CANNABIS

use among Durham Region Students Grades 9-12*

Cannabis use is illegal for anyone under 19 in Ontario.

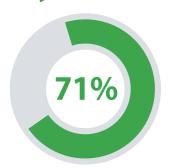
What Do Durham Region Secondary Students Say?



Do not intend to use cannabis when legalized



Have never been a passenger with a driver who has been drinking alcohol or using drugs



Did not use cannabis in the past year



Have never driven after drinking alcohol or using drugs

Know The Health Effects:



Youth who begin using cannabis at a young age are at greater risk since the brain is still developing up until the mid-20s.



Youth who regularly use cannabis are more likely to develop mental health and education problems.



Using cannabis slows a person's reaction time and creates tunnel vision. This can limit what they detect on the road, like people and other cars, and increases the risk of a crash.



Regular use of cannabis during adolescence increases the chance of developing substance use problems.

Know The Risks: Your Risk Of Harm Increases When...



THC content is high and/ or synthetic products (K2 or Spice) are used



Cannabis is mixed with alcohol



Cannabis use starts at a young age



Cannabis is smoked: While there is no safe form, smoking cannabis can cause lung problems including cancer



Cannabis is used daily or almost daily

4 Steps Parents Can Take...



Be Supportive – Youth use cannabis for different reasons. Be ready to help your teen find healthier coping strategies and ways to deal with social situations



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Focus on Safety – Be prepared with facts about cannabis so that you can respond to their questions





Be Positive – Listen with an open mind; try not to frighten, shame or lecture your teen





Stay Connected by Talking to Your Teen – Cannabis education should start early and be ongoing. The car can be an important place to have discussions and to give your teen reminders before dropping them off at parties, dances, and sleepovers





