

# CANNABIS CONVERSATION STARTERS

## **Peer Pressure and Relationships**

- Have you ever felt pressured to use cannabis?
- Why do some people use cannabis?
- Do people use cannabis to fit in?
- Do you want to use cannabis? Why or why not?
- Has cannabis affected any of your relationships? If so, how?
- How would you feel if your best friend was struggling with cannabis? How about a family member?
- If you are in a situation where you are surrounded by people using cannabis, what can you do instead?
- Share a story about how cannabis has affected one of your relationships.

## **Legal Issues and Other Consequences**

- Do you know anyone who has faced trouble as a result of cannabis either at home, at school, or with the law?
- Do you know anyone whose involvement with activities was affected by cannabis?
- What do you imagine your life will look like in 5 years? 10 years? How might using cannabis impact that vision?
- Share a story about how you or someone you know has been negatively affected by cannabis.

## **Psychological Effect, Physical Impact and Addiction**

- How does cannabis affect the brain/body/nervous system?
- What kinds of effects can cannabis have on sports and other various physical activities?
- Is cannabis addictive?
- Share a story about how cannabis addiction has affected you.

## **Getting Help**

- Who can you talk to if you feel pressured to use cannabis?
- Who can you talk to if you're concerned that you're using cannabis excessively?
- Who can you talk to if you feel that someone you love is using cannabis excessively or is addicted?

# CANNABIS CONVERSATION STARTERS COMMON QUESTIONS & ARGUMENTS

## **What are the various forms of Cannabis?**

Prescription Medications, Hemp Products, CBD Products and Marijuana Products.  
For more detailed informed on the various forms of Cannabis, visit [wywetalk.org](http://wywetalk.org).

## **Marijuana is less harmful than alcohol.**

Anytime a young person uses substances, they are at an increased likelihood for addiction.

## **It's a plant, it's natural.**

In the naturally occurring plant, THC is present at a very low percentage. People have grown marijuana to make it significantly higher in THC content. There are plenty of plants in the world that are natural but still harmful such as opium, coca leaves, ephedra, mushrooms, etc.

## **Nobody ever overdoses or dies.**

While a fatal overdose is unlikely, the effects of marijuana use can be severe with symptoms including fast heart rate, increased blood pressure, severe nausea, panic, anxiety, hallucinations, extreme confusion, etc. In some cases, people will feel like they are dying and take themselves to the emergency room.