



AN INDIGENOUS PERSPECTIVE  
**CANNABIS & VAPING**

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A TOOLKIT FOR PARENTS



**ONECA**  
Ontario Native Education Counselling Association

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## INTRODUCTION

It is normal for young people to be curious about experimenting with cannabis. We created this toolkit about recreational cannabis use, to provide knowledge for you as parents on speaking with your kids about the implications of cannabis and vaping. Cannabis has changed a lot over the years and we will share with you how it's being used today and what you should know.

## WHAT IS CANNABIS?

Cannabis is a drug from a plant that affects the body and mind, with strains including sativa and indica. It consists of dried flowers, fruiting tops and leaves that are green or brown. <sup>1</sup>

Cannabis is consumed in a number of ways:

- Smoked as a cigarette, called a joint, spliff or blunt.
- Smoked or vaporized (called vaping) through a pipe, bong or e-cigarette.
- Mixed in drinks or food (tea, brownies, gummies, candies) called edibles.
- Consumed as a tincture (alcohol-based extract) added to food or drinks.
- Heated and inhaled (called dabbing) from concentrates extracted from cannabis resin or hash. <sup>2</sup>



# HISTORY OF CANNABIS AND INDIGENOUS CULTURE

Cannabis was used widely by Indigenous and First Nation tribes thousands of years before colonization.

Cannabis and hemp were used for clothing, hunting and gathering (in matts, nets and fishing line) selling, trading and exporting.<sup>3</sup>



## QUICK FACTS

- Cannabis is the most widely used drug in the world.
- One-third of Canadian teens have tried cannabis by age 15.
- Canadian teens ranked highest for cannabis use out of 43 countries.<sup>4</sup>
- Recreational cannabis is legal for people over the age of 19 in Ontario.<sup>5</sup>
- Cannabis contains THC (Tetrahydrocannabinol) which causes the high and CBD (Cannabidiol) which helps with pain and cancer relief.<sup>6</sup>
- Cannabis has many names: weed, grass, pot, ganja, Mary Jane, herb, bud, cheeba, and buddha.<sup>7</sup>
- Regulated cannabis is safer than street cannabis, which can be laced with harmful drugs or other substances.



# MEDICINAL PURPOSES

CBD is a chemical produced naturally in cannabis, which has many medicinal uses but does not contain THC that causes the cannabis high. CBD is an extract, separated from the rest of the cannabis plant. It is often made into oil and dropped under the tongue. It can also be taken in the form of a pill, capsule, mouth spray, baked in foods, and in tea.

Cannabis is used to treat medical conditions and symptoms including:

- Nausea, vomiting, loss of appetite, or weight loss
- Pain and inflammation
- Mood and sleep problems
- Muscle spasms, tremors, and seizures
- Tingling or numbness from nerve damage
- Glaucoma<sup>9</sup>



# LEGAL VS ILLEGAL CANNABIS

## *Legal Cannabis*

Legal cannabis products clearly state on the label the potency, strain, net weight, expiration date and THC and CBD levels. Licensed Canadian cannabis producers are strictly monitored, which means products are regulated to meet Health Canada's standards.

Products are grown in pristine facilities to ensure no harmful contaminants. Legal cannabis is sold in child-proof, tamper-free packaging, keeping the product safe from children and pets. Legal cannabis products also undergo rigorous testing for harmful substances.<sup>10</sup>

Recreational cannabis is now legal to purchase in Canada for people over age 18 in Alberta and age 19 in every other province except Quebec where the minimum age is now 21 (Legal age to buy cannabis in Quebec is now 21, the highest in Canada, 2020).<sup>11</sup>

## *Illegal Cannabis*

Nearly a year after cannabis legalization in Canada, 43% of cannabis users still purchase products from unauthorized sources. Without safety measures, there are no assurances that illegally obtained cannabis won't contain harmful substances leading to adverse side effects. The illegal market also does not ensure the safety of children and animals.

If a person is caught purchasing or in possession of illegal cannabis, they will be fined \$150 for small quantities, while larger amounts will incur federal penalties.<sup>10</sup>

# CANNABIS COMES IN MANY FORMS





## VAPING CANNABIS

Vaping is a method of consuming substances such as cannabis or nicotine using a device to heat a liquid or oil, which is then inhaled by the user as a vapor.<sup>12</sup>

Vaping is a popular way of consuming cannabis among young people. Vaping is often attractively marketed with a variety of vape styles and vape juices in fruit and candy flavors. Vaping is also relatively new with little research on long-term health effects or how many chemicals are inhaled in the vapor.<sup>13</sup>

