

Ways To Prevent **MARIJUANA USE** Among Teenagers



Have an open discussion with teens about marijuana use. Be a role model for your child.



Spread awareness about the risks of marijuana use and set clear family rules about not using drugs.

Connect with the parents of your children's friends to know about their activities better.



Help teens to develop confidence so they may be able to handle stressful situations.



Teach them relaxation techniques and get them involved in family activities.



Seek professional help if you find it difficult to help your child.

