

**Non-Medical
Cannabis:
*Information for
parents &
communities***



Agenda

- Cannabis – what is it ?
- Legalization
- Adolescent Brain
- Parenting Strategies
- Resources



Cannabis – What is it?

- Plant that contains cannabinoids
 - **THC:** Tetrahydrocannabinol
 - **CBD:** cannabidiol
- Can be smoked, vaped or ingested
- Be aware of synthetic cannabinoids



Method of Consumption

Smoking/Vaping

- Onset: a few minutes
- Lasts: up to 6+ hours

RISKS

- Chronic cough, mucous, wheezing
- Lung infections
- Inhaling chemicals

Ingesting

- Onset: 30 min to 2 hrs
- Lasts: up to 12+ hours

RISKS

- Easy to have too much
- ↑ Risk for injuries and accidents



General Effects

Short Term

- Affects mood, perceptions, behaviour and alertness
- Impacts school, work, sports and ability to drive safely

Long Term

- Addiction
- Difficulties with memory & concentration
- Poor lung health (smoking)



New Cannabis Laws

Becomes Legal October 17, 2018.

Online sales is the retail model. Private retail will not be in effect until April 2019.

Federal

- Production and supply
 - Dried, fresh, oils, seeds/plants
- Advertising
- Packaging
- Impaired Driving

Provincial

- Retail Sale
- Legal Age
- Public Consumption
- Impaired Driving



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What does Legalization mean in Ontario?

- In Ontario, adults over 19 years will be able to buy and use non-medical cannabis purchased online or from private retail sites



<https://www.ontario.ca/page/cannabis-legalization>



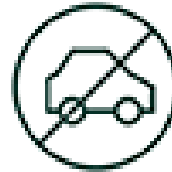
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What does Legalization mean in Ontario?

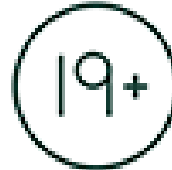
- **Consuming non-medical cannabis will not be allowed in specified public spaces**
- **Zero tolerance for young (under 21), novice and commercial drivers**



Driving



Where to use it



Minimum age will be 19



Where to buy



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Ontario Cannabis Legalization
<https://www.ontario.ca/page/cannabis-legalization>

Canada's Lower-Risk Cannabis Use Guidelines (LRCUG)

Abstinence

Age of initial use

Choice of cannabis products

Cannabis use methods and practices

Frequency and intensity of use

Cannabis use and driving

Special-risk populations

Combining risks or risk behaviours



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https://www.camh.ca/en/research/news_and_publications/reports_and_publications Your Partner in Public Health

G.KT.Professional.15June2017.pdf

Local Use

Youth surveyed in Leeds, Grenville & Lanark:

- 26 % students grades 9-12 in the last 12 months tried cannabis OSDUHS, 2017
- Upward trend from grade 9 (21.5%) to grade 12 (59.7 %) OSDUHS, 2009
- Bongs, joints or edibles are most used
- 32 % first used in Elementary School



Local Use

What do these numbers tell us?

- Talk to your teens about cannabis early
- Teens have opinions about legalization
- Keep talking
- Building relationships are key for future conversations



Why youth may use?

**“It helps me
enjoy a party”**

**“It helps me forget about
my problems”**

**“It helps me
relax”**

“I use it out of boredom”

Because I’m not supposed to

“So I won’t feel left out”

I can’t stop

“I’m curious”

(CCSA, 2015, Effects of Cannabis Use During Adolescence)



