



A GUIDE FOR PARENTS

SVEN FRIEDRICH

CANNABIS

isn't the teenage dream

QUIT-SMOKING-WEED.COM

TABLE OF CONTENTS

CHAPTER

01 PAGE 3-9

Purpose and explanation of
this ebook

02 PAGE 10-15

The potential risks for young
people from using cannabis

03 PAGE 16-19

How to recognize signs of
cannabis use in young people

CHAPTER

04 PAGE 20-34

Options, recommendations,
and proven methods for
concerned parents

05 PAGE 35-43

Best way to support your child

06 PAGE 44-48

The importance of self-care for
parents

07 PAGE 49-50

Conclusion



CHAPTER

01

Introduction

DEAR PARENTS

If you have discovered that your child is smoking weed, it is understandable that this worries you. However, it is important to stay calm.

The issue is serious, no question, but testing boundaries and experimenting with forbidden things is part of growing up. You are not alone with this problem, and there is hope - we promise you!

The goal of this e-book is to provide you with a comprehensive overview of the topic of youth and smoking weed and to help you find solutions together with your child.

Prohibitions and punishments can harm the relationship in the long term. Therefore, it is important to work together with your child on finding solutions instead of working against each other.

Hello! My name is Sven Friedrich and I am the founder of the information portal quit-smoking-weed.com and a lecturer at the German Cannabis Academy.

Together with my dedicated QSW-team, we have created this great guidebook to help you. Since 2014, we have been fighting to ensure that people who want to stop smoking weed get the support and information they need.

For this e-book, we have brought author Verena Glass on board as a valuable support.

She is not only the author of the book "How to protect my child from addiction", but also an empathetic addiction counselor who is happy to share her knowledge and experience with others.

We are grateful for her support and for the opportunity to use her valuable knowledge in our guidebook.

This ebook was created out of the desire of many parents who seek a guide and want to avoid seeking personal help.

We understand that this is a difficult topic that involves a lot of emotions. Therefore, we have done our best to make this ebook as comprehensive and helpful as possible.

We hope that it will help you and your child to build a better future without cannabis-related issues.

How can this e-book help?

In this e-book, we offer practical tips and strategies based on scientific evidence and best practices to help your child manage a possible addiction. Our goal is to encourage you and show you that you, as parent, can play a significant role in your child's recovery.



CHAPTER

02

Risks

How does cannabis affect the brain?

- **Learning and memory:**
Impairment of information processing and storage.
- **Cognitive abilities:** Difficulties with attention, decision-making, and judgment.
- **Neuronal development:**
Influence on maturation and networking of nerve cells, long-term consequences for cognition and behavior.

- **Reward system:** Increased susceptibility to addictive behavior and THC tolerance.
- **Brain structure:** Changes in gray and white matter.
- **Mental health:** Increased risk for depression, anxiety, and psychotic symptoms, exacerbation of existing problems.
- **Social and emotional development:** Difficulties in building and maintaining healthy relationships, conflict resolution, and empathy.

Long-term effects of cannabis

- **Cognitive impairments:**
Problems with concentration, memory, and decision-making.
- **Mental health:** Increased risk for depression, anxiety, and schizophrenia.
- **Addiction and dependency:**
Higher risk for cannabis addiction, withdrawal symptoms, and tolerance.

- **Social and emotional problems:** Difficulties in relationships, emotional regulation, and communication.
- **Respiratory problems:** Impaired lung function and chronic respiratory problems.
- **Cardiovascular risks:** Increased risk for cardiovascular diseases.
- **Academic and career development:** Substandard performance, decreased opportunities, and reduced success.

Do not panic

This information might understandably cause concern, as your child is the most important thing to you.

However, in order to have an informed conversation and educate your child about potential risks, it is necessary to be aware of the possible consequences.

It is also important to emphasize, that these do not necessarily necessarily occur - they are only potential risks.

A young man with dark hair is shown in profile, looking towards the right. He is wearing a bright blue polo shirt with light green trim on the collar and sleeves. He is holding a lit cigarette in his right hand. A silver watch is visible on his left wrist. The background is a plain, light-colored wall.

CHAPTER

03

Signs

Physical and behavioral signs

- **Behavioral changes:** Mood swings, lethargy, increased laughter, secrecy.
- **Red or glassy eyes:** Cannabis can cause redness or a glassy appearance in the eyes.
- **Smell:** Sweet, earthy scent of cannabis on clothing, hair, or in the room.
- **Change in social circle:** New friends who may use drugs.

