



You still matter as a parent!

By saying no to cannabis, you can influence your teenager.

What you think still matters!

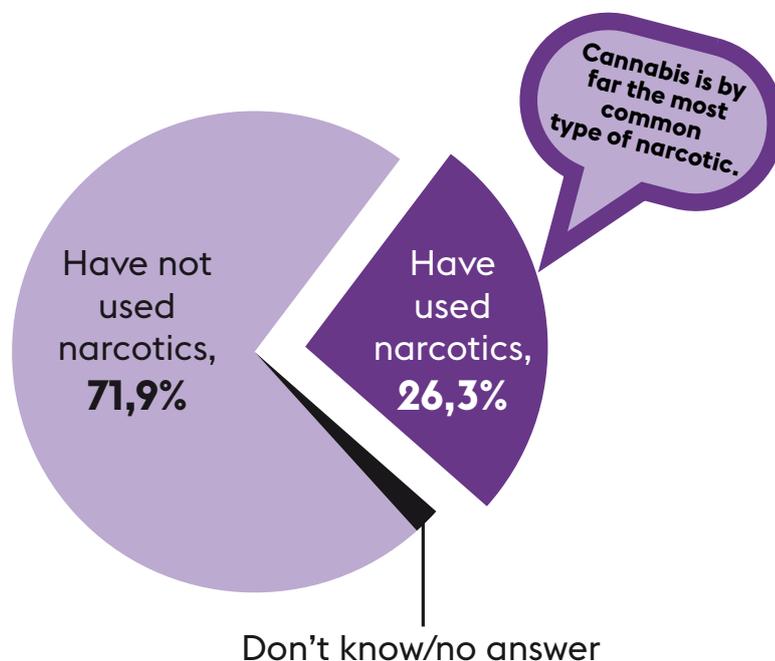
You have received this leaflet because you have an upper secondary school aged teenager. At this age, many teenagers are increasingly independent, focusing on their leisure time and friends. But don't forget that you still matter as a parent!

You have probably heard about hashish and marijuana, known jointly as cannabis. Cannabis is significantly more common among upper secondary school pupils than lower secondary school pupils. This doesn't mean that every young person experiments with cannabis. In fact, most youngsters in Stockholm never do.

One important reason why young people refrain from trying cannabis is that their parents expect them not to. You are therefore important. Remember that what you say as a parent has an influence on your child, even if it doesn't always feel that way.

Some suggestions:

- Talk with your teenager about cannabis, and show that you care.
- Be clear that cannabis is illegal and dangerous – create norms.
- Take a clear restrictive attitude towards alcohol and tobacco, too.
- Talk with other parents.
- Read up about cannabis and how you can detect it.
- If you notice any changes in your teenager and are worried, contact Maria Ungdom or your local district council.



Source: The Stockholm Survey, year 2 of upper secondary school, 2012.

Useful information about cannabis

Cannabis is the name of a group of hemp plants from which hashish, marijuana and hash oil are produced.

The plants contain the intoxicant THC. Long-term cannabis use can affect the body – and particularly the brain – in many ways.

Marijuana is green, and looks like dried, chopped grass. Hashish is often sold in small pieces, and can be anything from light brown to black in colour. These drugs are usually smoked, either in hand-rolled cigarettes or in a pipe. The smoke has a sweet smell to it.

Someone who has smoked cannabis may be relaxed, talkative and giggly, or sleepy and silent. Users may also experience anxiety, discomfort, feelings of panic and paranoia. A rapid pulse, dryness of the mouth, red eyes and an increased appetite can also be signs, but it is hard to tell when someone is under the influence.

Spice is the name of a preparation that is produced artificially to resemble cannabis. It is smoked mixed with herbs and/or tobacco. Many of the substances that Spice can contain are classed as narcotics, and are therefore illegal.

The sale, purchase, possession and use of cannabis are all illegal in Sweden.

Sources: drugsmart.com (CAN, the Swedish Council for Information on Alcohol and Other Drugs), cannabishjälpen.se, folkhalsomyndigheten.se

Find out more at stockholm.se/nejtillcannabis

The City of Stockholm's campaign website includes links to more information about cannabis. Reading up on the subject is a good start. You will then find it easier to deal with arguments that your teenager may have heard from friends, films, music or the internet.

If you have any questions or concerns, you can contact Maria Ungdom.

08-508 43 710 (daytime)

08-123 47 410 (emergencies)

You can also contact social services at your local district council.

Contact details can be found at

stockholm.se/kontaktunga

At the City of Stockholm, we work in many different ways to ensure that all children and young people can grow up in a safe environment, free from drugs. We hope that this information about cannabis will help you as a parent. After all, you're the most important person in your child's life!



Anna König Jerlmyr
Vice Mayor for
Social Affairs



Lotta Edholm
Vice Mayor for Schools
and Education

“I don't want to **disappoint** my parents.”

Response from a young person in a focus group.

يمكنك أن تجد هذه المعلومات على الموقع stockholm.se/nejtillcannabis

You can find this information at stockholm.se/nejtillcannabis

Warbixintan waxaad ka heli kartaan bogga internetka stockholm.se/nejtillcannabis

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stockholm.se/nejtillcannabis