

# YOUTH CANNABIS USE IN BC

This poster shares information from McCreary Centre Society's *Blunt Talk II: A picture of cannabis use among BC youth* report and uses data from the 2018 BC Adolescent Health Survey.

In 2018, **25% of youth** had tried cannabis. This was a decrease from **30% in 2008**.

The more **regularly** youth used cannabis, the more likely they were to report **negative consequences** of their use, to **drive** after using cannabis, and to **need help** for their use.

Some youth were more likely to use cannabis than others including:

- Youth in rural areas (**33% vs. 25%** in urban areas).
- Youth with a history of trauma, violence, and loss.



Some youth were more likely to use cannabis **regularly** (on **20 or more** days in the past month).

These included youth who:

- Started using cannabis **before** they were **13 years old**.
- Had **been using** cannabis for **at least 2 years**.
- Had experienced **recent trauma**.

The most common ages for youth to first try cannabis were **14 and 15 years old**. Youth were more likely than **5 and 10 years** earlier to wait until they were at least **15** to first try cannabis.

Most youth who used cannabis **did not use it often** and when they did use it, they did so to **experiment** or have **fun**.

Some youth used cannabis because they were **sad or stressed**, including those who were bullied, discriminated against, and lived in poverty.

**Females** were more likely than males to use cannabis because they felt down or sad (**30% vs. 13%**).



**1 in 10** youth who had used cannabis felt their use had got to a point where they needed **help**.

Youth at risk for using regularly were **less likely** to do so if they:

- Felt their **activities** were **meaningful**.
- Felt **connected to community**.
- Had **friends** who would be **upset** with them for **using substances**.
- Felt **safe and supported at school**.
- Had a **supportive family**.



Icons made by Darius Dan & Freepik from [www.flaticon.com](http://www.flaticon.com)

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](http://www.heretohelp.bc.ca/marijuana-use-youth).

This poster was created by members of McCreary Centre Society's Youth Research Academy. For the full report, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).