

Back to the Classroom
Core Curriculum Support Program



Module 7
Table Talks

Table Talks

Parent Resource





February 2018

Marijuana

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon			
Tue			
Wed			
Thurs 1	<p>Marijuana Popular name for the dried flowering leaves of Cannabis Sativa, which are smoked as cigarettes, "joints," or "blunts."</p>	<p>Help people distinguish between fact and opinion.</p>	<p>AND NOW! Back to the Classroom: Know the facts. Friends who offer marijuana may not know how harmful It can be to your future. Learn about the harmful side effects of Marijuana. Get informed and tell friends who are offering marijuana why it's so wrong for your positive lifestyle. STAY IN YOUR LANE!</p> <p>PARENT NOTE: By the time they graduate from high school, about 45 percent of U.S teens will have tried marijuana at least once in their lifetime. Talk to your child about the way marijuana has been documented to decrease IQ scores, school failure, and diminished quality of life.</p>
Fri 2	<p>THC active and addictive principle of cannabis</p>	<p>Keep reminding everyone of the core focus when working on a project.</p>	<p>AND NOW! Back to the Classroom: People who test positive for THC from marijuana use, often lose education and work opportunities. The world is full of opportunities until we do things to limit them. Keep your options open. STAY IN YOUR LANE!</p> <p>PARENT NOTE Ask your child what advice they would give a friend who was considering smoking marijuana. In what would they tell them to deter them? Use this month's Stats, Facts, and Links pages as a conversation content guide.</p>



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5	<p>Synthetic repaired or made artificially; not natural or genuine; artificial or contrived</p>	<p>Remember people only buy into change when they are clear about where it will lead to.</p>	<p>AND NOW! Back to the Classroom: Anything could happen when you add unknown chemicals to your body. Just imagine the damage to your brain that it could cause. Would you like to live the rest of your life without being able to function? After all, your life has just begun.</p> <p style="color: green;">PARENT NOTE: Anything that we continue after a negative impact on our lives is considered an addiction. Talk to your child about abstaining before the negative impacts begin because most times, if there is already a negative o look for as warning signs.</p>
Tue 6	<p>Harmful causing or capable of causing harm; injurious</p>	<p>Be alert to complacency.</p>	<p>AND NOW! Back to the Classroom: Synthetic marijuana IS dangerous. It can possibly cause irreversible, unrepairable mental harm. It's like one day you're here and the next day you're not. For just a few hours of euphoria. STAY IN YOUR LANE!</p> <p style="color: green;">PARENT NOTE: Brain tissue does not regenerate. Once it is damaged it is gone. Let you child know that sometimes regular people alter drugs in a way that can't be measured. This puts them at risk for permeant and irreversible brain damage. Explore a discussion of all the goals they will not be able to achieve in such a scenario.</p>
Wed 7	<p>Gateway allowing entry, access, or progress to a more extreme form</p>	<p>Bounce back from setbacks.</p>	<p>AND NOW! Back to the Classroom: Marijuana has always been considered the gateway drug for teens to develop addictions to the harsher, more potent drugs. With that much risk and chances involved with smoking marijuana, do you really think the risk are worth taking? STAY IN YOUR LANE!</p> <p style="color: green;">PARENT NOTE: Talk to your child about the risk drivers take when they decide to smoke marijuana and operated vehicles and machinery. Marijuana effects alertness, concentration, coordination, and reaction time. Operating under these conditions put the smoker and the public at risk.</p>
Thur 8	<p>Adversity a state of hardship or affliction; misfortune</p>	<p>Don't dwell too long on what has happened.</p>	<p>AND NOW! Back to the Classroom: Why is it such a big deal to smoke marijuana? It is because it opens doors that should never be open for teenagers. It makes it easier for teens to try different drugs and increases their chances for addiction. Do not be mad at your parents for their anger if they find out you have smoked marijuana. They are trying to protect you from a harsh world. STAY IN YOUR LANE!</p> <p style="color: green;">PARENT NOTE: Let your child know that brain development continues until early 20s. Drugs, including marijuana stop the brain from growing. Smokers who begin smoking heavily before the brain is developed may find themselves stuck in immaturity. Ask your child how important is it for them to become a mature adult? Discuss the benefits of maturity (ie. Better coping and problem-solving skills)</p>
Fri 9	<p>Succumb to submit to an overpowering force or yield to an overwhelming desire; give up or give in</p>	<p>Have a plan but be adaptable.</p>	<p>AND NOW! Back to the Classroom: Giving up is the worst thing you could do, in any situation. If you want something, you must work for it. When goals require a little extra work, don't give up. You will appreciate it just that much more. STAY IN YOUR LANE!</p> <p style="color: green;">PARENT NOTE: Have a general conversation with your child to practice the tips presented by National Institute on Drug Abuse . When communicating, try to:</p> <ul style="list-style-type: none"> • Stay engaged and focused. • Display a sense of acceptance and understanding. • Be kind and respectful. • Reduce distractions.