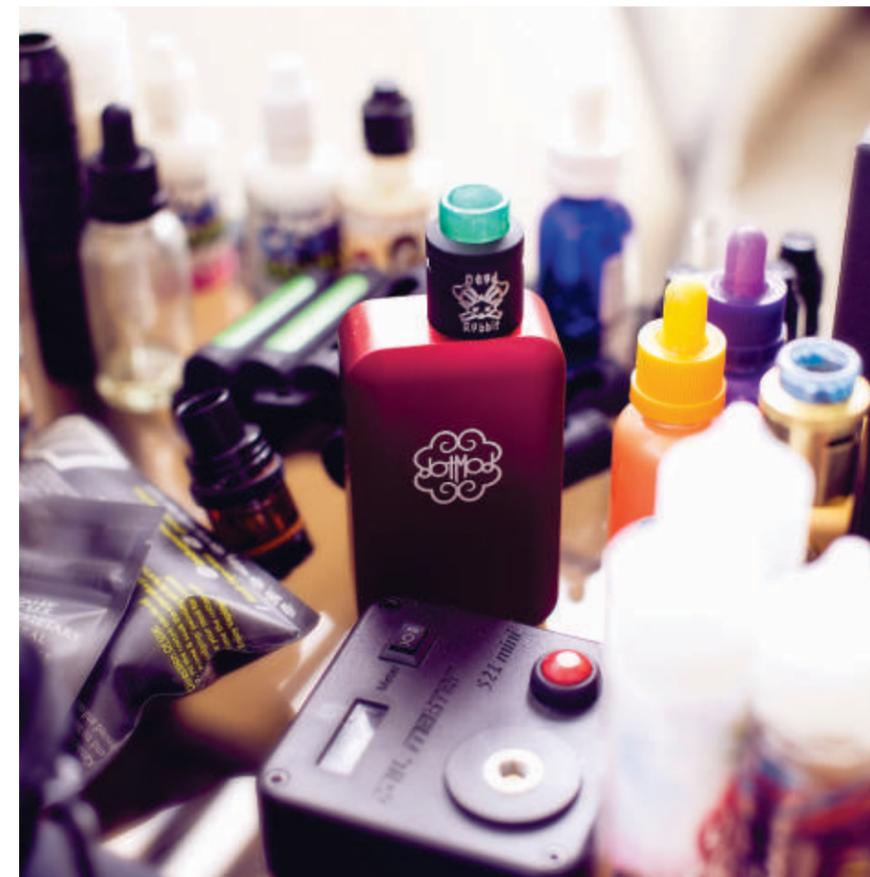
Many cannabis vape products contain nicotine, which is addictive and has negative health effects. Vaping can cause damage to the throat, lungs and heart. In 2019, after reports of pulmonary illnesses and deaths in the United States from vaping, Health Canada warned vaping Canadians to monitor themselves for pulmonary illness (cough, shortness of breath and chest pain) and to seek medical help for such concerns.<sup>13</sup>



VIDEO LINK: *What are the Health Risks of Vaping.* <https://youtu.be/IN7iCZJ3H6w><sup>14</sup>

## DIFFERENCE BETWEEN NICOTINE AND CANNABIS VAPING

Nicotine vapes may smell like a cigarette and their fruity smoke lingers in the air, whereas cannabis vapes are difficult to detect, as there is no smoke and minimal odor.



Vaping has the same side effects as smoking (bloodshot eyes, dry mouth, thirsty, and increased appetite). Vape refills look like cartridges (or even flash drives) and contain THC oil.<sup>12</sup>

## DABBING, CANNABIS CONCENTRATES & EXTRACTS

Dabbing is a new popular form of cannabis consumption that is very concentrated and fast acting. Dabbing is inhaling vaporized, cannabis concentrates through a temperature-specific heating device (glass chamber similar to a bong) or vaporizer.<sup>15</sup>



Dabs are portions of cannabis concentrates that are vaporized. THC cannabis concentrations that are dabbed are: honey oil, butane hash oil, rosin, live resin, wax, crystalline, sauce, budder and badder.<sup>15</sup>

The concentrates used to dab don't look anything like cannabis and might look more like a medicine to a parent. Cannabis concentrates and extracts are more powerful often containing 60% and 90% of THC extract, as opposed to high quality cannabis strains that offer up to only 25%.<sup>16</sup>

Think about dabbing being like taking a shot, versus a mixed drink of alcohol, in terms of potency and speed of effects.



## CANNABIS EDIBLES

A cannabis edible is a food product - homemade or produced commercially - that contains cannabis extract as an active ingredient. Although edible may refer to either a food or a drink, a cannabis-infused drink may also be called a liquid edible or drinkable.<sup>17</sup>

Cannabis edibles last for a longer period of time than other forms of cannabis and it may also take a longer time for the effects to be felt.<sup>17</sup>

Edibles can contain a significant amount of THC, which can cause a wide range of effects, including relaxation, euphoria, increased appetite, fatigue, and anxiety. Edibles can be unpredictable, for young people as everyone's tolerance is different.

When eating or drinking cannabis edibles, it can take up to 2 hours for you to start to feel the effects, 4 hours for you to feel the full effects, 12 hours for side effects to subside.<sup>18</sup>

As of October 17, 2019, cannabis edible products and concentrates are legal for sale in Canada. Legally sold edibles will list the amount of THC and not be packaged in a way that appeals to children according to Canadian law.<sup>19</sup>

Because they are unregulated, illegal edibles may have different levels of potency than listed on the packaging, or potency may not be listed at all.



