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## Teens, Marijuana, and Depression



Millions of teens report feeling hopeless and losing interest in everyday activities for weeks at a time. And many of these teens are making a bad situation worse by using marijuana and other drugs in an effort to make themselves feel better.

Research shows that using marijuana can worsen depression and lead to more serious mental health problems. In fact, teens who used marijuana at least once a month in the past year are three times more likely to have suicidal thoughts than teens who don't use marijuana.

For parents, this means it's critical to pay closer attention to your teen's behavior and mood swings, and recognize that marijuana and other drugs could be playing a dangerous role in your child's life.

**Learn more about marijuana and mental health.**

### Marijuana: Then and Now

So you tried pot at some point in your life and think you'll feel like a hypocrite telling your teen not to use? Get over it. Be honest and emphasize that this discussion is about your child's future and not about your past. Marijuana today is more potent than it was a generation ago and more kids are using it at a younger age, when their bodies and minds are still developing. Talk to your teens. Kids who learn about marijuana and other drugs

**Follow these steps to help prevent and recognize marijuana use in your home:**

**1. Talk to your teen --** You are the most important influence in your teen's life when it comes to drugs, so make sure your teen knows the **facts about marijuana.**

**2. Set clear rules -**  
- Discuss your expectations with your children, **setting rules with clear consequences for breaking them,** as well as praising and rewarding good behavior.

**3. Recognize signs and symptoms --**  
There are a number of ways to identify whether your child is having **psychological problems related to marijuana use.** Look for signs of depression, withdrawal, hostility, etc.

**4. Get help --** If you recognize any of the above signs in your child's behavior, there are many helpful organizations for families. Consult these **resources** for

from their parents are less likely to use them.

more information.

## Tell your teens how to say no, even if you didn't.

### NEWS ❖



#### How much should you tell your kids?

This generation of parents had much more freedom to indulge in youthful indiscretion than their own parents did. But how much should you reveal to your children about your own teenage transgressions?

[Read full article>>](#)

### ADVICE ❖



Ever hear the myth that marijuana is harmless? Or that you can't get addicted since it's "natural?"

Learn [how to tell marijuana myths from facts>>](#)

### FREE RESOURCES ❖



Looking for **FREE** anti-drug information? Check out all of *TheAntiDrug.com's* [Parent Resources>>](#)

And check out *Keeping Your Teens Drug-Free* for ideas and examples for busy parents to keep their teens away from marijuana and other drugs.

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**Substance Abuse & Mental Health Services Administration**