

# HOW DO YOU KNOW YOUR TEEN IS USING THC?

**Possible signs of THC use (cannabis, marijuana, vapes, dabs, edibles):**

- Increased social isolation
- Doing poorly in school
- Changes in friend group
- Bloodshot or squinty eyes
- Depressed or anxious
- Paranoid, suspicious, or delusional
- Sleeping all the time
- Not eating right
- Binging on junk food
- Angry and defensive
- Not participating in family activities
- Apathetic or unmotivated
- Missing kitchen lighters
- Fruity smell of vapes
- Musky smell of marijuana
- Being sneaky and secretive
- Hanging out with sketchy people

Talk to your teen about the harms of THC. Seek help if your teen is using—don't try to fix it yourself. Go to [JohnnysAmbassadors.org/parents](https://JohnnysAmbassadors.org/parents) for help and [JohnnysAmbassadors.org/treatment](https://JohnnysAmbassadors.org/treatment) for centers.