## THE DEVELOPING BRAIN



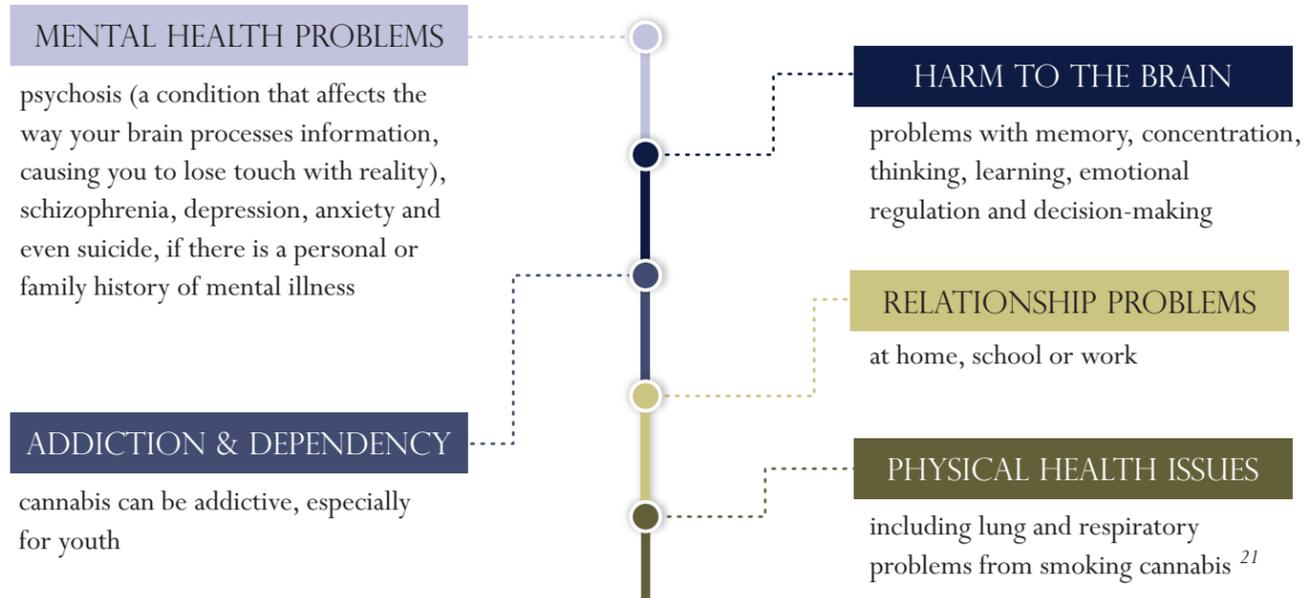
Cannabis use during adolescence can cause functional and structural changes to the developing brain, leading to damage. The brain continues to develop until age 25, so the earlier young people begin using cannabis, the more harm is caused in the long-term.<sup>6</sup>

If your teenager consumes cannabis frequently, over a long period of time, their risk of mental health problems increases. These problems include dependence and disorders related to anxiety and depression and harm to their learning and memory abilities.<sup>6</sup>

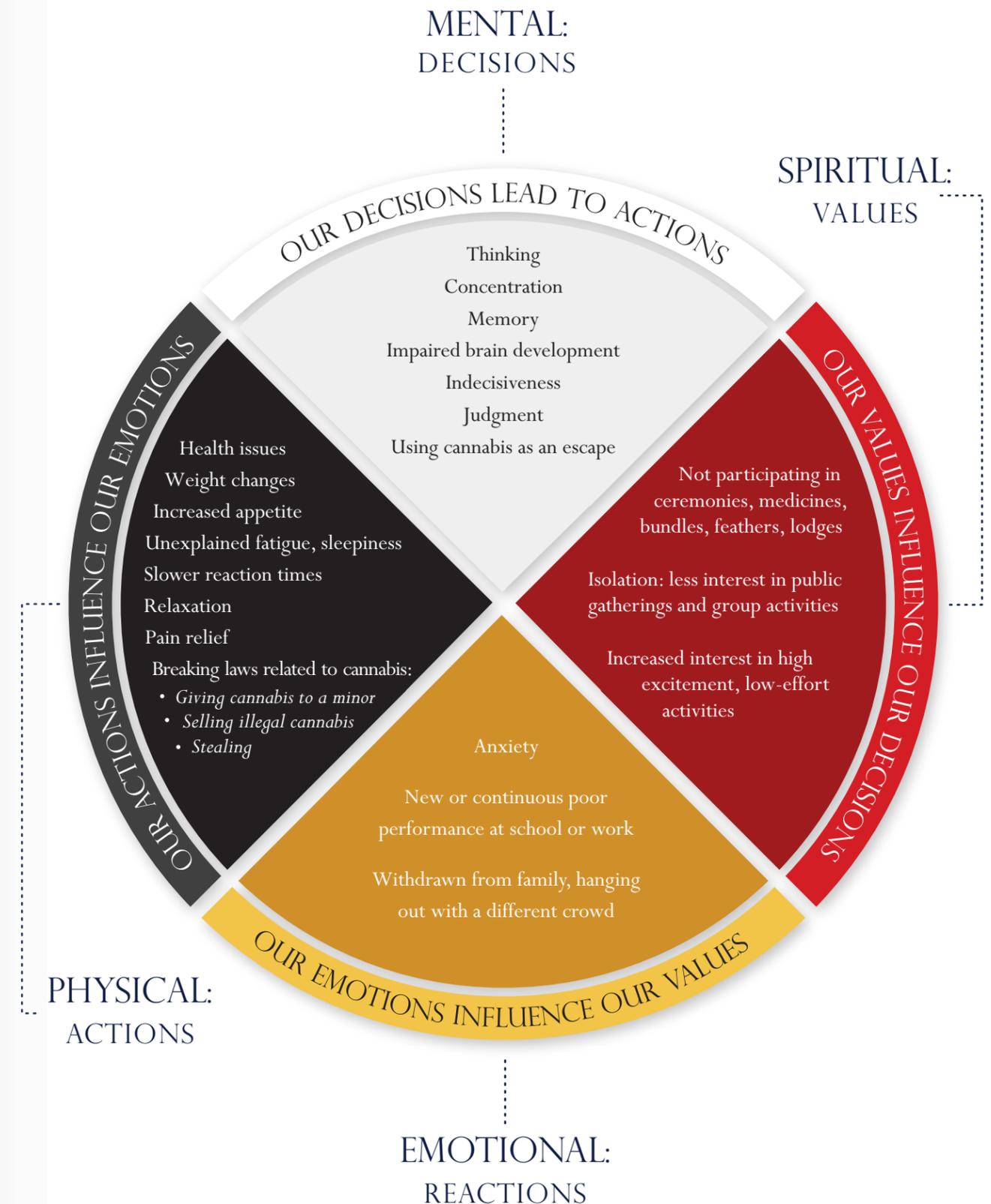
Functional MRI studies in teens who use cannabis regularly have demonstrated increased neural activity, which means the brain is working harder to perform tasks. The THC content of cannabis is two to four times higher than from 40 years ago (from up to 4% to 12% or higher today). This factor will likely magnify the impact on a youth's brain.<sup>4</sup>