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• Diminish negative reactions.

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<p>Mon 12</p>	<p>Experiment the act of conducting such an investigation or test</p>	<p>Focus on what can happen.</p>	<p>AND NOW! Back to the Classroom: Now is the time for us to think about ways to continue our education. We also should be experimenting new hobbies like flying a kite or painting. The world is our oyster. With the options, we have to grow on, we should not choose to experiment with drugs. Drugs can cause lasting harm to our future and the goals we have for our world. STAY IN YOUR LANE! PARENT NOTE: Talk to your child about the ways we cope with stress. Coping is simply doing something positive, instead of doing nothing and dwelling on problems. Let them know that solutions to problems often are found while doing unrelated positive actions.</p>
<p>Tue 13</p>	<p>Depression mood disorder characterized usually by extreme sadness</p>	<p>Set results based objectives.</p>	<p>AND NOW! Back to the Classroom: Depression is very real for a lot of teenagers. So many things are happening all at once, and we all may not cope well with the changes. Becoming overwhelmed as a teenager is more common than we may think. Talk to someone about it. You'll be surprised how many people are just like you. Sometimes all we need is just someone to listen to us. STAY IN YOUR LANE! PARENT NOTE: Read Section 1a and 1b of the Stat, facts and links section together. At the end of the reading, be sure that your child can offer some of the reasons why teens use drugs. Ask them which reason they believe most students use to gain an understanding of their position on the subject.</p>
<p>Wed 14</p>	<p>Cannabis plant that produces euphoria and relaxation; repeated use may lead to psychological dependence</p>	<p>People will help you achieve if you look after them.</p>	<p>AND NOW! Back to the Classroom: Most of the time, when people use drugs, it's because they are struggling with their self-worth. Most do not realize that the worst thing you can do to relate to peers, is to relate to them in drug use. Healthy people are not going to like you more if you use drugs, they are going to distance themselves more. STAY IN YOUR LANE! PARENT NOTE: Today's Table Talk is a Table Listen. Ask your child about the movies that are coming out to see what type of content entertains them. Maybe even set up a date to go watch together. As time goes on, it gets harder and harder to fit in your child's schedule. Capitalize on any available slots you can get!</p>
<p>Thur 15</p>	<p>Aptitude inherent or acquired ability; ease in learning or understanding; intelligence</p>	<p>Try to hire your successor whenever possible.</p>	<p>AND NOW! Back to the Classroom: Today is a new day! Maybe you had a stressful day yesterday. If so, pad your day with some positive fun things to do to process that stress. The cure for stress is doing positive things that you enjoy. Sitting still and dwelling on problems only grows stress. Work it out. STAY IN YOUR LANE! PARENT NOTE: Talk to your child that hobbies are coping mechanisms. Having a hobby is a great stress reducer. We always think of hobbies as a fun outlet, but your child may not be aware that hobbies keep the stress levels low</p>



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Be clear on
core values.

