


**Showing Up As Trusted Adults:**

**A Deeper Dive Into Positive Youth Development**

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Retail Marijuana Education ,CDPHE



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**WELCOME!**



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**WHAT YOU'LL LEARN TODAY**

- Start conversations with youth about marijuana
- Respond to young people's questions about marijuana
- Find resources for valid information about marijuana



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# AGENDA

- What the data tells us: 2017 HKCS
- Retail Marijuana and the Law
- Retail Marijuana Use and Health Effects
- Talking Healthy Choices: Marijuana and the Brain
- Start the Conversation: The Basics to Being a Trusted Adult
- Role Play
- Closing Activity



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# NORMS

- Manage your personal use of electronics - phones, etc.
- Take care of personal needs - stand in back of room, restrooms, water, etc.
- Ask questions and seek clarification.
- Have respectful conversations.
- Others?



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### What is the Healthy Kids Colorado Survey (HKCS)?




CO's only comprehensive survey on the health and well-being of students in Colorado.



The purpose of the HKCS is to better understand youth health and what factors support youth to make healthy choices.



HKCS is aligned with the Centers for Disease Control and Prevention's (CDC's) Youth Risk Behavior Survey (YRBS) and has been conducted on a two-year cycle in CO since 1991.



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*The HKCS survey covers...*

- Protective Factors**
  - Trusted Adults
  - School Climate
  - Parents and Family
  - Community Involvement
- Health Behaviors**
  - Alcohol, tobacco, and substance use
  - Safety and violence
  - Nutrition and physical activity
  - Sexual health (high school only)
- Social-Emotional Indicators**
  - Depression
  - Suicide
  - Bullying



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*Did you know...*



Research shows that **young people** respond just as **credibly** as adults on anonymous and confidential health surveys.

However, there are **thorough checks** to omit the very small percentage of young people who falsify their answers.



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*Let's Get Started!*

For each statement:

- Stand if you believe the statement is **TRUE**
- Stay seated if you believe the statement is **FALSE**



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According to 2017 HKCS data:

Over 50% of Colorado high school-aged youth ~~currently use marijuana~~


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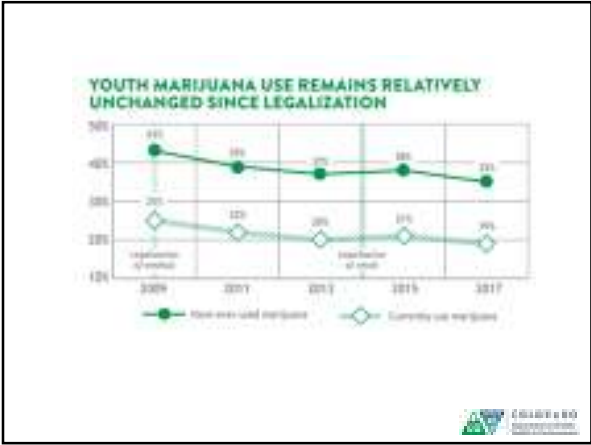
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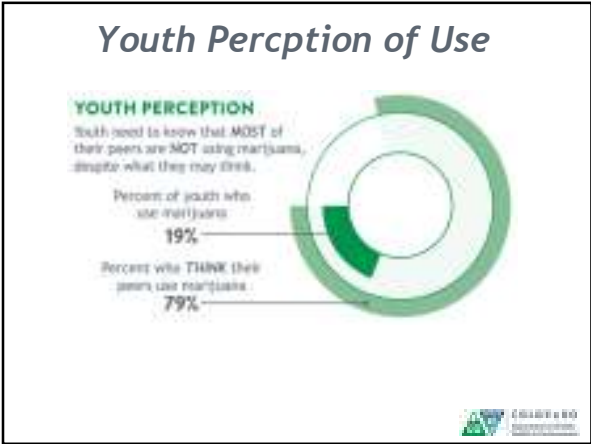
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According to 2017 HKCS data:

Today, fewer Colorado high school-age youth think that marijuana use is harmful



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*Is Marijuana Use Risky?*


PERCEPTION OF RISK REMAINS THE SAME

IS MARIJUANA USE RISKY?



Year	Percentage
2013	54%
2015	48%
2017	52%

Youth who thought regular marijuana use was risky were 76% LESS likely to use marijuana than those who did not.



