



CANNABIS & VAPING

AN INDIGENOUS PERSPECTIVE



ONECA
Ontario Native Education Counselling Association

What have we done?

- Hosted 2 day Indigenous youth engagement session to get youth perspectives on cannabis and vaping
- Created info graphics
- Parent Tool kit
- Educator Tool kit
- 2 videos for educators
- 2 videos for parents and guardians
- Video from the engagement session
- Hosted a 2 day youth conference
- Provided training sessions for parents, educators, youth and teachers
- Distributed 8000 tool kits to both First Nation Schools and Provincial
- <https://oneca.com/cannabis/>

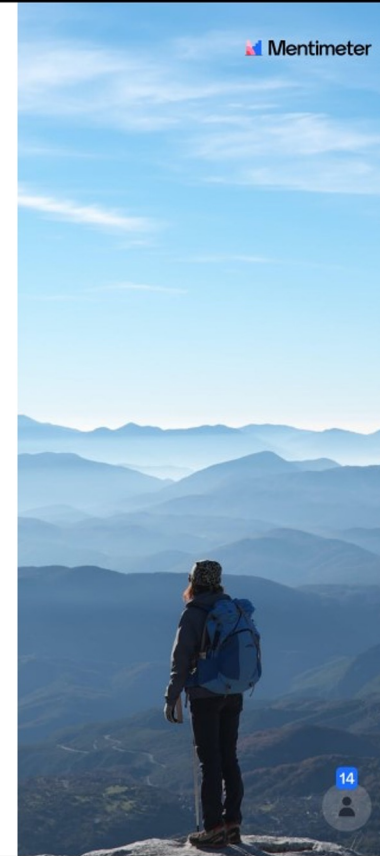
What have we learned?

How/why did you start smoking/vaping

addicted
i have never vaped
i was a defiant teen
through own decision
help with mental health
back pain-austin
wanted to be cool
nicotine addiction-emma
through friends
chicks
was drinking and was the
someone gave us a joint
in highschool with peers
to hangout with friends
pure pressure
friends peer pressure
color tasted like fruit
normal
to fit in
coping
curiosity

to quit smoking
peer pressure
friends

Mentimeter



What Are Parents and Educators Saying About the Tools and the Training?

- 100% of the people who participated in the workshops indicated that the training increased their understanding of cannabis and vaping
- 100% of the people said they now feel more confident having a conversation with their children after reading the toolkit and participating in the session
- Participants expressed that they liked that we were able to incorporate Indigenous content into the workshops and through the use of menti-meter they were able to engage and provide feedback on their own ideas about harm reduction, and how to engage culture as part of harm reduction

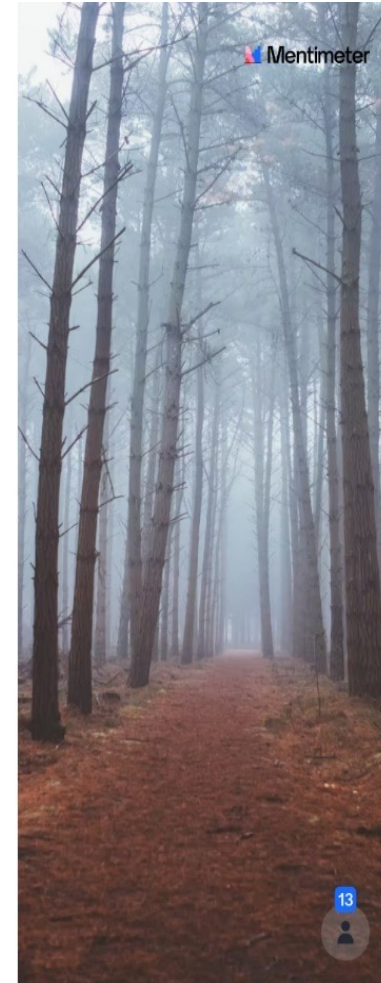
What Are Youth Saying About the Conference?

- Youth appreciated the opportunity to come together and participate in sessions, learn more about culture
- I will use the important lessons in my life to be more confident, knowledgeable and kind to others.
- I always have the teachings in the back of my mind and be mindful for myself
- I will use the skills and training to support my well-being, empower myself, stay calm, and have fun when I can.
- Not sure but I want to learn more about culture



What are youth saying?

What resources services or activities would you like to see in your community to assist youth.



Where Do We Go From Here?

- Based on the feedback from participants both in the adult sessions and the youth session there have been a number of recommendations put forward.
- Can we have more conferences like this for our youth? I really saw my group of youth open up by the end of the conference. We need more events like this for our youth to do!
- Peer support groups
- Online counselling
- Places to go for meetings to talk