



# You matter!

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

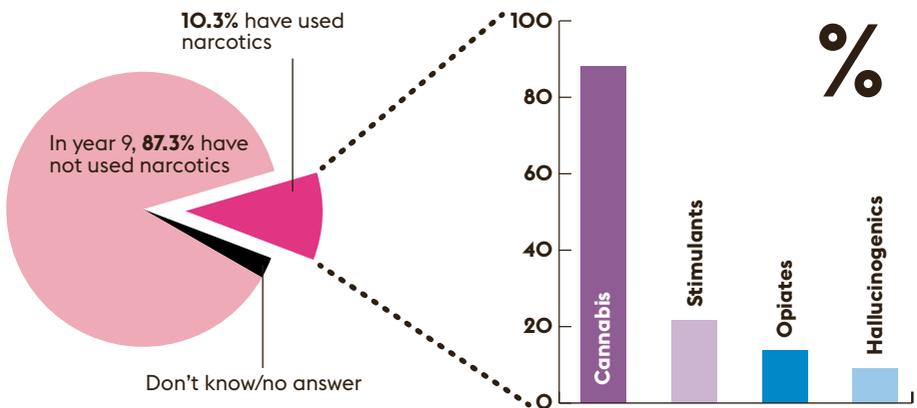


## Your attitude matters!

You have received this leaflet because you have a teenager at home. You and your child are experiencing a period of change. As the parent of a teenager, there are many things to think about. But it might not have occurred to you that your child could have come into contact with hashish or marijuana, known jointly as cannabis.

The use of cannabis among young people in Stockholm is higher than the national average. This doesn't mean that every young person experiments with cannabis. In fact, most

youngsters in Stockholm never do. One of the most important reasons why young people refrain from trying cannabis is that their parents expect them not to. You matter!



Most young people in year 9 in Stockholm have not used narcotics. Among those who have done, cannabis is the most common. (Multiple responses could be given for type of narcotic.)

**Source: The Stockholm Survey 2012**



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

Response from a young person  
in a focus group.

### Talk with your teenager!

Talking with your teenager about cannabis and other drugs isn't always easy. You'll want to find the right words, especially if it seems that your child knows more than you do. Some parents find that they don't get any response. You may have been met with a roll of the eyes when trying to talk about something important. But most young people want their parents to talk with them about cannabis. Remember that what you say as a parent has an influence on your child, even if it doesn't always feel that way. Your relationship with your teenager and your clear attitude are extremely important!

### Find out more

The City of Stockholm has created a campaign website where you can find 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.

### A word from the Vice Mayor for Social Affairs



As a parent, you're the most important person in your child's life. The City of Stockholm's vision includes creating the right conditions for all children and young people. The city can offer you support and advice as a parent in various ways, including in connection with cannabis. I hope you find this leaflet useful!

**Anna König Jerlmyr**  
Vice Mayor for Social Affairs

### 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.

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)

**cannabishjalpen.se**

## [stockholm.se/nejtillcannabis](https://stockholm.se/nejtillcannabis)

På kampanjsidan finns länkar till mer information om cannabis. Här hittar du också kontaktuppgifter till din stadsdelsförvaltning.

على الصفحة الإلكترونية للحملة، يمكنك أن تقرأ هذه المعلومات باللغة العربية

This information can be found in **English** on the campaign website.

На сайте кампании вы можете прочитать эту информацию на **русском** языке.

En la página de la campaña, puedes leer esta información en **español**.

Bogga olo-olaynta waxaad ka akhrisan kartaa warbixintaan oo **af-soomaali** ku qoran.

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## **Contact**

If you have any questions or concerns, you can contact social services at your local district council. Contact details can be found at [stockholm.se/kontaktunga](https://stockholm.se/kontaktunga)

You can also contact Maria Ungdom:

**08-508 43 710 (daytime)**

**08-123 47 410 (emergencies)**

[stockholm.se/nejtillcannabis](https://stockholm.se/nejtillcannabis)



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