

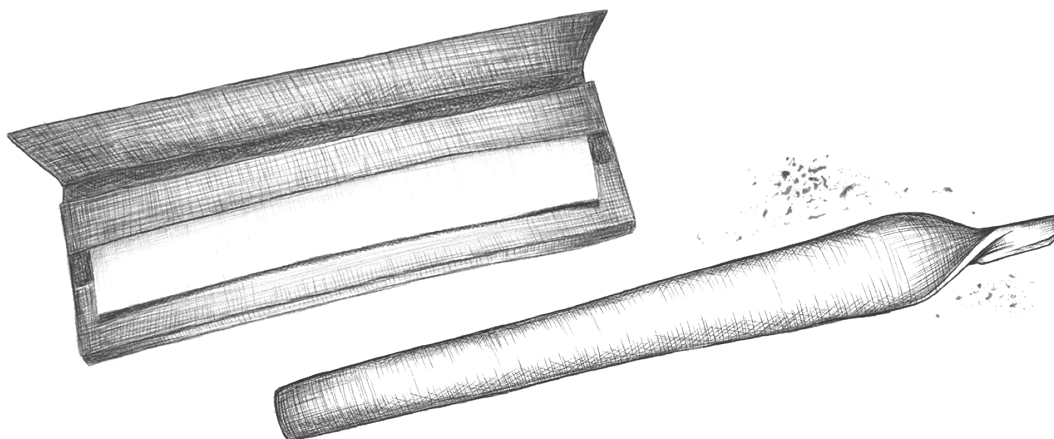
Are you concerned about your teenager smoking cannabis?

This brochure is about the illegal drug most commonly used by young people – cannabis – and aims to provide information and tips to parents.

Many young people who smoke cannabis say they think it's great and that it not only makes them happy and giggly, but also calm and relaxed.

But cannabis also has undesirable effects. It affects the brain, which may lead to absent-mindedness and a vacant expression. Users may find it hard to remember recent events and have difficulty learning new things. Other serious consequences can be anxiety, a sense of panic and depression.

The use of cannabis can have a number of social consequences such as problems at school, different friends and conflicts at home. If your teenager uses drugs, it can e.g. lead to difficulty in finding a job, permission to take a driving test or admission into the United States.



Facts

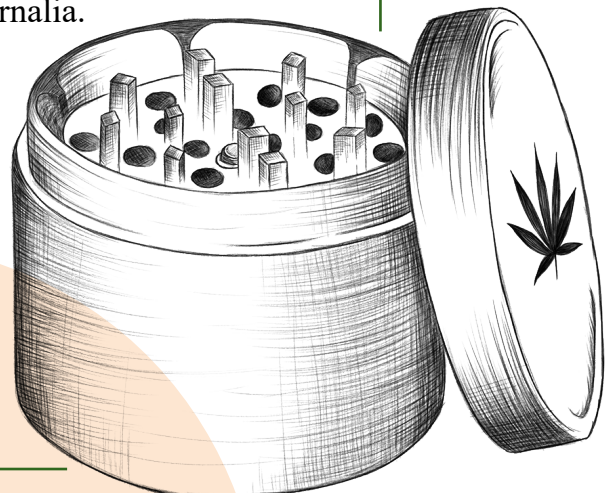
- Cannabis is the most common illegal drug used by young people.
- Handling cannabis in any way is illegal – cultivating, selling, buying, using and storing.
- The cannabis used today contains more THC (tetrahydrocannabinol) than it used to. THC is the intoxicating substance in cannabis.
- Most young people who smoke cannabis have previously smoked ordinary cigarettes.
- Many are under the influence of alcohol the first time they try cannabis.
- The use of cannabis with Tramadol, a drug classed as a narcotic, has become more common.
- The most usual way to get cannabis is through friends or friends-of-friends, sometimes at private parties.



Good to know

It can be difficult for parents to know if their teenager is using cannabis. Tiredness, indifference, red eyes, a craving for sweets and mood swings can be signs that your child is using drugs – but it might also simply mean your child is a teenager!

