

A PICTURE OF CANNABIS USE AMONG BC YOUTH



In 2018, 3/4 of BC youth **had never used cannabis.**



Youth who did use cannabis **waited longer to first try it than in previous years.**



Most youth who used cannabis **did so infrequently and used it to experiment or have fun.**



The percentages of youth who had used cannabis **ranged from 15% in Richmond/Vancouver to 42% in the Northwest.**



Youth were more likely to **have vaped than to have used cannabis.**



Among youth who had exclusively used cannabis, **32% experienced negative consequences of their use in the past year.**



Fourteen percent of youth who had used cannabis **had driven after using it.**



In the past year, 10% of youth who had used cannabis **needed help for their use.**



The more frequently youth used cannabis, **the more likely they were to experience negative consequences of their use and challenges with their physical health, mental health, and school life.**

Youth who became frequent users (used on 20 or more days in the past month) were those who:

- **First started using before their 13th birthday**
- **Had been using cannabis for at least two years**
- **First started using cannabis when they were experiencing trauma or other challenges**

Youth were more likely to use cannabis at a young age and become longer-term users if they had experienced:

- **Trauma**
- **Abuse**
- **Victimization**
- **Poverty and deprivation**

Youth who were at risk for frequent cannabis use but had not become frequent users included those who had the following protective factors:



- **Had a supportive family**



- **Had supportive adults in their lives**



- **Felt safe and supported at school**



- **Had healthy peer relationships**



- **Were part of their community**



- **Felt able to manage stress and setbacks**

For more information about cannabis use or if you need help for your use call: 24-hour BC Alcohol and Drug Information and Referral Service 1-800-663-1441 (free from anywhere in BC) or check out www.heretohelp.bc.ca/marijuana-use-youth.

This poster was created from *Blunt Talk II: A picture of cannabis use among BC youth*, using data from the 2018 BC Adolescent Health Survey. To download the full report, visit www.mcs.bc.ca.