

Cannabis and Youth: A Certificate for Youth Workers



THIS SELF-GUIDED online professional development certificate collaboratively developed by East Metro Youth Services and YouthREX provides youth workers with evidence-based information on the health, social and legal risks associated with cannabis use, to support informed decision-making, and to educate and increase awareness among young people.

This certificate provides:

- Important facts on legislation around cannabis use, especially legislation relevant to youth
- Evidence-based information on the health implications of cannabis use for youth
- Theoretical lenses and practice strategies to support youth in making informed decisions about cannabis

Approaches and Values

- Critical Positive Youth Development (PYD)
- Anti-Oppressive Practice (AOP)
- Harm reduction
- Youth voice and lived experience
- Evidence-based

Format of the Certificate

The certificate features five online modules comprised of interactive narrated lectures, resources, quizzes and other learning tools. You can complete the certificate at your own pace.

The provincial **Cannabis Control Act** came into effect on October 17, 2018. The Act establishes a legal framework regarding the minimum age of possession, consumption, sale, distribution, purchase, transportation and cultivation of cannabis in Ontario.

Youth have the highest rates of cannabis use in Ontario. One in five grade 7-12 students and 38% of young adults aged 18-29 use cannabis, compared to 14.5% of all adults. Cannabis use during adolescence can increase the risk of negative health outcomes and social harm.



HEAR FROM THE EXPERTS Featured Instructors

Fariyah Ali

Node Manager, Ontario Node Team
Canadian Research Initiative In Substance Misuse
Centre for Addiction and Mental Health (CAMH)

Dr. Emily Jenkins

Assistant Professor, School of Nursing
University of Calgary

Suzanne R. Johnson

Barrister & Solicitor
Clinic Director – Community & Legal Aid Services
Programme – Osgoode Hall Law School

Dr. Akwasi Owusu-Bempah

Assistant Professor, Dept of Sociology, UTM

Dr. Rebecca Haines-Saah

Assistant Professor, Dept of Community Health
Sciences, University of Calgary

Dr. Jenna Valleriani

CEO, National Institute for Cannabis Health and
Education (NICHE)

CERTIFICATE STRUCTURE

This certificate is organized around five modules that cover the context of cannabis, legalization and how it affects young people, supportive practices when working with young people, and theoretical and practice frameworks to support this work. Each module has several lessons by experts in the field. The curriculum is evidence-based and reflects up-to-date, best practice research.



MODULE ONE Cannabis in Context

LESSON 1.1
Certificate Introduction

LESSON 1.2
Cannabis 101

LESSON 1.3
The Health Effects of Cannabis

LESSON 1.4
Cannabis Use Disorder and Youth



MODULE TWO Legalization and Youth

LESSON 2.1
Understanding the Cannabis Act

LESSON 2.2
Critical Questions on Criminal Justice



MODULE THREE Supportive Practices

LESSON 3.1
The Social Context of Adolescent Cannabis Use

LESSON 3.2
Evidence-Informed Cannabis Education for Youth

LESSON 3.3
Lower Risk Cannabis Use Guidelines for Youth

LESSON 3.4
Connecting Theory to Practice: Introduction to Modules 4 & 5



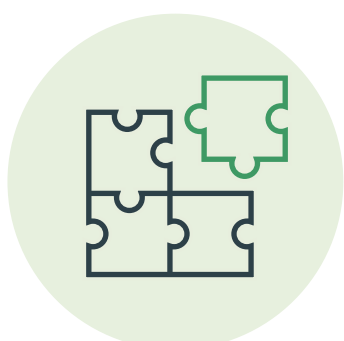
MODULE FOUR Theoretical Lenses

LESSON 4.1
Social Determinants of Health

LESSON 4.2
Anti-Oppressive Practice

LESSON 4.3
Anti-Black Racism

LESSON 4.4
Indigenous Perspectives



MODULE FIVE Theory-Based Practice Tools

LESSON 5.1
The Stages of Change

LESSON 5.2
Motivational Interviewing