

# WHAT IS STOP & IMAGINE ALL ABOUT?



In school today, students learned about marijuana: how it could affect their bodies and brains, and how to be safe and healthy around marijuana.



The presentation, Stop & Imagine: Preventing Marijuana Use in Colorado Youth, was designed by the Colorado Academy of Family Physicians.



The presentation was designed just for fourth- and fifth-grade students and is given by a doctor.

Stop & Imagine is based on the latest recommendations from youth marijuana use prevention experts. Including:



Calm and judgement free communication.



Fact-based information.



Positive reinforcement instead of scare tactics.

Students learned about:



Marijuana's effect on young brains.



Marijuana's effect on young lungs.



Imagining a healthy future.

# WHAT SHOULD PARENTS & GUARDIANS KNOW?



It's not too early to start talking to kids about marijuana. Most young people who use marijuana try it for the first time before age 16. Starting the conversation now means young people know you are a resource before they face pressure to use drugs. Visit [www.speakknowcolorado.org](http://www.speakknowcolorado.org) for great resources on talking to kids of all ages.

Your words and your actions matter. You don't have to be perfect to be a good example for kids.



Set clear rules about marijuana and stick to them. Young people who have clear family rules are less likely to use marijuana.



Listen and be positive. Make sure kids feel heard. If they feel like you listen to them, they are most likely to listen to you. When you talk, keep your messages positive. Remind youth about what they can achieve. Marijuana shouldn't get in the way.



Your opinions matter, so share them. Even if you use marijuana, tell young people how you feel about underage use. Youth who know you are against underage marijuana use are less likely to use it.

Find more resources for parents and guardians at [responsibilitygrowshere.com](http://responsibilitygrowshere.com)