AND NOW! Back to the Classroom: Your parents have an expectation of what they think your life should be like and you have expectations of your own. Parents want their children to be safe and successful. STAY IN YOUR LANE!
PARENT NOTE: Read Section 2a and 2b of the Stat's, Facts and Links section. Many teens do not believe that there are dangers to smoking marijuana. Ask your child if they would recommend marijuana to a friend or sibling. Why or why not?

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 19	Help To make it easier for (someone) to do something by offering one's services or resources	Seek regular feedback.	AND NOW! Back to the Classroom: There is no evidence that Marijuana enhances the quality of life in any way. The more you smoke, the more likely you will become dependent on something that has no potential to help your lifestyle. Marijuana causes you to make poor choices that can lead to unhealthy decisions. STAY IN YOUR LANE! PARENT NOTE: Read Section 5 of the Stats, Facts, and Links. Discuss the symptoms of marijuana use. This will help your child understand any behavior concerns you may have if any of the symptoms apply. It's amazing how understanding a teen can be if they know your questions come from a place of concern rather than a place of judgement. Keep a caring tone.
Tue 20	Learn to become aware or informed of; find out; to fix in the mind or memory; memorize	Accept that there will be some who won't buy into what you are trying to achieve.	AND NOW! Back to the Classroom: Life is all about learning. All through life, all that you know and do has been learned. Once you start using drugs, learning things that are productive for your life stops. All that you learn, from that moment on, are things that will help destroy you, a little at a time, until there is nothing left. STAY IN YOUR LANE! PARENT NOTE: They say traveling enhances our intelligence. Not all of us can afford a trip. Talk to your child about exploring new worlds through new people. Every person comes with a whole set of new experiences. Encourage them to spend some time with a new positive person to share experiences. We don't have to travel across the world to get a new exposure. Sometimes a new to a new world is right across the classroom.
Wed 21	Paranoia extreme, irrational distrust of others	Remember you are judged in results.	AND NOW! Back to the Classroom: Drugs and psychosis are real. Most think that being paranoid is funny. But really, it's not for the people who must go through it. Imagine living your life thinking that someone is trying harm you. Where is the fun, or funny, in that? Drugs could do this to you. You could stay in that paranoia for the rest of your life. STAY IN YOUR LANE! PARENT NOTE: Grab your family's chosen sports ball and head to out for an hour of family competition. Activities like these are empowering and promote the feeling of freedom. Win or Lose, stay in the game together. This activity could help your child visualize your family as the team it really is.
Thur 22	Munchies craving for food, especially when induced by alcohol or drugs	Remember achieving anything requires persistence.	AND NOW! Back to the Classroom: Munchies happen after smoking marijuana because of the reaction the chemicals cause to the neurons that control appetite and the feeling full. Did you know, you could eat yourself sick. STAY IN YOUR LANE! PARENT NOTE: Nothing brings people closer than the power of music. Bond over a playlist. Sit down and create a family playlist of songs that includes everyone's favorite tunes to play at dinner. Ask your child what he/she likes about the artist and songs.



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inactivity or indolence

Make sure you get
relevant information
and not a bunch of data.

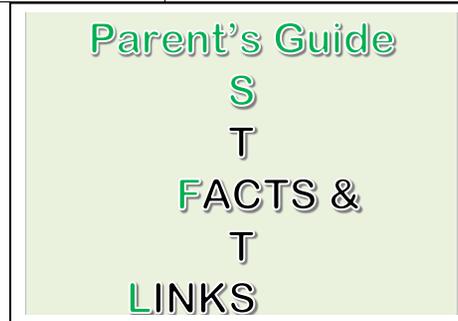
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AND NOW! Back to the Classroom: Comedian Katt Williams says marijuana smokers do the following effects: hungry, happy, sleepy. Nowhere, in his stand up about "weed" does he say you will start applying for jobs and re-evaluate your life, and scientists say you won't develop motivation on the drug. STAY IN YOUR LANE!
PARENT NOTE: Talk about the effects marijuana has on human cognition. One of the major effects is that users lose motivation to attain goals. Users often have lots of goals and feel they can reach them easily without being able to realize that they have made no gains in the direction of success. The loss of self-awareness, pseudo competence and delusion of grandeur are two very debilitating symptoms of drug use.

