

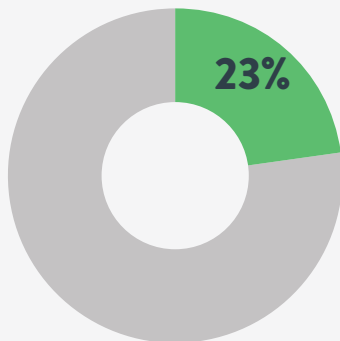
# Resources for Youth Who Use Cannabis

Canada has one of the highest cannabis use rates in the world. After alcohol, cannabis is the psychoactive most commonly used by youth.



**1 in 5 youth** between grades 7-12 said they used cannabis in the last year.

Among 15-19-year-olds nationally, an estimated **23%** say they use cannabis everyday.



**2017 Ontario Student Drug Use and Health Survey**



## Canada's Cannabis legalization framework:



Prevents **youth and minors** from accessing cannabis.



Displaces the illegal **cannabis market**.



Protects **public health and safety** with cannabis product quality and safety requirements.

## Cannabis use falls on a spectrum.

It ranges from beneficial use to problem use. Regardless of motivations for use, adolescence is a crucial time for brain development.

Cannabis use during this formative period can increase vulnerability to negative health outcomes (for example, psychosis). Additionally, cannabis use may increase vulnerability to social harms such as criminalization and marginalization, as a result of stigma directed towards people who use substances.

Studies carried out in the last few years show that youth are not always clear on how cannabis use may affect them.

This information sheet highlights various cannabis resources available for youth and service providers working with youth in Ontario.



## GENERAL RESOURCES

### My cannabis IQ

Developed by **EPION**  
<http://mycannabisiq.ca>

MyCannabisIQ helps readers stay in-the-know about cannabis, its side effects and risk factors to keep in mind. Resources are organized in three streams: clinicians, families and youth.

### Cannabis: Important things to know

Developed by **Kids Help Phonenumber**  
<https://kidshelpphone.ca/get-info/cannabis-important-things-know/>

This web-based resource provides information on cannabis use for youth, including harm reduction tips.

### Your cannabis questions answered: Get the facts

Developed by **Health Canada**  
<https://www.canada.ca/en/services/health/campaigns/cannabis.html>

This youth-focused site answers questions about the long- and short-term effects of cannabis use.

### Cannabis

Developed by **CAMH**  
<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/cannabis>

This web resource provides general information on cannabis, including how cannabis is used and how it makes users feel.

### Cannabis legalization

Developed by **Government of Ontario**  
<https://www.ontario.ca/page/cannabis-legalization>

This site provides an overview of Ontario's Cannabis Legalization framework including minimum age of purchase, legalization timelines and links to additional resources.

## CAMPUS TOOLKITS

### Reducing cannabis harms: A guide for Ontario campuses

Developed by **CICMH & CAMH**  
<https://campusmentalhealth.ca/toolkits/cannabis/>

This guide was developed with post-secondary settings in mind. Resources available include a toolkit, a webinar and links to additional resources.

## HARM REDUCTION + SAFER USE

### Canada's lower-risk cannabis use guidelines

Developed by **CRISM**  
<http://crismonario.ca/research-projects/lower-risk-cannabis-use-guidelines>

The Lower-Risk Cannabis Use Guidelines (LRCUG) give users 10 tips or suggested ways to use cannabis more safely. Resources available include brochures, infographics and a **youth-friendly guide**.

### Don't drive high

Developed by **Health Canada**  
<https://www.canada.ca/en/campaign/don-t-drive-high.html>

This multimedia youth-focused prevention campaign addresses driving under the influence of cannabis.

## GUIDES FOR PARENTS + GUARDIANS

### Cannabis: What parents/guardians and caregivers need to know

Developed by **CAMH & School Mental Health Assist**  
<https://smh-assist.ca/blog/cannabis-info-sheet/>

This factsheet on recreational cannabis is for parents/guardians and caregivers of youth in grades 6-12.

### Cannabis talk kit: Know how to talk with your teen

Developed by **Drug Free Kids**  
<https://www.drugfreekidscanada.org/prevention/drug-info/cannabis/>

This resource provides caretakers/guardians with guidelines for structuring conversations with youth on cannabis use.

## REFERENCES

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