

# CHILD SAFETY TIPS

## FOR PARENTS &

## GRANDPARENTS



### WHAT SHOULD I KNOW TO KEEP CHILDREN SAFE . . .

#### IF I'M A QUALIFYING PATIENT USING THERAPEUTIC CANNABIS?

- Do not smoke or vape in your home or around children
  - Secondhand smoke of any kind is harmful
  - There are other ways to use therapeutic cannabis. Talk to your doctor or the staff at the dispensary about other forms of therapeutic cannabis
- Do not drive a vehicle, motorcycle, ATV, snowmobile or boat while under the influence of therapeutic cannabis. This is illegal
- Tell children and teens not to ride in a car with someone who is under the influence of therapeutic cannabis
- Educate children on the importance of not taking other people's medication

#### IF I NEED TO STORE THERAPEUTIC CANNABIS IN MY HOME?

- Store all therapeutic cannabis products in:
  - The original child-resistant packaging
  - A secure and locked container
  - An "out-of-sight" and "out-of-reach" location
- Remember, where and how it should be stored will change as children grow older
- Edible therapeutic cannabis products, such as baked goods, can be mistaken for "regular" food
  - Securely store therapeutic cannabis food items away from other foods
  - Talk to young children about not eating or drinking anything without permission
  - This is especially important when children are at other people's homes

#### IF THERAPEUTIC CANNABIS IS ACCIDENTALLY CONSUMED?

- Therapeutic cannabis products can make children very sick
- Call the Poison Control Hotline phone number (1-800-222-1222) as soon as possible.



This is a free and fast service to get help! If a child is unconscious, or having difficulty breathing, walking, or sitting up: immediately call 911 or go to an emergency room.

#### KEEP CHILDREN SAFE

Set a good example and create a safe environment.

Actions speak louder than words. Do not smoke or vape therapeutic cannabis around children, and keep all therapeutic cannabis and cannabis products locked up.

Need tips for talking to your child? Visit: <http://drugfreenh.org/>



**THE DOORWAY**  
**YOU ARE NOT ALONE**

If you are struggling with alcohol or drug related issues, you're never far from help.

To find a Doorway near you visit [www.theDoorway.NH.gov](http://www.theDoorway.NH.gov) or dial 2-1-1

**2.1.1**

Get Connected. Get Help.  
An Initiative of Granite United Way

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# PREVENTING YOUTH USE

Help Prevent Youth from Using Recreational Marijuana . . . Get the Facts and Know the Risks

## START THE CONVERSATION

- Talk about the risks of using marijuana
- Visit [www.drugfreenh.org](http://www.drugfreenh.org) for help on age-appropriate talking tips

## TALK OFTEN, LISTEN CAREFULLY AND STAY POSITIVE

- Adjust the conversation to the age of the child
- To have the message stick, when a teachable moment arises, take advantage of the situation and talk about it

## EXPLAIN HOW MARIJUANA DAMAGES A GROWING AND HEALTHY BRAIN

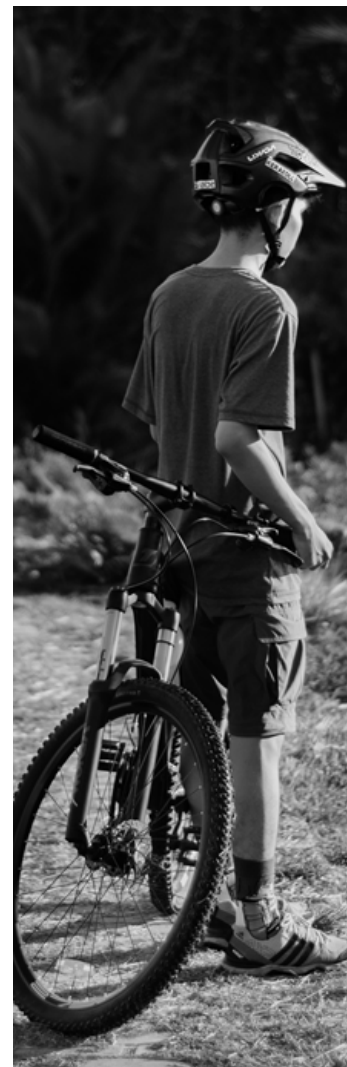
- Using marijuana makes it hard to learn and remember information
- Learning and memory problems increase as more marijuana is used
- This increases the risk for poor grades
- Marijuana addiction happens more often if it is used at a younger age

## STAY FOCUSED ON GOALS AND THE FUTURE

- Discuss current and future goals
- Help children stay focused on goals by:
  - Being a good role model
  - Guiding decision making
  - Teaching accountability
  - Praising them for doing well in school
  - Rewarding them for staying out of trouble

## TALK ABOUT CONSEQUENCES

- Be clear on family, community, school and after-school rules
- Breaking school rules may result in suspension, being expelled or arrested
- Educate children on NH marijuana laws
- Breaking the law may lead to criminal charges as a minor
- Criminal charges can lead to fines, loss of a driver's license and a misdemeanor or felony charge
- Some employers will not hire people with a criminal record
- Marijuana is illegal under federal law
- Financial aid for college may be withheld for students with drug charges



This material was adapted with permission from the Colorado Department of Public Health and the Environment.



NH Governor's Commission on Alcohol and Other Drugs

## RESOURCES:

For specific tips on age-appropriate ways to talk to youth, suggested talking points and how to spot high-risk behaviors, visit [www.drugfreenh.org](http://www.drugfreenh.org)

For help with drug or alcohol issues, visit [www.theDoorway.NH.gov](http://www.theDoorway.NH.gov) or dial 2-1-1.