- **Utensils:** pipes, bongs, cigarette papers, grinders, or cannabis in personal belongings.
- **Altered appetite:** Unusual eating habits or experiencing sudden cravings.
- **Memory and concentration difficulties:** Problems with memory recall or difficulty focusing.
- **Changes in academic performance:** Deterioration in grades or disinterest in school and homework.

- Financial problems: frequent financial issues or unexplained spending.
- Changes in sleep patterns: sleep disturbances, daytime sleepiness, or irregular sleep patterns.

It is important to note that these signs do not always indicate cannabis use and may have other causes. However, they are the most common signs.



CHAPTER

04

Options

What can you do as a parent?

As a parent, there are basically two options available to you. You can hope that your child's cannabis use is just a phase and that they will stop on their own after trying it.

In this case, you can observe the situation and provide supportive assistance in the background.

If, however, you consider your child to be at risk, you should take action to minimize the possibility of a serious addiction.

This addiction can affect their entire life, from their social environment to long-term physical and mental health consequences.

Choose the appropriate course of action based on your assessment of the situation and your child.

The optimal process for parents.

- **Observation:** Pay attention to signs of cannabis use and document them to get a clear picture of the situation.
- **Inform:** Acquire knowledge about cannabis,, its effects, and potential risks to have an informed conversation.
- **Communication:** Speak calmly and without accusations with your child about your observations and concerns.

- **Listening:** Listen carefully to your child and try to understand their perspective.
- **Offer support:** Offer help and support to assist your child manage with their situation.
- **Setting rules and boundaries:** Establish clear rules and boundaries regarding cannabis use and associated behaviors.

- **In-progress Conversation:** Keep the dialogue open and follow your child's progress.
- **Professional help:** If necessary, seek professional help. This may include therapists, psychologists, and counseling centers. Another possible support is self-help groups, which you can also consider.

The process of a conversation in detail

- **Choose the right time and place:** Find a quiet, relaxed environment and a time when you and your child have enough time to have an open conversation.
- **Prepare yourself:** Be informed about cannabis, its effects and risks, by visiting aufhoerenzukiffen.de. This will enable you to provide accurate information and answer any questions your child may have.

- **Stay calm and respectful:**

Approach the conversation in a calm and non-accusatory manner. Show understanding and respect for your child's feelings and opinions.

- **Listen:** Give your child the opportunity to share their perspective and experiences. Listen carefully and ask open-ended questions to encourage conversation.

- **Share your concerns and expectations:** Explain to your child why you are concerned and what negative consequences cannabis use can have. Share your expectations regarding drug use and personal responsibility with your child.
- **Offer support:** Let your child know that you are there to support them and to work together to find solutions if they encounter difficulties or need help.

- **Convey the facts:** Discuss the scientific findings about cannabis and ensure that your child is informed about the risks and consequences of use.
- **Develop strategies together:** Discuss strategies with your child to reduce or quit cannabis use, as well as how to handle social pressure or difficult situations. Work together to come up with potential solutions.

- **Schedule follow-up meetings:**

Keep the conversation open and plan additional meetings to discuss progress, challenges, and any necessary changes.

- **Consider seeking professional help if needed:** If you feel that your child needs support that you cannot provide, consider seeking help from professionals such as counseling centers, therapists, or support groups.

How to seek professional help

Professional help is recommended if your child is struggling to quit cannabis use. Look for counseling or rehabilitation centers online or in your area. Consult with your doctor or school counselor for recommendations.

Seeking help is a sign of strength and can provide the support and guidance needed for your child to overcome addiction. Remember to ask about a free initial consultation.

What are the most effective therapy approaches?

There are different therapeutic approaches for treating cannabis addiction, and their effectiveness can vary depending on individual circumstances. Some of the most commonly recommended and effective therapeutic approaches include:

- **Cognitive Behavioral Therapy (CBT):** This therapy changes addiction-promoting thought patterns and behaviors and replaces unhealthy behaviors with healthier alternatives.

- **Motivational Interview (MI):** MI is a client-centered approach that aims to increase a person's intrinsic motivation to change. The therapist works with the patient to explore ambivalence and promote readiness for change.
- **Family Therapy:** Involves family members to solve communication issues and create a supportive environment for the recovery process.

