

# PARENT *alk*

## ***Recreational Marijuana Use***

The laws around recreational marijuana use are very similar to the laws around alcohol use in Washington State. Specifically, you must be 21 years of age, use in public is prohibited and you can be cited for driving under the influence. Additionally, it is important to understand, that while it may be legal to use marijuana at age 21, it is NOT legal to use anywhere on Eastern's campus, no matter your age. Because we receive federal funds, Eastern must follow the federal marijuana laws.

### ***Access to Marijuana***

Just like with alcohol, the legal age for marijuana purchase and consumption in Washington State is 21. But we also know that access to marijuana has been a reality on college campuses prior to the passage of this law.

Recreational marijuana can be purchased at cannabis stores which are regulated by the Washington State Liquor and Cannabis Board. Products generally range in THC content from 19% - 40% THC. A variety of products are available, including vape, smokable, and consumable options.

Vaping products can be used in most e-devices and can often be mistaken for e-cigarettes. Smokable products come in a wide range of varieties or strains, with differing THC content. Consumables can include products such as caramels, milk chocolate, cookies, brownies, hard candies, energy drinks, and lemonade.

Your children still listen to you! Research shows that by having a frank, face-to-face conversation and sharing your beliefs around drug use, you can have a positive effect on your son or daughter's approach to marijuana once they arrive on campus.

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- Talking with Your Child

81% of Eastern students have never used marijuana or are not current marijuana users

Only 3% of EWU students are daily marijuana users.



## Starting the Conversation

Marijuana use can increase risk of learning, memory and motivation problems, which can be at odds with completing a college education. Most teens who enter substance abuse treatment programs in Washington state report that marijuana is the main or only drug they use. We encourage you to discuss with your student your family beliefs and values regarding marijuana. Here are some points to begin the conversation:

1. It is important to open the dialogue and get your student talking, communication is key. Talk to your student about the legal risks of under age marijuana use and what that could mean for their future.
2. Set clear and realistic expectations about academic performance; studies have shown marijuana use can contribute to a decline in academic performance.
3. Ask your student about drug use on campus, students are influenced by peers and tend to use based on perceived norms. Correcting misperceptions about use can influence personal decisions to use.
4. Encourage your student to intervene when a peer is in trouble and being unsafe with marijuana use.
5. What will you do if your roommate wants to use marijuana in your room?
6. What will you do if you are offered marijuana? Talk to them about what they can say.
7. Remain calm if your student is using, ask your student why they are using, and help them problem solve other alternatives.

We believe that if you talk with your student about marijuana use before they come to Eastern, you can help us in creating a campus culture of personal responsibility and good decision-making.

## Use on Campus

We are often influenced by our perception of other's attitudes, behaviors, and expectations rather than by their *actual* attitudes, behaviors or expectations. If we think most people are using marijuana, we are more likely to try it. Most EWU students do not use marijuana, in fact 81% have never used or are not current marijuana users. When students are asked about their peers' marijuana use the perception is always dramatically higher than the reality of use.

Having a conversation with your student about accurate information can greatly influence their behaviors when they get to college. Discuss your expectations, legal consequences, and how marijuana use can affect their future.

Here are some things we would like you to know about our policies and programs:

1. Students are expected to follow university policies and Washington laws. Eastern's policy on that governs marijuana may be found at <https://sites.ewu.edu/policies/files/2016/12/EWU-602-01-Drug-and-Alcohol-Abuse-Prevention-Final-Adopted-by-BOT-Dec-3-2013.pdf>
2. Before they arrive on campus, students will be required to take an online substance abuse and sexual assault prevention education course that stresses individual and collective responsibility.
3. Health, Wellness and Prevention Services provides peer education and awareness activities about marijuana use and applicable state laws.

