



# RETAIL MARIJUANA: TIPS FOR PARENTS



No matter their age, here are some steps to keep children safe around marijuana.

## What should I know to keep children safe, even if there is no marijuana in my home?

- Talk to young children about not eating or drinking anything without permission. This is important for when they are at other people's homes.
- All marijuana products must use the universal symbol on packaging and edible products. Be sure to teach your kids not to eat or drink anything with this symbol.



## What should I know to keep children safe if I plan to use marijuana?

- Make sure there is another person who can safely care for children. It is not safe for anyone who is high to take care of children.
- Do not allow smoking in your home or around children.
  - Marijuana smoke is not healthy. It has many of the same cancer-causing chemicals as tobacco smoke.
- Being high or even buzzed can make some activities more dangerous.
  - Driving a car while high is not safe for the driver or passengers.
  - Tell children and teens not to ride in a car if the driver is high.
  - It is not safe for young children to sleep in bed with you, especially if you are high.

## How can I store marijuana safely?

- Store all marijuana products in a locked area. Make sure children cannot see or reach the locked area. Keep marijuana in the child-resistant packaging from the store.
  - How you store marijuana should change as children get older. Safe storage around young children may not stop older children or teens.

## What happens if children eat or drink marijuana by accident?

- Marijuana can make children very sick. Look for problems walking or sitting up, starting to be sleepy or having a hard time breathing.
- If you are worried, call the poison control hotline as soon as possible. Calling is free and you will be helped quickly: [1-800-222-1222](tel:1-800-222-1222).
- If symptoms seem bad, call 911 or go to an emergency room right away.

## Be a good role model for children.

- Set a good example and create a safe environment. Actions speak louder than words. Do not use marijuana, alcohol or other substances around children.
  - Need tips answering tough questions about your own use? Visit [SpeakNowColorado.org](http://SpeakNowColorado.org).



## PREVENTING YOUTH USE

Talk to youth about marijuana to help them better understand the risks.

- **Listen carefully and stay positive.** Keep the conversation open so they can come to you with questions. Knowing they can ask you questions helps youth make good decisions for their future.
  - What you talk about may depend on how old they are.
- **Talk about how marijuana damages their growing brains.**
  - Marijuana can make it harder to learn, sometimes weeks after quitting.
  - Problems with learning increase as more marijuana is used.
  - Youth who start using marijuana are more likely to become addicted in the future.
  - Encourage youth to protect their brains by not using marijuana.

- **Talk about how marijuana can get in the way of their goals.**

- Ask about their dreams and help them connect with what they need to achieve them.
- Be honest. Explain how doing well in school and staying out of trouble can help them reach their goals.

- Talk about how marijuana can get youth in trouble:  
Breaking family and community rules: Set clear rules for youth. Share that younger siblings and neighbors see them as role models, so they should not use marijuana.

Breaking school or after school activity rules: Youth may be referred for drug counseling, suspended, expelled or face prosecution.

Breaking Colorado laws: Youth may get a Minor in Possession charge. This can lead to fines, public service, substance abuse education, loss of a driver's license and misdemeanor or felony charges.

Breaking federal laws: Since marijuana is still illegal outside Colorado, youth with marijuana charges may not get financial aid to help pay for college.

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## RESOURCES



- For more information on marijuana in Colorado, including laws, methods of use and health effects, visit [goodtoknowcolorado.com](http://goodtoknowcolorado.com).
- For specific tips on age-appropriate ways to talk to youth, suggested talking points and how to spot high-risk behaviors, visit [speakknowcolorado.org](http://speakknowcolorado.org).
- To access Colorado substance abuse treatment professionals, visit [LinkingCare.org](http://LinkingCare.org), or call 1-800 CHILDREN for additional resources.
- For more information on the laws and consequences for youth marijuana use, visit [bit.ly/CDE\\_under21penalties](http://bit.ly/CDE_under21penalties).



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