- **Group therapy:** Provides support and encouragement from peers to work together on recovery and personal growth.
- **Contingency management (CM):** This therapy is based on reinforcement and rewards for positive behavior. Patients receive incentives or rewards for demonstrating abstinence and adhering to therapy goals.

A young man and woman are shown in a close embrace outdoors. The man, on the left, is wearing a light blue patterned shirt and has his arms around the woman. The woman, on the right, is wearing a teal top and is smiling warmly at the camera. The background is a soft-focus green landscape with sunlight filtering through the trees, creating a warm and intimate atmosphere.

CHAPTER

05

Support

How parents can provide optimal support

Parents play a crucial role in creating a supportive environment for their child struggling with drug problems.

They are often the primary caregivers and can significantly contribute to making their child feel safe, loved, and understood.

Here are some aspects in which parents play an important role:

- **Communication:** Parents should have open and honest conversations with their child to build trust and encourage them to talk about their problems.
- **Support:** Parents should provide their child with emotional and practical support by helping them find appropriate resources and treatment options.

- **Informing:** Parents should educate themselves about drug abuse, addiction, and the related challenges in order to better meet the needs of their child.
- **Patience and empathy:** Parents need to be patient and show understanding of the difficulties their child is facing. Empathy and compassion are crucial for building their child's self-esteem.

- **Promotion of healthy activities:** Parents should encourage their child to participate in positive activities that promote their physical and emotional health.
- **Role modeling:** Parents should set a good example themselves by demonstrating healthy behaviors, open communication, and responsible coping with stress and problems.

- **Collaboration with professionals:** Parents should collaborate with professionals such as doctors, therapists, and counselors to provide their child with the best possible support and treatment.

Overall, parents are an essential part of their child's support system and play a crucial role in helping them cope with drug problems and succeed on the path to recovery.

How to respond to relapses

A relapse in the recovery from drug addiction is not uncommon, and parents should be prepared to respond appropriately and supportively.

To achieve this, it is important to stay calm and promote open communication to understand the reasons for the relapse.

Parents should encourage their children to take responsibility and learn from the experience.

It is helpful to offer practical support, such as accompanying the child to counseling appointments and support groups, as well as reviewing and adjusting the current treatment plan with professionals if necessary.

Patience and empathy are crucial in supporting your child during this difficult time.

Encourage healthy coping strategies and focus on positive activities to reduce the risk of further relapses.

Relapses offer an opportunity to re-evaluate and strengthen the recovery process, so parents can help their children recover from setbacks and make progress on the road to recovery through proactive responses.

Don't forget to also take care of your own emotional and physical health. Seek support from professionals, friends, or support groups for family members if needed.

A photograph of a middle-aged couple outdoors in autumn. The woman, in the foreground, has short white hair and is wearing a brown tweed jacket and a colorful patterned scarf. The man, behind her, has short brown hair, wears glasses, a dark scarf, and a brown jacket. They are both smiling. The background is a soft-focus landscape with trees and a body of water under warm, golden light.

CHAPTER

06

Self-care

Take care of your own health as well

As a parent, it can be extremely stressful to care for a child with a cannabis problem. To be able to help your child to the best of your ability, it is important to take care of your own physical and mental health.

There are various strategies that can help parents cope with the stress that comes with caring for a child with a cannabis problem.

These include taking regular time for yourself to pursue personal interests and relax.

It's also important to openly and honestly talk to friends and family members about your feelings and fears to receive emotional support and practical help.

In addition, parents should consider joining self-help groups or parent groups for relatives of individuals with cannabis problems.

These groups can be a valuable place for understanding, empathy, and advice from other parents in similar situations.

If you as a parent feel that you need professional support to with caring for your child, do not hesitate to seek help.

Contact a therapist, psychologist, or counseling center that has experience working with families of individuals with cannabis problems.

By taking care of your own health and seeking help, you are showing strength, not weakness. This way, you are better able to help your child through difficult times and together overcome the challenges that come with a cannabis problem.

You are not alone, and there is always support and help available to you. With the right help and support, you and your child can overcome this challenge and emerge stronger from it.



CHAPTER

07

*Closing
statement*

Closing statement

We hope that this e-book provides valuable guidance and a roadmap for parents to manage the situation as best as possible.

We wish you and your child all the best and hope that you can soon turn your attention to more pleasant topics.

For more information on cannabis consumption and cannabis withdrawal, please visit our website at quit-smoking-weed.com

Your QSW team.