS WEAR YOUR SEAT BELT.
- OBEY THE SPEED LIMIT. GOING TOO FAST GIVES YOU LESS TIME TO REACT.
- USE YOUR TURN SIGNALS SO OTHER DRIVERS KNOW WHAT YOU ARE DOING.
- DON'T DRINK AND DRIVE. DRINKING UNDER THE AGE OF 21 IS ILLEGAL.
- FOCUS ON THE DRIVING TASK-THE ROAD AND THE CONDITIONS AROUND YOU.
- DON'T USE YOUR CELL PHONE WHILE DRIVING. THIS IS A DISTRACTION THAT WILL TAKE YOUR ATTENTION AWAY FROM DRIVING.
- DON'T EAT OR DRINK WHILE DRIVING. THESE ARE ALSO DISTRACTIONS.
- PLAN AHEAD. KNOW WHERE YOU ARE GOING AND GET DIRECTIONS.
- LEAVE EARLY. GIVE YOURSELF PLENTY OF TIME TO GET THERE.

# Edible Marijuana Dangers:

## How Parents Can Prevent **POT POISONING**

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Edible-Marijuana-Dangers.aspx>

With marijuana now legal for medical or recreational use in more than half of U.S. states, the availability of pastries, candy and other tempting treats infused with tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana, is on the rise—and so is the accidental poisoning risk these products pose to children who get ahold of them.

**What are Marijuana Edibles?** Sold as “discreet” alternatives to smoking marijuana cigarettes, edible marijuana products often look just like regular sweets. Some popular products include:

*BAKED GOODS, SNACK FOODS AND DESSERTS—INCLUDING COOKIES, BROWNIES, CUPCAKES, CARAMEL CORN AND ICE CREAM*

*CHOCOLATE BARS, GUMMY CANDIES, LOLLIPOPS, FUDGE AND OTHER CANDIES*

*SWEETENED BEVERAGES LIKE SODAS AND LEMONADE*

## Effects of Edible Marijuana on Children & Teens

Despite their ordinary appearance, a single pot cookie or candy bar can contain several times the recommended adult dose of THC. Anyone who eats one of these edibles—especially a child—can experience overdose effects such as intoxication, altered perception, anxiety, panic, paranoia, dizziness, weakness, slurred speech, poor coordination, apnea, and heart problems.

## How to Keep Marijuana Edibles out of the Hands of Kids

### STORAGE:

If there are marijuana edibles in your home, store them as you would medications and other potentially toxic products. Make sure the products are in out-of-reach or locked locations, in child-resistant packaging or containers. Clearly label marijuana edibles, and store them in their original packaging.

### USE AND SUPERVISION:

Never consume marijuana edibles in front of children, either for medical or recreational purposes. Not only can seeing the products create temptation, but using them may impair your ability to provide a safe environment. Always put the marijuana edibles back into the child-resistant packaging and an out-of-reach location immediately after using them.

### TALK TO FAMILY MEMBERS, FRIENDS AND CAREGIVERS:

Sources of the accidental marijuana exposure were most often a parent, but grandparents, other family members, neighbors, friends, and babysitters were also sources. Ask anyone whose home your children spend time in if they use marijuana edibles. If a relative, friend or caregiver does, make sure he or she stores them safely and does not use them in front of your children or while watching them.

**KNOW WHAT TO DO IN AN EMERGENCY:** If your child eats marijuana by accident, call the free poison control hotline—1-800-222-1222—as soon as possible for fast help. If symptoms seem severe, call 911 or go to an emergency room right away.





# Talking to Your Parents

Sure, you talk to your parents, but what if you need to **really talk**? Maybe you have a problem you can't solve alone. Or it could be that you want to feel closer to your Mom and Dad. It's easy to say "Hi, Mom" or "Dad, can you pass the potatoes?" It can be harder to start talking about personal topics. Still, it's good to confide in your parents. In fact, it can help a lot.

## Do you need to talk about something important? Try these tips:

**Decide who you want to talk to.** Do you want to talk to your Mom, your Dad, or both of them? Do you want to talk to a grandparent? An older sibling?

**Pick a good time and place to talk.** Any time you're together can work. For example, when you're walking the dog, helping with the dishes, or driving in the car.

**Think about what you need.** Do you need your parent to just listen and understand what you're going through? Do you need permission for something? Do you want advice? Do you need to talk about trouble you're in?

**Think of what you'll say.** You can get started by saying things like: "Mom, I need to tell you about a problem I'm having."

"Dad, I need to get your permission to go on a class trip next week. Can I tell you about it?"

"Grandma, I need your advice about something. Can we talk?"

"Mom, I did something I know was wrong. You might be mad, but I want to fix things, and I need your help. Can I tell you?" Once you get started, your mom or dad will listen and talk, too. Then you can have more of a back-and-forth discussion.

**Explain your situation.** Give details that can help parents understand your situation. Explain what you think, feel, and want.

**Be honest.** If you're always honest, a parent will be likely to believe what you say. If you sometimes hide the truth or add too much drama, parents will have a harder time believing what you tell them. If you lie, they'll find it hard to trust you.

**Try to understand their side.** If you have a disagreement, can you see your parents' side? If you can, say so. Telling parents you understand their side helps them be willing to see yours, too.

**Try not to argue or whine.** Use a tone that's friendly and respectful. That makes it more likely parents will listen and take what you say seriously. It also makes it more likely that they'll talk to you in the same way.

**Share the good stuff, too.** Make it a habit to talk to your parents about things besides problems. Share what goes well for you, too. Tell them about a good part of your day, a grade you're proud of, or a funny joke a friend told you. Talking helps you be close and enjoy each other more.

## What if it Doesn't Work?

Most of the time, you and your parents can have a good talk and make at least some progress. But for some kids, it might not work out. Some parents have troubles of their own. Others just can't be available in the ways their kids need and deserve. Others have a hard time being flexible.

If you can't talk to your parent, seek out other adults you can trust. Find a relative, a teacher, or a counselor who will listen, understand, encourage, believe in you, and care. Then follow all the tips above to get the most from your conversation with that person.