



Parents & Prevention

Delaying Initiation and Reducing Teen Marijuana Use

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Shaping a Research Agenda, November, 2013



Parents & Prevention of Teen Marijuana Use

Four Takeaways:

- Prevention should start early**
- Important risk factors will likely increase**
- Parents need information & tools**
- Public health campaign is overdue & should start now**



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□ Prevention should start early





Prevention Should Start Early

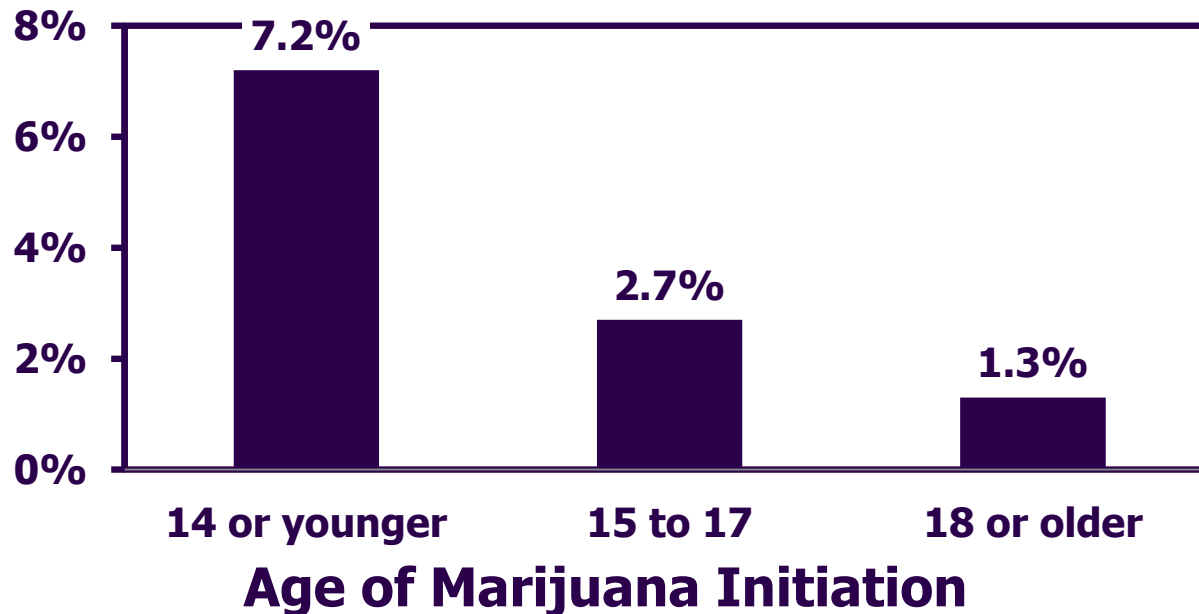
- Early initiation is strongly associated with negative outcomes**
- Extensive research on alcohol & tobacco shows that early initiation is a key mechanism for later problems**
- Early initiation is an effective focus of public health campaigns**



Prevention Should Start Early

- ❑ Research on marijuana also points to risks of early initiation

Adults Reporting Illicit Drug Dependence in Past Year



Source: SAMHSA, 2000 National Household Survey on Drug Abuse (NHSDA).



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□ Important risk factors will likely increase