VIDEO LINK: *Effects of Cannabis on the Teenage Brain.* <https://youtu.be/FvszaF4vcNY><sup>20</sup>

## RISKS WHEN USING CANNABIS



## IMPACTS OF RECREATIONAL CANNABIS



## CANNABIS ADDICTION

Teens who use cannabis frequently can become addicted, although the risk of addiction is lower than alcohol, tobacco and opioids. Cannabis addiction can cause harm to health, social life, work life, work and financial future.<sup>6</sup>



25% - 50%

Number of daily cannabis users who will become addicted

Number of less than daily cannabis users who will become addicted

1 IN 10

1 IN 6

Number of cannabis users that started at a young age who will become addicted<sup>6</sup>

## CANNABIS OVERDOSE

Accidentally consuming too much cannabis at one time (called “greening out”) may feel very uncomfortable and lead to temporary adverse reactions. However, no deaths or long lasting effects have ever been reported, from using cannabis alone.<sup>6</sup>

Be sure to ask your child if they have taken anything else along with too much cannabis. Cannabis over consumption may require medical attention, but typically only if consumed with other substances.<sup>6</sup>

Symptoms can include:

- Paranoia and severe anxiety
- Increased heart rate
- Dizziness or lack of focus
- Pale colored skin
- Nausea
- Panic attack
- Chills or sweats
- Psychotic episode<sup>6</sup>



The higher the THC content in the product, the higher the likelihood of experiencing these effects, especially for first-time users. It is easier to over consume when ingesting (eating or drinking) cannabis edibles compared to inhaling cannabis (smoking or vaping).<sup>22</sup>

