

Until more is known about the short- and long-term effects of marijuana exposure, it is safest to avoid using marijuana while parenting.



Where can I get more information?

Contact your local department of social services.
www.dss.virginia.gov/localagency/index.cgi

Additional Resources

www.dss.virginia.gov
www.samhsa.gov/marijuana

Acknowledgements

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Guide for Using Recreational Marijuana While Parenting





Marijuana (pot, weed, or cannabis) can be smoked, vaped, ingested, or applied topically on the skin. Marijuana can make some people feel relaxed and at ease.



Talk with your health care provider about information on cannabis for medical purposes.

RISKS OF USING MARIJUANA



Second-Hand Smoke

Second-hand marijuana smoke can be harmful, especially to children. It is safest not to smoke or vape marijuana in enclosed spaces, in a car or at home.



Driving

It is not safe to drive under the influence of marijuana. It impairs the ability to operate a motor vehicle safely. It can slow down reaction time and make it harder to judge distances.

Marijuana edibles can take 30 - 60 minutes to be felt. The effects of marijuana can last for several hours.



Paying Attention

Using marijuana may reduce a person's ability to pay attention, make decisions or react to emergencies. This can affect how parents respond to a child's needs and keep them safe.



Find more information at:
dss.virginia.gov
and
samhsa.gov/marijuana