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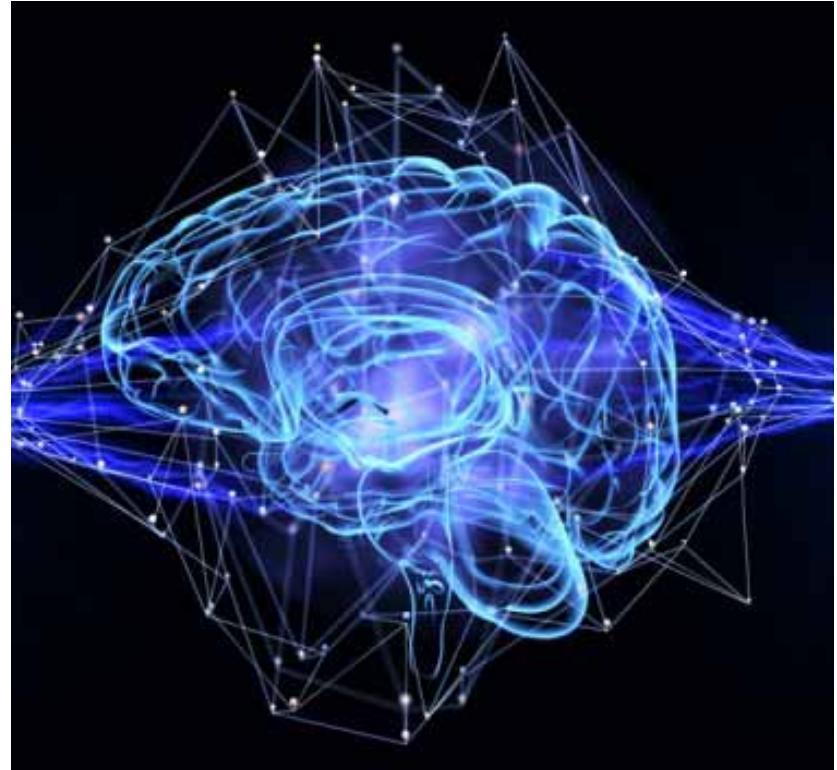
Understanding Adolescence

- **Time of major changes:**
 - Puberty
 - More mature reasoning & thinking
 - More intense emotions
 - Expanding peer groups
 - Dating & sexual feelings
 - Coping with multiple changes/stress
 - Becoming more independent



Effects of early use

- **Brain:** Teens are at risk for harms from regular cannabis use since their brains are still under construction!
- Delaying use protects the developing brain



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Cannabis Youth Impact

Regular and Daily Use...

- Depression and possibly anxiety
- Psychoses and schizophrenia (paranoia, delusions, hallucinations)
- Affects school performance, lifetime achievement
- Increased transition to other substance use

Cannabis and Canada's children and youth – Position Statement

Canadian Paediatric Society, May 2017



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What you can look for

- Spends less time with friends and family, or has a recent change in friends
- Seems moodier
- Skips classes or their grades are slipping
- Loses interest in hobbies/sports
- Has red or glassy eyes, at times
- Distinct smell*
- Owns pipes, bong, rolling papers, etc.
- Suffers regular injuries



Talking to Youth About Cannabis

<https://www.youtube.com/watch?v=jU9vPw2FOAo>



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What works!

- Positive relationships with caring adults
- Parental monitoring
- Supervised activities
- Positive peer relationships
- Sense of belonging
- Problem-solving skills