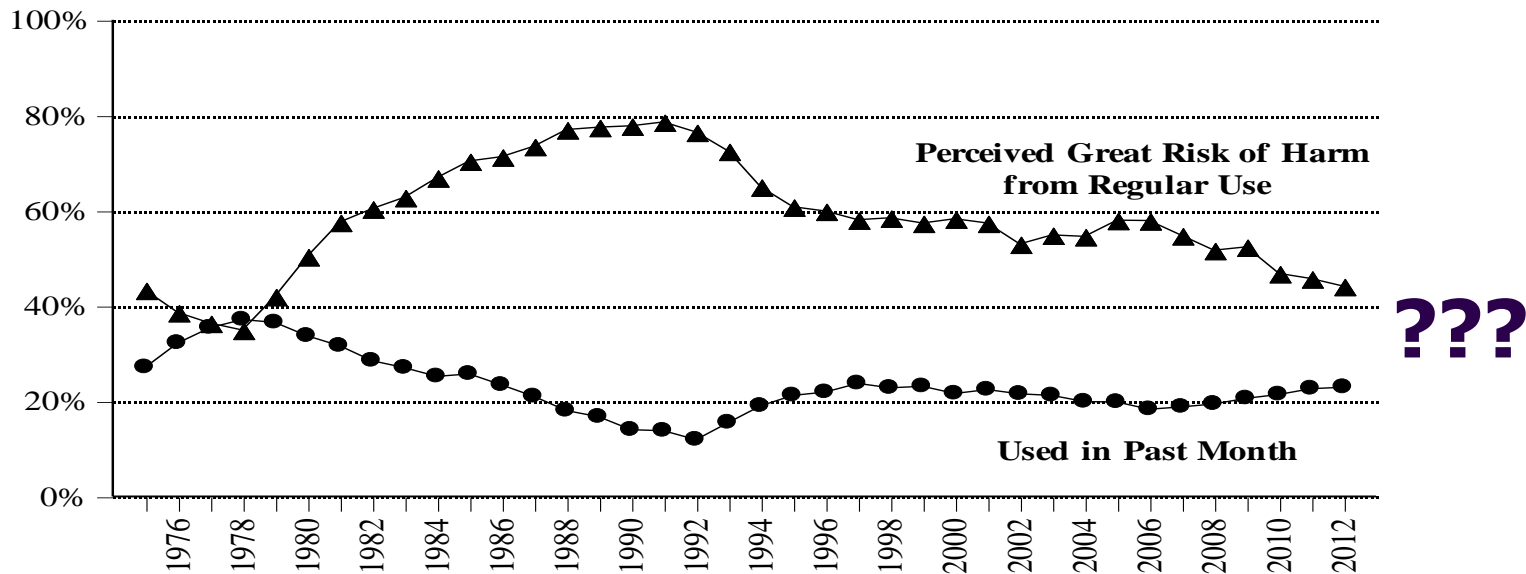
Important Risk Factors Will Likely Increase

- Legal availability and favorable norms have increased**
- Parent and peer marijuana use may increase**



Perceived Harm is Related to Teen Use

U.S. Twelfth Graders Reporting Perceived "Great Risk of Harm" and Marijuana Use in Past Month, 1975-2012



Source: Adapted by CESAR from University of Michigan, "The Rise in Teen Marijuana Use Stalls, Synthetic Marijuana Use Levels, and Use of 'Bath Salts' Is Very Low," *Monitoring the Future Drug and Alcohol Press Release: Text, Figures, & Tables*, December 19, 2012; and Institute for Behavior and Health (IBH), "National Youth Survey Shows Five-Year Increases in Marijuana Use," *IBH Commentary*, December 28, 2012.



HYS is Essential Research & Policy Tool

- ❑ Our state's Healthy Youth Survey will track availability, norms, & use among teens, pre- and post-legalization
- ❑ HYS will be of great value to the nation to document changes after marijuana legalization
- ❑ I-502 funds HYS ... the state should keep this going



Parents & Prevention of Teen Marijuana Use

□ Parents need information & tools





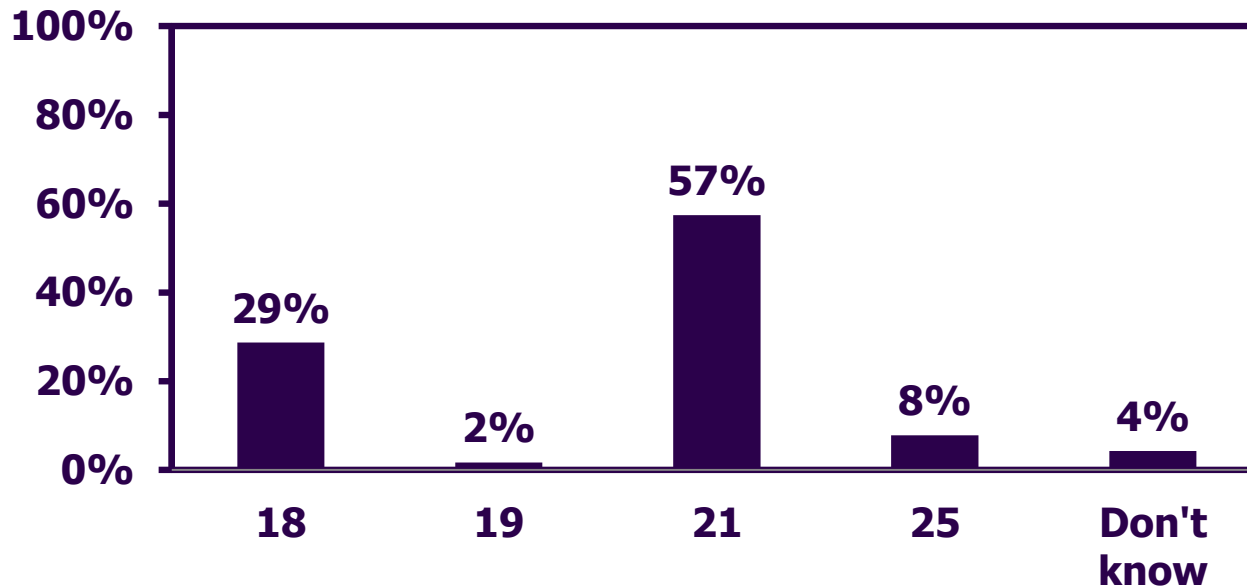
Parents are Essential to Prevention

- Parents are an important influence on their children's drug use through high school
- Parents can influence their children through their...
 - Knowledge of the legal age limit
 - Norms about marijuana use
 - Parenting practices



Do Parents Know the Legal Age for Use?