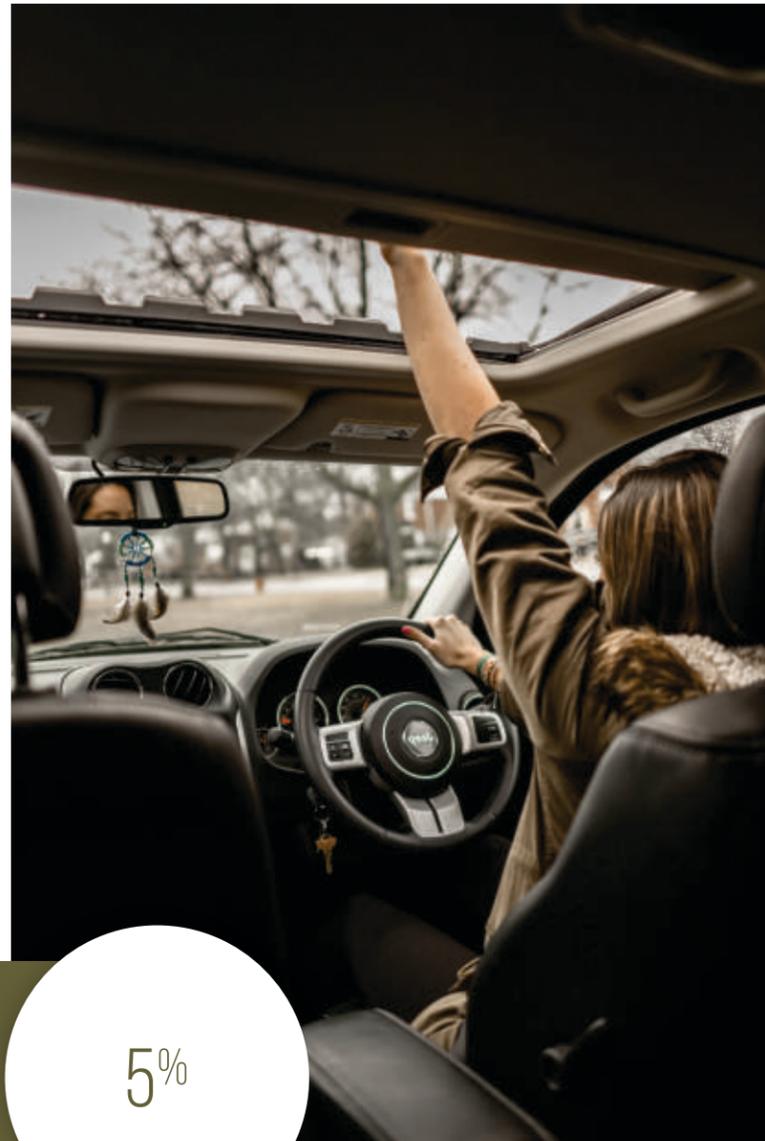
If someone is “greening out,” be sure to stay with them. Have them drink plenty of water, have a snack and get them comfy. Be calm and encourage them to take deep breaths and lie down. Try to relax them and let them know it will pass, everything will be ok.<sup>22</sup>

The side effects from over consuming cannabis vary in length from several minutes to several hours. The symptoms will typically dissipate without medical care. However, if cannabis was consumed with a combination of alcohol, prescription drugs or harder drugs, it may be advisable to seek medical attention.<sup>6</sup>

## CANNABIS IMPAIRED DRIVING

Make sure your kids know that driving high is not safe, as it can slow reaction times. Explain to them that they should never drive or allow a friend to drive after consuming cannabis.

Let them know that they can always call you for a ride, no matter what time or where they are.<sup>23</sup>



Percentage of students in grades 7 to 12 have driven within 2 hours of cannabis use

5%

15%

Percentage of students in grades 7 to 12 who have been a passenger of someone who had used cannabis within 2 hours<sup>24</sup>

Driving while high can lead to an accident and cause injury or death to others or yourself and friends or loved ones in the vehicle with you. Driving under the influence of cannabis is also not legal. Police officers are trained to recognize the signs of cannabis impairment, and can test your saliva for THC levels.<sup>23</sup>

## CANNABIS USE & RED FLAGS

- Getting into trouble at school, with the law, at work, or at home
- Potential drop in grades or poor attendance at school
- Changing groups of friends
- Distancing themselves from family
- Changes in sleep, appetite and mood (irritable, paranoid)
- Spending less time on activities they used to enjoy
- Borrowing money or having more funds than usual<sup>2</sup>

Sometimes it's difficult to distinguish cannabis use from typical teenage behavior. The best way to find out if they are using cannabis is to ask them.

VIDEO LINK: *Cannabis and Youth: Knowing the Risks and Spotting the Signs*<sup>25</sup>  
<https://youtu.be/OiO97mvKeN8>



## WHEN TO HAVE A CONVERSATION

Talk to your kids about cannabis before they enter high school, when they will be exposed to it through school friends or parties. Elementary school is the ideal time to begin this conversation, before they are using cannabis and therefore more receptive to the conversation.

Keeping the lines of communication open so they know they can come talk to you about anything that's going on in their lives. Make sure you are in a safe environment where you both feel comfortable and can speak openly.<sup>26</sup>

## HOW TO TALK TO YOUR KIDS ABOUT CANNABIS



- Know the facts and be prepared to answer their questions openly and honestly.
- Gauge how your kids feel about cannabis and how much they know.
- Get insight into the pressures they are feeling, put yourself in their shoes.
- Keep the conversation open and ongoing.
- Listen actively, without judgment.
- Ask questions - be aware of their body language and tone of voice.
- Ask open-ended questions, for example, do kids at school talk about smoking pot or weed?
- Use language they are familiar with.<sup>7</sup>
- Lead by example. Reflect on your own substance use and coping strategies.
- Focus on safety. Discuss physical effects, cannabis and driving, legal risks, and knowing their limits.<sup>21</sup>
- Build trust and offer empathy. Avoid shaming or frightening.
- Keep a positive attitude and open mind. Thank them for sharing.<sup>26</sup>

VIDEO: *The Do's and Don'ts of Talking to Your Kids About Cannabis*<sup>28</sup>  
<https://youtu.be/iZzKgPfoEBQ>

## QUESTIONS AND CONVERSATION STARTERS

- Have you ever felt pressured to use cannabis?
- If you use cannabis, how often are you using it and how (vaping, smoking, edibles)?
- If you don't use cannabis, do your friends or people in your community?<sup>5</sup>
- Have you ever used cannabis because of stress?
- What can you do to relieve stress?
- Who do you turn to for support?
- What brings you joy?
- Do you need or want help?
- Have you ever had thoughts of harming yourself or thoughts of suicide?