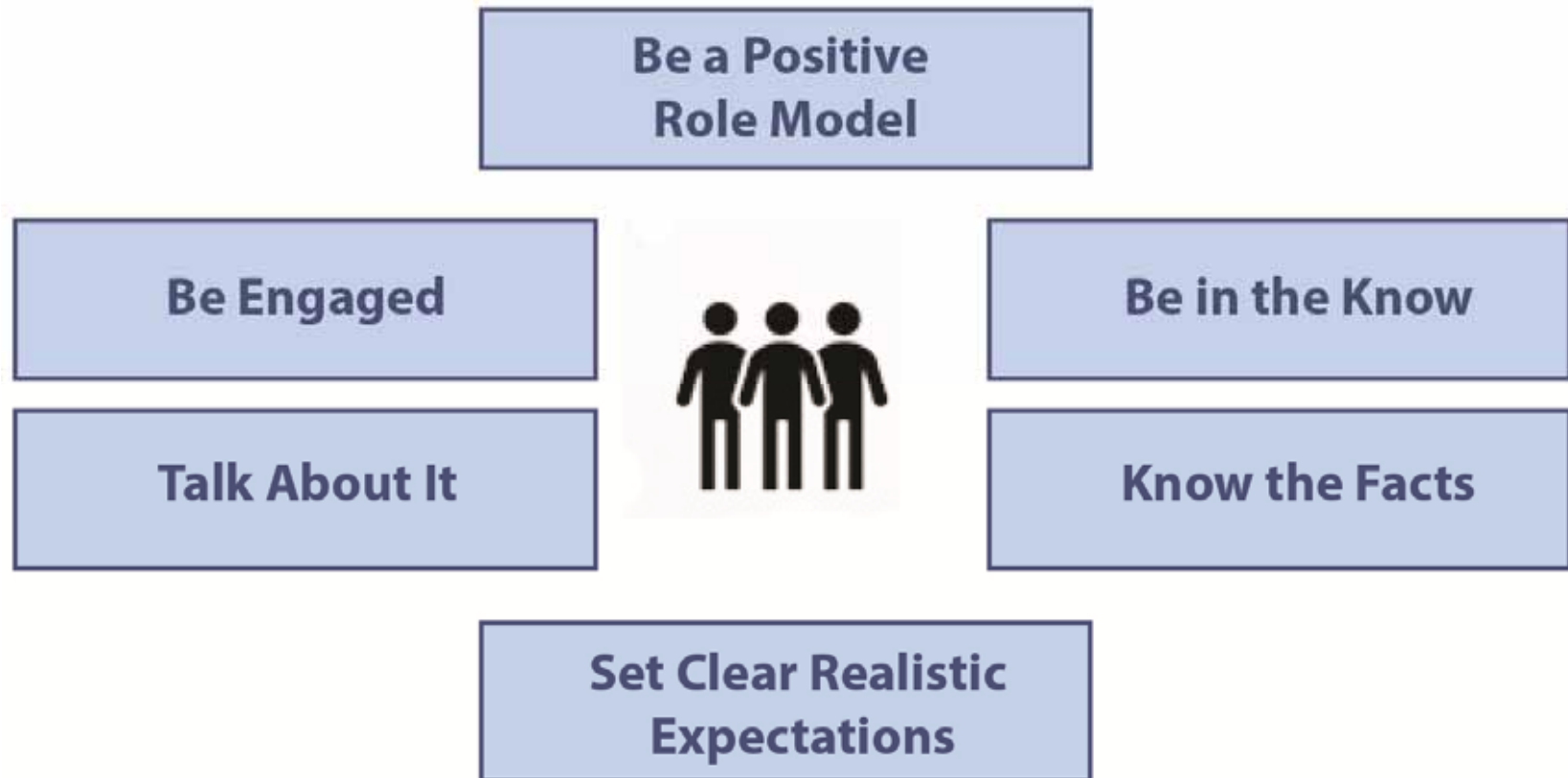


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Parenting Strategies



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Be a Positive Role Model

- Be the kind of adult you want your kid to become
- Think about your own values and opinions on cannabis



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Be a Positive Role Model Tips

- ✓ Model healthy stress management
- ✓ Show your teen you and others can have a good time without substances
- ✓ Help your teen connect with other positive adults



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Be Engaged

- A supportive parent–teen relationship, characterized by closeness and caring, can help delay when youth first try substances



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Be Engaged Tips

- ✓ Help them to find their passions
- ✓ Be involved in their day-to-day life
- ✓ Praise them, remind them you love them on a regular basis
- ✓ Be supportive
- ✓ Say hello and see you later



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Talk About It

- **Strengthening connections can open up the lines of communication**
- **Having open and ongoing talks can delay substance use**



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Talk About It Tips

- ✓ Talk early and talk often
- ✓ Be curious
- ✓ Keep an open mind
- ✓ Talk about peer pressure and staying safe
- ✓ Try active listening



Talk About It Tips

Open-ended versus closed questions

“Don’t you think this music is inappropriate?”

instead say:

“Why do you think they sing so much about...?”

“Doesn’t that make you feel...?”

instead say:

“How do you feel about...?”

“Don’t you think weed is a problem?”

instead say:

What worries you about...?”