What is the legal age limit for marijuana use?



Nonrepresentative sample of parents of Tacoma 10th graders

N=115.

Source: Mason et al., 2013.



Parent Norms are an Important Risk Factor

- ❑ **Based on HYS: Children who perceive their parents as having favorable attitudes toward drug use were...**
- ❑ **5 times more likely to have tried marijuana by 8th grade**
- ❑ **6 times more likely to be a frequent user by 10th grade**

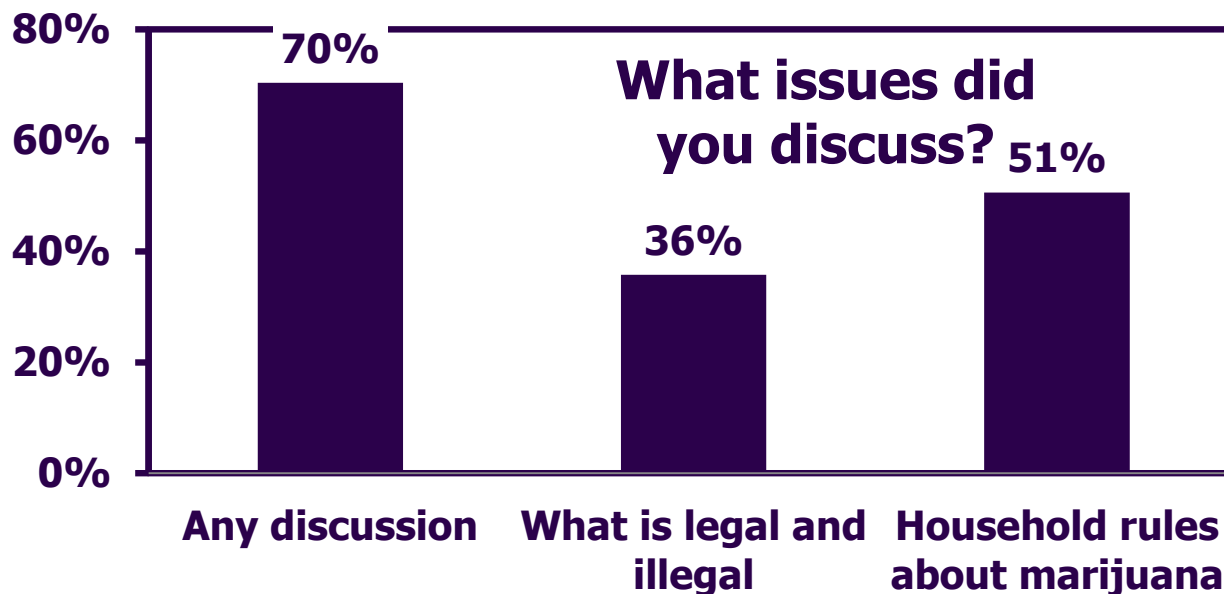


Parenting Practices are an Important Risk Factor

- ❑ **Based on HYS: Children in families with poor family management (unclear expectations, poor monitoring, inconsistent discipline) were...**
- ❑ **3 times more likely to be a frequent marijuana user by 10th grade**



Are Parents Discussing the Law with Their Children?



Nonrepresentative sample of parents of Tacoma 10th graders

N=115.

Source: Mason et al., 2013.



What Parents Need Now

Parents need to...

- Know the law**
- Know that risk of teen use will likely increase**
- Know the best tools to talk with their children...**
 - Set marijuana expectations, monitor & reinforce them**



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**□ Public health campaign is
overdue & should start now**





Public Health Campaign is Overdue & Should Start Now

- Engage opinion leaders to disseminate a few simple messages
- Governor, Physicians, Clergy, School Staff
 - Know legal limits on marijuana use
 - Early use is a risk factor for later problems
 - Parents should set expectations for underage marijuana use



What We Need To Do in 2014

- Get parents resources & programs**
 - Broad dissemination of prevention messages & resources**
 - (TV, Radio, Internet ... link to ADAI)**
 - Make effective parenting programs available**
 - Engage opinion leaders to promote attendance at parenting programs**



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