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According to 2017 HKCS data:

Marijuana is the most used substance by Colorado high school-age youth



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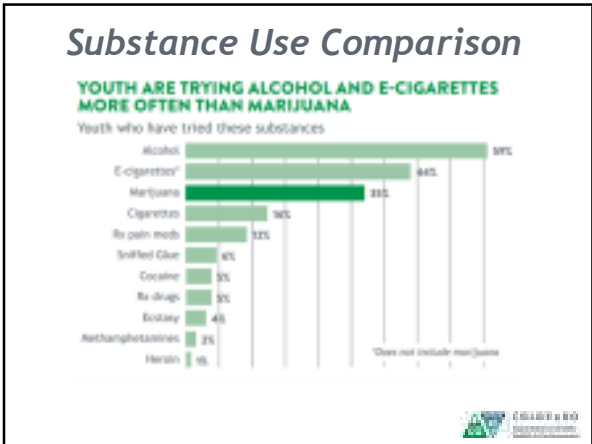
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According to 2017 HKCS data:

Youth who have trusted adults in their lives are less likely to use marijuana.

Source: 2017 Health Risk Factors Survey (HKCS)

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### Adults can help prevent use

**TRUSTED ADULTS**  
Youth who have an adult to go to for help with a problem are 30% LESS likely to use.

**PARENTS' OPINION**  
Youth who know their parents think underage use is wrong are 72% LESS likely to use.

Source: 2017 Health Risk Factors Survey (HKCS)

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**MARIJUANA  
AND THE LAW**



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**1** **ILLEGAL TO  
USE/POSSESS  
UNDER AGE 21**



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**2** **ILLEGAL TO GIVE  
TO SOMEONE  
UNDER AGE 21**



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**3** ILLEGAL TO DRIVE WHILE IMPAIRED

Colorado Department of Transportation

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**CONSEQUENCES FOR YOUTH USE**

In your table group:

Talk about the consequences you think youth in your community will experience when caught using marijuana.

Be ready to share one consequence your group discussed.

Colorado Department of Transportation

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**CONSEQUENCES FOR YOUTH USE**

Breaking family/community rules    Breaking school/school activity rules    Breaking CO laws    Breaking federal laws

Colorado Department of Transportation

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**QUESTIONS?**



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**WHAT YOU CAN DO**



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**1 SAFE STORAGE**



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**2 TALK ABOUT HEALTHY CHOICES**

Consequences . Goals . How marijuana can get in their way .  
Health risks . "Saying no" . Not everyone is doing it



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**3 DON'T USE IN FRONT OF THEM**



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**IMPORTANT STEPS AS PARENTS, GUARDIANS & YOUTH-SERVING PROFESSIONALS**



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## YOU'RE A CONSULTANT

“ Having a scientific perspective on the biological challenges of adolescence will help you interact more objectively with your child, maintain your cool, and offer guidance that can improve his or her life. ”

— Dr. David Walsh ("Why Do They Act That Way: A Survival Guide to the Adolescent Brain for You and Your Teen")



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## PYD IN PRACTICE: THIS IS THE WHAT WE DO



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## SKILLS



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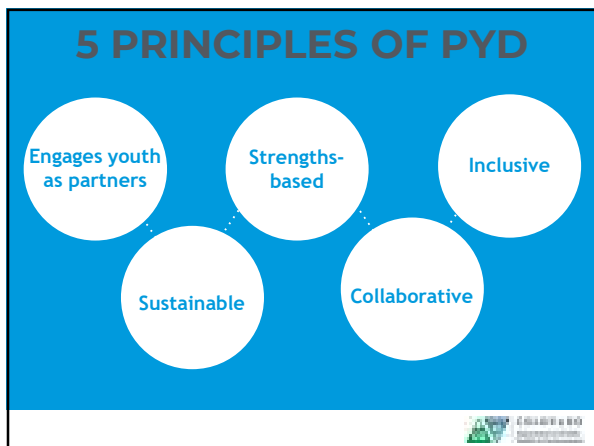
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### COLORADO'S YOUTH ENGAGEMENT CONTINUUM

Increasing level of community involvement, impact, trust, and communication flow

Increasing ownership, empowerment, skills, opportunities, and supports of both staff and community

Participation		Engagement		Partnership
Outreach	Consult	Involve	Collaborate	Share leadership
Communication goes from the program or initiative to inform and/or serve young people.	Young people provide one-time or periodic feedback.	Communication flows both ways and young people provide ongoing participation.	Young people influence decision-making.	Young people share power and responsibility with adults in making decisions together.