Mon	Words of the Day	Leadership Tip of the Day	Table Talks
26	Psychosis an acute or chronic mental state marked by loss of contact with reality, disorganized speech and behavior	Remember most problems and challenges are not completely new	AND NOW! Back to the Classroom: The decisions we make show how much we value our physical and mental health. Be careful to make decisions that have the potential for growth and healthy development. When using marijuana, you are making bad decisions that can lead to psychosis. Under psychosis you have no control and you behave uncharacteristically STAY IN YOUR LANE! PARENT NOTE: Today's Table Talk, is more of a table thought. Evaluate your boundaries. Be sure that you are a support and not an enabler. You may be an enabler if you make excuses for your child's problems, blame yourself for their actions, protect them from their own consequences and unintentionally reinforce drug use (ie. pay child phone bill freeing up more money for their addiction).
Tue 27	Psychedelic suggestive or evocative of an altered or hallucinatory state of perception	Be able to interact with people at all levels.	AND NOW! Back to the Classroom: Some have smoked marijuana just to have a new experience. Just because something is new does not mean it's good for you. When someone smokes, they may have a psychedelic moment. However, psychedelic behavior can often be scary for users. You can't control your behavior and some feel trapped in that state of mind until the short-term effects wear off. Pick your experiences carefully. STAY IN YOUR LANE! PARENT NOTE: Suggest that you and your child go change their room around. We all know how fun it can be to create your bedroom space. Visiting your child's room can have the same feel as visiting their apartment if you haven't been in there in a while. Donate a piece of furniture or relic that will enhance their room's ambiance. Enjoy the feeling of being a guest in their space.
Wed 28	Fear to be afraid of; to be uneasy or apprehensive about; to consider probable	Remember forecasts are just a best estimate at a given point in time.	AND NOW! Back to the Classroom: Many youth use drugs out of the fear of exclusion. They are often afraid to stand up for positive behavior against their peers. Find the courage to do what is best for you. STAY IN YOUR LANE! PARENT NOTE: Sit down with your child and create an online shopping cart with his/her favorite college dormitory decorations. This simple exercise could give them an incentive to take the steps to realize their goal to further education. Be sure to explore supporting school supplies and maybe some freshman manuals. It's never too early to dream positively.

Thurs			
Fri			

February



1a. Know the Facts About Marijuana

Marijuana remains the most used illegal substance among youth.

By the time they graduate from high school, about 45 percent of U.S. teens will have tried marijuana at least once in their lifetime. In 2015, nearly 22 percent of high school seniors reported current marijuana use, and 6 percent used marijuana daily. The annual Monitoring the Future survey has been tracking teen attitudes and drug use since 1975. Currently, the number of teens who think marijuana use is harmful is declining. This is concerning because there is growing scientific evidence that heavy, regular use of marijuana that begins during the teen years may lower a person's IQ and interfere with other aspects of functioning and well-being. The good news is that marijuana use did not increase significantly among youth from 2010 to 2015.

1b. Why do young people use marijuana?

Young people start using marijuana for many reasons. Curiosity, peer pressure, and the desire to fit in with friends are common ones. For some, drug use begins as a means of coping with anxiety, anger, depression, boredom, and other unpleasant feelings. But, in fact, being high can be a way of simply avoiding the problems and challenges of growing up. Research also suggests that family members' use of alcohol and drugs plays a strong role in whether a young person starts using drugs. Parents, grandparents, and older siblings are models that children follow. Marijuana can be addictive. Marijuana is unsafe if you're behind the wheel. Marijuana is linked to lower grades, school failure, and poorer quality of life. Marijuana is linked to some mental illnesses (Volkow, 2016).