Help Phone at 1-800-668-6868 and Canada Suicide Prevention Service at 1-833-456-4566



## MITIGATING RISK

- Avoid using cannabis with alcohol/other drugs
- Don't take drugs from people you do not know
- Use with people you know and trust
- Use in a familiar, comfortable place
- Do your research before experimenting
- Avoid if you are at risk for psychosis, schizophrenia or problematic substance use
- Limit and reduce how often you use<sup>6</sup>

## HARM REDUCTION<sup>6</sup>



Know your own limits when using cannabis.

ONE

TWELVE

Reflect on the benefits and risks of using cannabis so that you can make informed choices that are right for you.

Occasional use, like one day per week or less, is safer for your body and mind.

TWO

ELEVEN

Know your source and understand where your cannabis is from. Is it from the regulated or unregulated market?

Wait until you are older before trying cannabis, ideally after you turn 25, to protect your developing brain.

THREE

TEN

Avoid using synthetic products, such as K2 or spice.

Instead of smoking cannabis, consider products that are less harmful for your body, such as edibles and oils.

FOUR

NINE

If you choose to smoke cannabis, avoid inhaling deeply or holding your breath.

Choose low potency products, with lower THC and/or higher CBD content.

FIVE

EIGHT

Mixing alcohol and cannabis makes you more impaired than using cannabis only.

Avoid using cannabis if you are pregnant, breastfeeding, or if you or your family members have a history of psychosis.

SIX

SEVEN

Wait at least 6 hours after using cannabis before driving a vehicle or operating machinery.



*“Culture helps us to stay on a good path and live a good life.”*

- Mino Bimaadiziwin

## CULTURE IS HARM REDUCTION IN ACTION



Participating in cultural activities and ceremonies can reduce the risk of participating in drug and alcohol use and addiction, involvement in crime, violence, anxiety and depression. It can be beneficial for your kids to be involved in traditional activities, ceremonies, or learning new skills.



## POSITIVE CULTURAL INFLUENCES

- Drumming circles
- Sharing circles
- Beading
- Painting
- Drum making
- Sweat lodges
- Smudging
- Jingle dress dancing
- Regalia making
- Ribbon skirt and ribbon shirt making
- Attending powwows and ceremonies
- Medicine walks
- Making tobacco ties
- Seeking out guidance and mentoring from elders
- Spending time on the land, hunting, fishing, hiking



## HOW YOU CAN LEARN ABOUT CULTURE

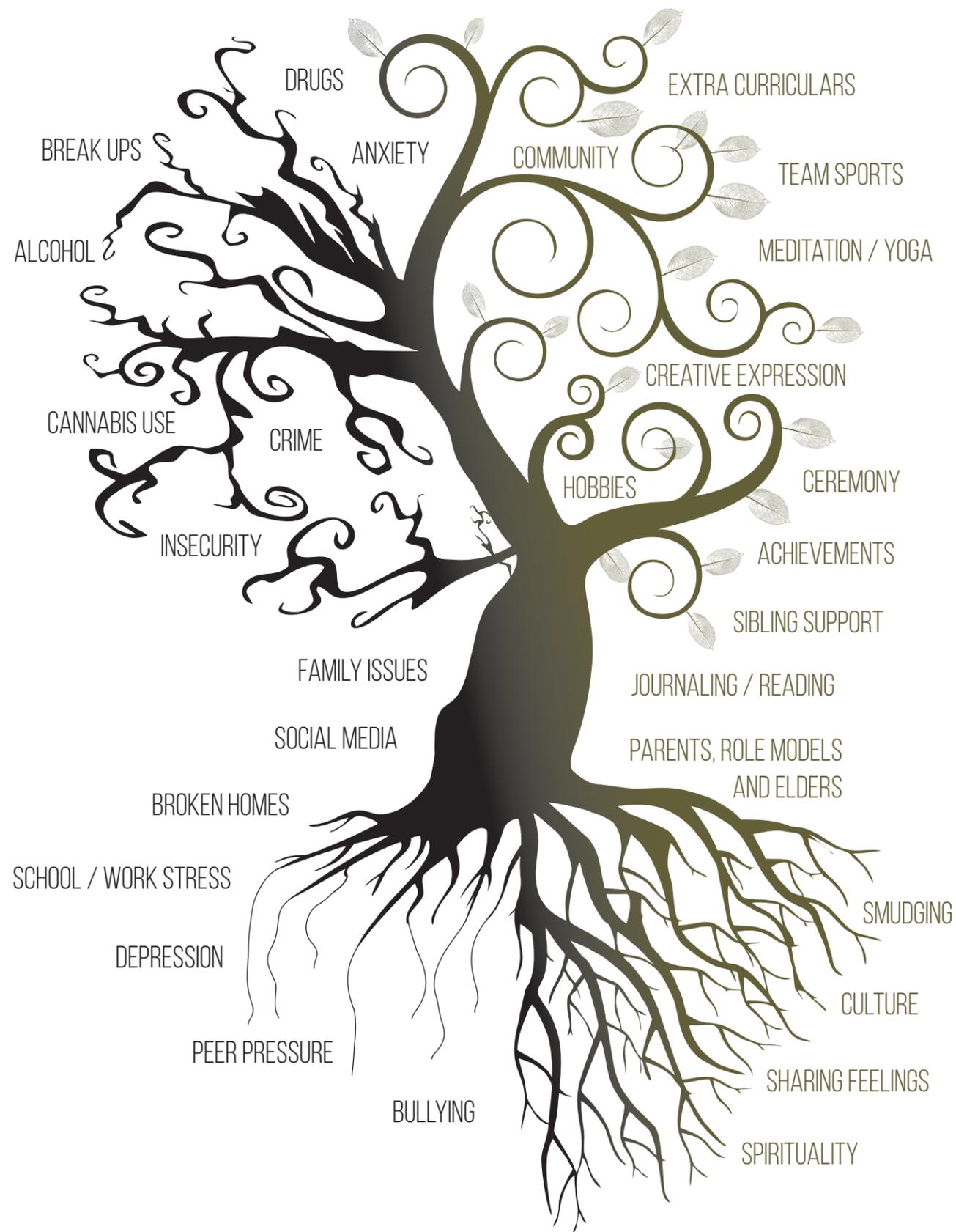
For anyone wanting to become more involved in their culture, there are many opportunities available to participate in cultural events and to learn about culture, spirituality, traditional art and skills.