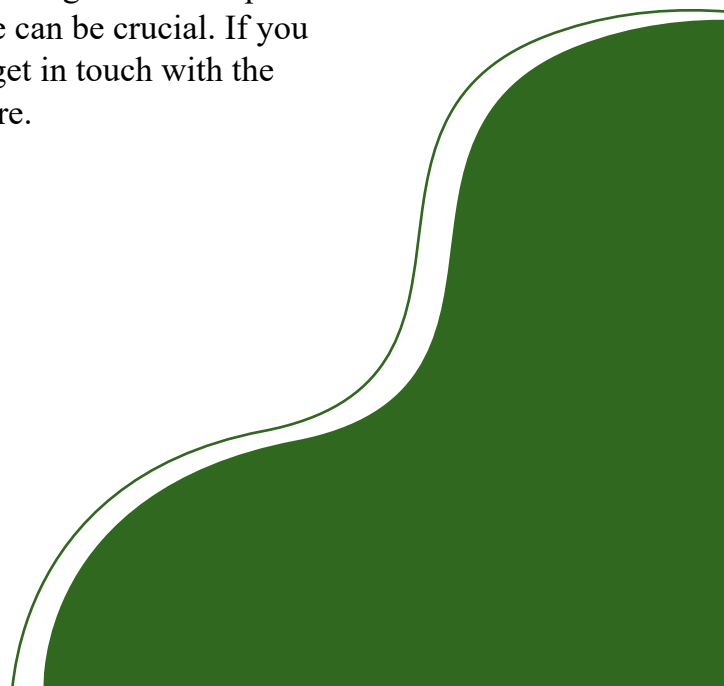
It may be easier to look for drug paraphernalia. If they have cigarette papers it should give pause for thought; it's rare for young people to roll ordinary cigarettes themselves. The illustration shows what's known as a weed grinder. It's a herb grinder used to pulverize marijuana before rolling a joint.



As a parent, what can I do?

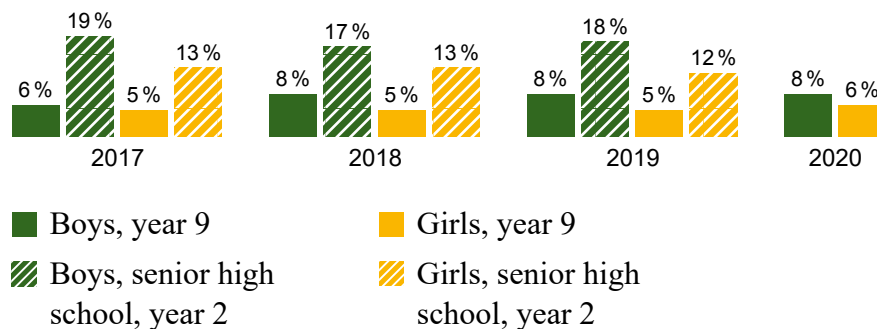
Try to talk about anything and everything in everyday life. This makes talking about more difficult things such as alcohol, drugs and sex more natural. Ask questions and listen. Close relationships mean protection.

- Trust your feelings. If you feel something is wrong, you're probably right.
- Say that you care and that from time to time you get really worried.
Explain what you are afraid will happen.
- Talk to other parents for support and agree on common rules of conduct.
- Be on the alert for smoking among your young folk, and refrain from offering them alcohol. The use of cannabis is often linked to tobacco and alcohol.
- Ideally, talk to your teenager about the risks associated with drugs and how to evaluate the source of online information. There are many websites that sell drugs and spread false information.
- If your teenager uses drugs, your being there to help and encourage him or her to seek care can be crucial. If you have any questions or concerns, get in touch with the contacts at the end of this brochure.



Statistics

The proportion of pupils in year 9 and senior high school who have used cannabis.



School pupil drug habits, CAN 2020



Who should you turn to if you have questions or need help and support?

Contact student health at your child's school, social services in your municipality or your local Mini-Maria clinic, who are there to help young people with alcohol or other drug problems.

Further reading:

[Cannabishjalpen.se](https://cannabishjalpen.se)

[Drugsmart.com](https://drugsmart.com)

[Youmo.se](https://youmo.se)

[Droghjalpen.se](https://droghjalpen.se)

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