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***Build a Strong Foundation for Conversation***

**Know Yourself!**

- Understand what your own values and beliefs are and how you want to communicate them.
- If we asked your child or students what they think your values and beliefs are about marijuana, what would they say?

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**Build a Strong Foundation for Conversation**

- Ask for permission
- Give information simply
- Offer concern
- Menu of options


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**Ways to keep them engaged with you**

- Empathize with their feelings
- Avoid showing judgment
- Keep asking ?'s and check for understanding
- Celebrate them and their strengths
- Know when you need to walk away or reschedule
- Help them to practice skills that reduce stress
- Get comfortable with the *uncomfortable* - Be an ASKABLE ADULT




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**Build a Strong Foundation for Conversation**



**OAR**

- Open-ended questions
- Affirmations
- Reflections




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### **OAR: Open-ended Questions**

Who, What, Where, When, Why and How questions

Examples:

- What do you think about ... ?
- How do you decide when to ... ?
- How do you feel about ... ?
- Help me understand ... ?



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### **OAR- Affirmations**

Affirmations are statements that acknowledge your child's strengths and focus on the positive.

Not compliments, they are genuine and specific.  
Focusing on their spark and belief in something.

Examples:

- You have ...
- You feel ...
- You believe ...
- You are ...



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### **OAR- Reflections**

Allows you to gather more information from your child and check for understanding.

Remember to actively listen and leave space for silence.  
Statements not questions

Examples:

- **Repeat** back what you heard using their words.
- **Rephrase** what you heard in your own words.
- **Paraphrase** what you heard and add what you think they mean.
- **Reflect feelings** to confirm how you think they are feeling.



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## OAR

Open-ended questions  
Affirmations  
Reflections

### ROLE PLAY

You are driving in the car with a high school aged young person, you pass a billboard for a marijuana dispensary. They say, "Since marijuana is legal now that means it is safe and you wouldn't care if I use it, right?"

Participant A: Use OAR to respond




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### TALKING TIPS

- On-going conversations, not a marijuana talk.
- Youth felt that if they asked their parents about marijuana, their parents would assume they were using marijuana.
- Youth said they would talk to their parents about marijuana if they were open to hearing their point of view.




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### *Practice!*

Being a trusted adult involves practice, and sometimes rethinking some of the old messages around marijuana.

Instead of:	Try:
"Do any of your friends smoke marijuana?"	If your friends wanted to try marijuana, how would you handle that?
"Have any of your friends been caught with marijuana?"	What are you and your friends most looking forward to this year? How would getting in trouble for marijuana change those plans?
"People who smoke marijuana will never go anywhere in life."	Your brain and body just work better when they're free of marijuana.




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**What Are They Asking?**



Requests for information  
“Am I Normal?”  
Permission Seeking  
Shock Questions  
Personal Beliefs



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**Action!**



With your table partner, practice the role play.



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**ROLE PLAY**

Requests for information  
“Am I Normal?”  
Permission Seeking  
Shock Questions  
Personal Beliefs

Your 16 year old student comes to class/the center and tells you that their parents smoke marijuana. They ask, have you ever smoked marijuana?

What kind of question are they asking?



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### ROLE PLAY

Your 16 year old student comes to class and tells you that their parents smoke marijuana. They ask you if you have ever smoked marijuana.

What kind of question are they asking?

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### Closing Activity:

On your note card, write down one thing that you are going to try to do differently when you have a conversation with an adolescent.

Share!

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**RESOURCES**

**TALKING TIPS & MARIJUANA INFO**

[ResponsibilityGrowsHere.com](http://ResponsibilityGrowsHere.com)  
[SpeakNowColorado.com](http://SpeakNowColorado.com)  
[Colorado.gov/Marijuana](http://Colorado.gov/Marijuana)



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**THANKS!**



More questions?  
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[Jessica.neuwirth@state.co.us](mailto:Jessica.neuwirth@state.co.us)



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