There are many tutorials online for beading, ribbon dress making, drum making, traditional dancing, and more.

Many First Nations, Colleges and Universities, and Indian Friendship Centers across Ontario offer cultural programming, education, spiritual guidance and ceremonies. You can reach out to an elder in the community for guidance and mentorship



## NEGATIVE VS. POSITIVE INFLUENCES



## ACTIVITY: PUTTING YOURSELF IN CHECK

Sit in a circle with other parents. Each person may contribute. As parents, how can we lead by example? We need to be mindful of our role as parents.

### *How do we negatively influence our children?*

Brainstorm and share: .....

.....

### *How do we positively influence our children?*

Brainstorm and share: .....

.....

## ACTIVITY: PARENT & CHILD BRAINSTORM

Sit down with your child and a notebook to brainstorm and write down healthy influences. These may be things they are interested in, would like to try, or would like to learn more about.

Listen and discuss their dreams, goals, interests and places for personal growth. Keep in mind, as a parent, helping them invest in healthy influences will take your support. Encouragement and positive reinforcement is key, with no judgement. Ask them to think about activities that made them feel happy, confident or in the zone.

Examples:

Beading, hiking, camping, swimming lessons, reading, basketball, painting, berry picking, cooking class, smudging, yoga, meditation

Brainstorm and share:

## ACTIVITY: TEST YOUR KNOWLEDGE

- 1 Cannabis use during adolescence can cause functional and structural changes to the developing brain leading to damage. *True or False*
- 2 Symptoms of cannabis overdose include hallucinations, altered sounds, dilated pupils and constipation. *True or False*
- 3 Sometimes it can be hard to distinguish cannabis use from typical kid behavior. *True or False*
- 4 Canadian teens ranked first for cannabis use among 43 countries and with one-third having tried cannabis by the age of 15? *True or False*
- 5 Cannabis is the world's least used drug. *True and False*
- 6 15% of students in grades 7-12 reported being a passenger in a motor vehicle by someone who had used cannabis in the previous 2 hours. *True or False*

Answers: 1 True / 2 False / 3 True / 4 True / 5 False / 6 True

## PARENT SURVEY

Did this help increase your understanding of this subject?

Do you feel this information was helpful?

Do you feel more confident now to have this conversation with your kids?

Did you find the videos on this subject helpful and informative?

Would you recommend this toolkit / workshop to other parents?

Do you plan to use the information you were presented? If so, how?

Additional comments or feedback:

## RESOURCES FOR PARENTS & YOUTH

<b>First Nations Health Authority</b>	Downloadable resources focused on non-medical cannabis, legalization, harm reduction, mental health and other parenting resources.	<a href="https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/non-medical-cannabis">https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/non-medical-cannabis</a>
<b>Substance Use Treatment Centres for First Nations and Inuit</b>	A comprehensive list of substance abuse treatment centres, and prevention and counselling programs available to First Nations and Inuit people in Ontario.	<a href="https://www.sac-isc.gc.ca/eng/157609254932/1576090371511">https://www.sac-isc.gc.ca/eng/157609254932/1576090371511</a>
<b>Kids Help Phone</b> 1-800-668-6868 or Text 686868	Kids Help Phone has counsellors available 24/7 to speak to, text or chat online.	<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
<b>Connex Ontario</b> 1-866-531-2600 Cannabis: What Parents, Guardians, and Caregivers Need to Know	Information on cannabis, the different forms available, talking with your children, and where to find help.	<a href="http://www.connexontario.ca">www.connexontario.ca</a>
<b>Dan Pine Healing Lodge</b> 705-248-2231	Offers client-based services, traditional services & activities which will include residential and day programs encompassing contemporary and traditional therapies.	<a href="http://www.grwc.ca/dan-pine-healing-lodge">www.grwc.ca/dan-pine-healing-lodge</a>
<b>Enahtig Healing Lodge and Learning Center</b> 705-534-3724	Provides opportunities for holistic healing and learning based on the principals of Indigenous culture, to individuals and families in a safe environment in order to foster healthy, balanced communities and nations.	<a href="http://www.enahtig.ca">www.enahtig.ca</a>

