

## Extend Your Learning Resources

**Learn About Marijuana:** This site is managed by the Alcohol and Drug Abuse Institute through the University of Washington. It is filled with fact sheets and resources related to cannabis use and policies in Washington. The site is also available in Spanish:

<http://learnaboutmarijuanawa.org/index.htm>

**Partnership for Drug-free Kids:** This site provides resources, examples, and support for adults engaging with children about the risks of vaping, smoking tobacco or cannabis, abusing prescription or illegal drugs, and alcohol. While many of the resources are targeted at older children, this page shows examples of how to have conversations with young children (ages 2 and up) about making healthy choices: <https://drugfree.org/article/prevention-tips-for-every-age/#tips1>

Users may need to open this link using Chrome. You can also find the information from this resource in the *Drug Prevention Tips for Every Age, from Toddlers to Young Adults* document, located in the Resources section.

**Resources for Quitting Smoking:** This site provides free tips, tools, and resources for quitting smoking. The site is also available in Spanish through a tab at the top of the home page: <https://smokefree.gov/>

**Start Talking Now:** This site is managed by Washington Health Care Authority and provides resources and guidance for parents and caregivers to talk to youth about making healthy choices. This website is available in English, Spanish, Somali, Russian, and additional language translations: <https://www.starttalkingnow.org/>

**Washington Poison Control Center:** Calls to the Washington Poison Control Center are free and confidential; all questions are answered by experts available 24 hours a day, every day of the year. The toll-free helpline is: **1-800-222-1222** The Washington Poison Center can be found online at <https://www.wapc.org/>

**Washington State Department of Health:** Explore resources and information about a variety of topics, including cannabis, tobacco use, poisoning or drug misuse and prevention in English, Spanish, Somali, and additional language translations: <https://www.doh.wa.gov/YouandYourFamily>