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Set Clear & Realistic Expectations

- Use discussion and negotiation versus power and authority
- Helps create an environment where rules are respected



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Set Clear & Realistic Expectations Tips

- ✓ Involve them in making decisions
- ✓ Negotiate expectations and consequences
- ✓ Be clear what is non-negotiable



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Be in the Know

- Know where your teen is, who they are with and what they are doing
- Balance independence with parental monitoring



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Be in the Know

Tips

- ✓ Get to know your teen's friends and their parents
- ✓ Have your teen check in throughout the night
- ✓ Know how your teen is getting home
- ✓ Talk to your teen about healthy relationships
- ✓ Educate your teen on responsible use of social media



Know the Facts

- To prepare for conversations with your teen, try to be prepared with the facts
- When you don't know the answer to their questions, look it up together



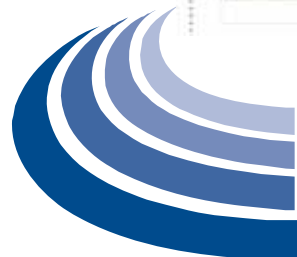
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Know the Facts Tips

- ✓ Know the law
- ✓ Be media smart
- ✓ Know the myths and facts



Know the Facts Tips

De-bunk the Myths

- “Weed is natural and so it’s harmless”
- “Everyone is using weed”
- “Weed helps you focus”
- “Weed is not addictive and does not ‘consume’ users”
- “Weed makes you a better driver; it’s safer than driving after using alcohol”

<http://www.ccsa.ca/Resource%20Library/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf>



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Know the Facts

Tips

- Cannabis use can impair driving and is linked with collisions
- Talk to your teen about cannabis and driving
- Develop a plan for them to get home safely