<b>Waasegiizhig Nanaandawe'iyewigamig</b> 807-467-8770 Toll free: 1-877-224-2281	Offers primary health care and preventative services combining traditional and contemporary approaches to health and healing.	<a href="http://www.wnhac.org">www.wnhac.org</a>
<b>Good 2 Talk</b> 1-866-925-5454 Text GOOD2TALKON to 686868	Good2Talk provides confidential support services for post-secondary students in Ontario.	<a href="http://www.good2talk.ca">www.good2talk.ca</a>
<b>Drug Free Kids Canada</b> Cannabis Talk Kit: Know How to Talk with Your Teen	An online toolkit from Drug Free Kids Canada on how to talk to your teen about Cannabis.	<a href="http://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf">www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf</a>
<b>Here to Help</b> Cannabis Use and Youth: A Parent's Guide	Includes information about Cannabis, common misconceptions, risks, how to talk to your child, and links to other resources.	<a href="http://www.heretohelp.bc.ca/workbook/cannabis-use-and-youth-a-parents-guide">www.heretohelp.bc.ca/workbook/cannabis-use-and-youth-a-parents-guide</a>
<b>Canadian Paediatric Society</b> Counselling Adolescents and Parents About Cannabis: A Primer for Health Professionals	Facts and statistics about cannabis use among youth in Canada, why it is important for health professionals to talk about, and how to address this issue with adolescents.	<a href="http://www.cps.ca/en/documents/position/counselling-adolescents-parents-about-cannabis-primer-for-health-professionals">www.cps.ca/en/documents/position/counselling-adolescents-parents-about-cannabis-primer-for-health-professionals</a>
<b>Government of Canada</b> The Cannabis Act: Here's What You Need to Know	Information about the Cannabis Act and legal cannabis use in Canada.	<a href="http://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/cannabis-act-what-you-need-to-know.html">www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/cannabis-act-what-you-need-to-know.html</a>
<b>Government of Canada</b> Cannabis Use, Effects, and Risks	Information on health effects and cannabis addiction. Provides links for information on different cannabis related topics.	<a href="http://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects.html">www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects.html</a>
<b>Canada Suicide Prevention Service</b>	Call 1-833-456-4566 24/7 Text 45645 4pm to 12am ET	<a href="http://www.crisisservicescanada.ca">www.crisisservicescanada.ca</a>

## VIDEO RESOURCES

*The Do's and Don'ts About Talking to Your Kids About Cannabis.* The Globe and Mail. <https://youtu.be/iZzKgPfoEBQ>

*Effects of Cannabis on the Teenage Brain.* Cannabis Information and Support. <https://youtu.be/FvszaF4vcNY>

*Cannabis use in Teens: Risks, Patterns, and Potential Therapeutic Effects.* Michigan Medicine. <https://youtu.be/caJUeLsZYek>

*Cannabis, Teens and Mental Health.* Mental Health Literacy. <https://youtu.be/A-2-65hH224>

*Cannabis and Youth: Knowing the Risk and Spotting the Signs.* Hamilton Health Sciences. <https://youtu.be/OiO97mvKeN8>

*Vaping, Marijuana, and the Effects on the Adolescent Brain.* Dr. Ruth Potee. <https://youtu.be/25mK4yXzOkQ>

*D & H Teen Blog: What are the Health Risks of Vaping?* National Institute on Drug Abuse (NIDA/NIH). <https://youtu.be/IN7iCZJ3H6w>

*Why Teens are Attracted to Vaping.* National Institute on Drug Abuse (NIDA/NIH). <https://youtu.be/ELKUlEalHI>

*Why Vaping is Bad for You.* Science Insider. <https://youtu.be/wGJpGSCBzZ8>

*Electronic Cigarettes and Vaping.* David Geffen School of Medicine UCLA. [https://youtu.be/9dZS\\_Rniak0](https://youtu.be/9dZS_Rniak0)

*Electronic Nicotine Delivery Systems and Cannabis: Health Implications of "Vaping" and "Dabbing".* University of California Television (UCTV). <https://youtu.be/GcmrGpZ9CLw>

*Teens and the Cannabis Conversation: Separating Fact from Fiction.* Caron Treatment. <https://youtu.be/gFdqKrw1EBI>

*Cannabis Questions: Teens get Answers.* CBC News. <https://youtu.be/-RyW-3lL6QE>

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- 1 Rotermann, Michelle. (2021). Health Report: Looking Back from 2020: *How Cannabis Use and Related Behaviors Changed Canada*. Statistics Canada. [www150.statcan.gc.ca/n1/pub/82-003-x/2021004/article/00001-eng.htm](http://www150.statcan.gc.ca/n1/pub/82-003-x/2021004/article/00001-eng.htm) Statistics Canada
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