

# Tips for parents and caregivers who use marijuana

If you are a parent or caregiver who uses marijuana, you may wonder how to discuss your use with your children. Learn about how to talk to your kids and take necessary precautions against use under the age of 21.

## **Keeping your children safe**

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.

## **How can I store marijuana safely?**

Marijuana products can be mistaken for regular food or candy. You can help prevent this by storing your marijuana products safely and securely. Be sure to keep all marijuana products in child-resistant packaging, clearly labeled. Make sure your children can't see or reach the locked cabinet or box where you keep them.

The way you store marijuana should change as children get older. Safe storage around young children may not stop a curious teenager who might want to try it.

## **How can I keep my children safe if I plan to use marijuana?**

- Make sure there is another person who can safely care for 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.
- Do not get behind the wheel of a car. Driving a car while high is not safe for the driver or passengers.
- It is unsafe for babies to sleep in your bed if you are high

## **How do I tell my child not to use pot if I do now?**

Just like with alcohol, tell your child that it is against the law to use marijuana until the age of 21. More importantly, let your kids know that their brains continue developing until they are in their mid-20s, and that marijuana can interfere with that. Explain that using marijuana as a child, teen, or young adult can increase the chance they will become dependent on it.

Sourced from <https://www.mass.gov/info-details/tips-for-parents-and-caregivers-who-use-marijuana>

