

cannabis

CONVERSATIONS

→ Friend 2 Friend ←

How to help your friends when weed seems like the only way to cope.

WHO NEEDS HELP

Stress shows up for everyone.
Stress can look like:

- Acting differently than they normally do
- Overly emotional/unstable emotions
- Drama/intensity
- Loud/controlling
- Clingy/needy
- Too quiet/shut down, very sleepy
- Frustrated
- Anxious



People sometimes turn to drugs to cope.

HOW CAN I HELP?



Connection is the best prevention!

- Sit with them at lunch
- Say hi
- Let them know you're there for them
- Smile!
- Comfort them

There are lots of ways to cope with **STRESS**.
Weed doesn't have to be your way.



WHAT to SAY

(Start by asking and LISTENING.)

- Is there something going on?
- I notice you've been different.
- Are you ok?

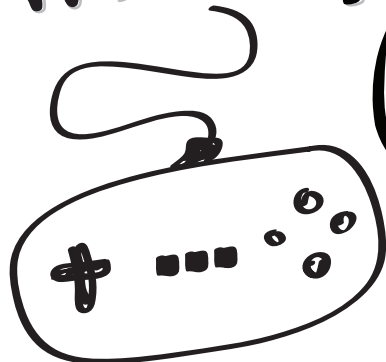
- Is there something wrong?
- I noticed a big change in how you're acting.



REMEMBER EMPATHY

Put yourself in their shoes.

WHAT YOU CAN DO



1

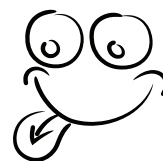
Be there for them: we all need our people.

3

Take a brain break together: video games, sports, or other sober activities can help mellow you out and make you feel good.

2

Find the funny: laughter kills stress. Be goofy, be weird, whatever lightens them up.



4

Do something active: go outside, play sports, go for a walk, get endorphins!

5

Be brave: know when to tell an adult to make sure you both stay safe.

TAKE CARE OF YOURSELF!

Seeing a friend struggle is hard, make sure you get support too.

- Remember, you can't make their decisions for them
- Respect their boundaries, and yours too
- Remember you can't change other people

FOR MORE INFO:

NIDA for Teens • Above the Influence
• Listen to Your Selfie

WHO can HELP?



School Counselor • Teacher • Coach • Siblings •
Relative (yours or theirs)

Teen Link: 1-866-Teenlink (1-866-833-6546)
Available 6pm–10pm PST

Teen Talk: 360-397-2428
Available Monday–Thursday 4-9pm, Friday 4-7pm PST

developed by:



youthisnow.me