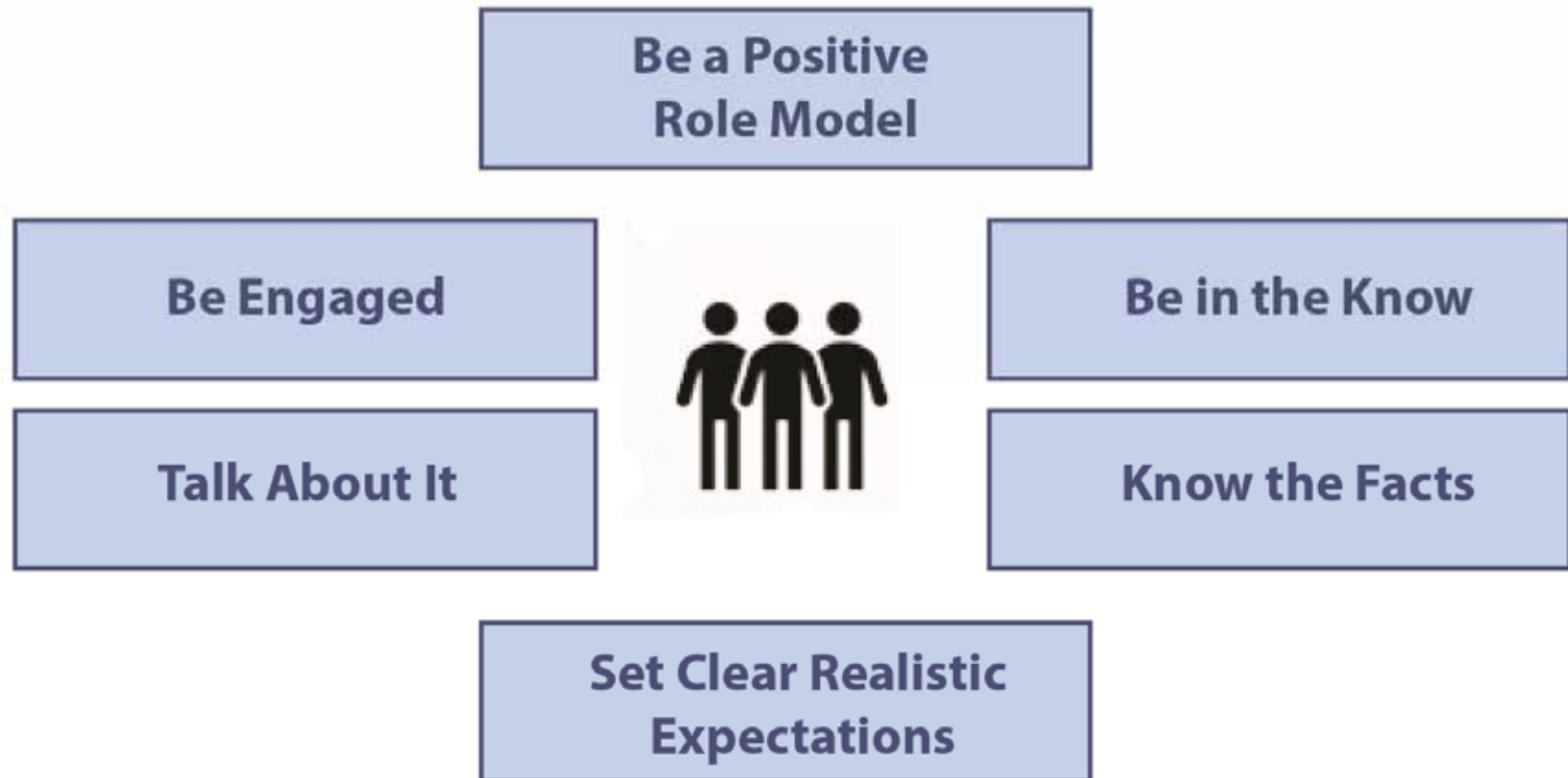


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Parenting Strategies



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Resources

- Cannabis Talk Kit
- You, Your Teen and Substance Use
- Cannabis: What Parents/Guardians and Caregivers Need to Know



CANNABIS TALK KIT
KNOW HOW TO TALK WITH YOUR TEEN



Cannabis: What Parents/Guardians and Caregivers Need to Know

This fact sheet on recreational cannabis is for parents/guardians and caregivers of youth in grades 6 to 12. It provides information about cannabis, cannabis legislation, risks, signs of a problem, how to help your child, and where to get more information and support.

Bottom Line

- Although most youth in Ontario do not use cannabis, some do.
- For youth who do use cannabis often and regularly, it can be addictive, can affect brain development and may increase the risk for mental health problems.
- Cannabis use will be illegal for anyone under the age of 19.
- Youth are especially vulnerable to the effects of cannabis when their brains are still developing (up to age 25).
- Research suggests that in their early 20s, people who use cannabis regularly are more likely to be doing so than youth who had never or rarely used cannabis in the past year.

What is cannabis?

- Cannabis, also called marijuana, weed and pot, is a drug that comes from a plant with cannabis seeds that produce Cannabis seeds and Cannabis oil. It is made up of many different parts and leaves, but the parts of interest to parents/guardians and caregivers are the cannabis leaves.
- It comes in a variety of forms such as buds or flowers.
- It is used in a variety of ways, including smoking, eating, drinking or in capsules.
- When it is eaten or drunk, such as in the form of a beverage, it can be addictive.
- Cannabis is a psychoactive drug that can affect the brain.
- It is a controlled substance that is illegal for anyone under the age of 19.

It is illegal, about 1 in 3 students (or 33%) in grades 7 to 12 say they used cannabis at least once in the past year. Among this group, more used a bong, pipe or water pipe. It is important to remember that 87% of students report that they have not used cannabis at all in the past year.



Resources

- Triple P – Top Ten Tips for Parents of Teenagers
- Triple P Tear Offs
- Canada's Lower-Risk Cannabis Use Guidelines (for adults)



Support

- [Children's Mental Health Leeds and Grenville](#)
- [Open Doors for Lanark Children and Youth](#)
- [Kids Help Phone](#)
- Ontario Drug and Alcohol Helpline 1-800-565-8603
- Ontario Mental Health Helpline 1-866-531-2600
- Ontario Problem Gambling Helpline 1-888-230-3505



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Questions?



Thank you for your time and attention!



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