- Ask your teen what they know about marijuana.
- Discuss with your teen the facts about marijuana.
For more information: <https://www.drugabuse.gov/>

2a. Know the Dangers of Marijuana for Teens

Though public perception is that marijuana is a harmless drug, research is showing it can have a damaging impact on developing brains and may lead to life-long addiction.

“Marijuana is the most common substance addiction being treated in adolescents in rehabilitation centers across the country. Like all addictive substances, marijuana is used to lessen uncomfortable feelings like anxiety and depression. Because the type of addiction is seen as less ‘intense’

in comparison to other substances such as cocaine or heroin, many people don't realize that marijuana can cause dependence and has a withdrawal syndrome," Garry Sigman said.

2b. Research shows that heavy use can lead to neurotoxicity and alternations in brain development leading to:

- Impairment in thinking
- Poor educational outcomes and perhaps a lower IQ
- Increased likelihood of dropping out of school
- Symptoms of chronic bronchitis
- Increased risk of psychosis disorders in those who are predisposed (The dangers of teens using marijuana, 2014).
- Discuss these dangers with your teen.
- Ask your teen how he/she feels about what he/she has learned.

For more information: <https://www.sciencedaily.com/releases/2014/09/140925150606.htm>

3. Dangers of Driving While Smoking Marijuana

Drugs and alcohol interfere with the brain's ability to function properly. THC, the main active ingredient in marijuana, affects areas of the brain that control the body's movements, balance, coordination, memory, and judgment, so it's no surprise that marijuana and driving don't mix.

According to a recent driving study, as many as 1 in 5 teen drivers say they drove under the influence of marijuana.

More than one-third of them did not believe that marijuana affected their driving, whereas less than one fifth of teens who drove after drinking alcohol said their driving wasn't impaired.

These numbers show that some teen drivers aren't getting the message that both alcohol and drugs—including marijuana—are dangerous risks behind the wheel. Not only that, but drivers under the influence of these substances endanger other users of the road as well (FACT: Driving After Using Marijuana Is Dangerous, 2012).

- Talk to your teen about the dangers of driving under the influence.
- Ask your teen how he/she feels about driving high.

For more information: <https://teens.drugabuse.gov/blog/post/fact-driving-after-using-marijuana-dangerous-0>

4. Know the Dangers of Drugs on the Still Developing Brain

The brain continues to develop into adulthood and undergoes dramatic changes during adolescence.

One of the brain areas still maturing during adolescence is the prefrontal cortex—the part of the brain that enables us to assess situations, make sound decisions, and keep our emotions and desires under control. The fact that this critical part of an adolescent's brain is still a work in progress puts them at increased risk for making poor decisions (such as trying drugs or continuing to take them). Also, introducing drugs during this period of development may cause brain changes that have profound and long-lasting consequences (Drugs, Brains, and Behavior: The Science of Addiction).

- Discuss with your teen the dangers of using drugs on their developing brain.

- Discuss that early use of drugs increases their likelihood of addiction.
National drug use surveys indicate some children are already abusing drugs by age 12 or 13.
For more information: <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface>

5. If your child is using marijuana, he or she might:

- seem unusually giggly and/or uncoordinated
- have very red, bloodshot eyes or use eye drops often
- have a hard time remembering things that just happened
- have drugs or drug paraphernalia—drug-related items including pipes and rolling papers—possibly claiming they belong to a friend if confronted
- have strangely smelling clothes or bedroom
- use incense and other deodorizers
- wear clothing or jewelry or have posters that promote drug use
- have unexplained lack of money or extra cash on hand

<https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/want-to-know-more-some-faqs-about-marijuana>