

# Cannabis Use Conversation Tool

This tool is designed to facilitate conversations with parent/carer(s) about cannabis use. It should be used in a non-judgemental way to enable reflection about the parent/carer(s)' use of cannabis, and the potential risks or impact for children.

## Conversation prompts:

- What need does cannabis meet for you? How do you feel it helps you?
- How do you feel after using cannabis? How does it change your mood or behaviour?
- What might it feel or seem like for your child(ren)?
- Do you have any concerns about your use of cannabis?
- What safety plan or measures do you have in place to keep your child(ren) safe when you are under the influence of cannabis?
- Share information about legal status and legal risks (i.e. prosecution, drug driving)
- How does your cannabis use impact your personal relationships? (i.e. with partner or family)
- Do you have other support available (including any mental health support)?

## Motivation to Change

Motivational interviewing is a way of working with people to secure their commitment to changes in their behaviour.

- **Build motivation:** Change is most likely to occur when the parent/carer(s) are motivated to change, accept that there is a need for change and that it is possible to change. Explore what change should be made and why. Share relevant information to help make clear why change is required.
- **Strengthen commitment to change:** Identify the specific change to be made and support the parent/carer(s) in planning and making the change. Think about small steps towards the overall goal which are realistic. Identify what additional support or resources may be needed to support change being sustained.

## Support

### Meeting need

How can you support the need that cannabis use is addressing for the parent or carer? Are there other resources or services which can be accessed? Multiple attempts may be needed for a parent to successfully engage in support.

### Managing risk

How can you support safety planning and risk management to safeguard children?

### Support service links

[Change Grow Live West Kent Drug & Alcohol Wellbeing Service](#)  
[Forward Trust](#)  
[Marijuana Anonymous UK](#)  
[Talk to Frank Information about drugs](#)  
[WithYou Drug and Alcohol Support](#)

**Think Child:** What does the parent/carer(s) cannabis use mean for the child? What is their lived experience?



**Kent Safeguarding Children**  
multi-agency partnership

