

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-Opressive 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



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Dr. Rebecca Haines-Saah

Assistant Professor, Department of Community
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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 1 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 2 LEGALIZATION AND YOUTH

- * **LESSON 2.1**
Understanding the Cannabis Act
- * **LESSON 2.2**
Critical Questions on Criminal Justice



MODULE 3 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 4 THEORETICAL LENSES

- * **LESSON 4.1**
Social Determinants of Health
- * **LESSON 4.2**
Anti-Opressive Practice
- * **LESSON 4.3**
Anti-Black Racism
- * **LESSON 4.4**
Indigenous Perspectives



MODULE 5 THEORY-BASED PRACTICE TOOLS

- * **LESSON 5.1**
The Stages of Change
- * **LESSON 5.2**
Motivational Interviewing

FOR MORE RESOURCES

to support your work with youth who use cannabis and other substances, check out our [Knowledge Hub](#).

