

## OUR GOAL

The Ontario Native Education Counselling Association's goal is to build awareness about recreational cannabis use amongst our youth.

Cannabis use has changed significantly over the years. While it is completely normal for youth to be curious about drugs and alcohol, including cannabis, we want to provide parents with the proper knowledge and tools needed to talk to their children about the implications of cannabis use and vaping.

## REFERENCES

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# CANNABIS & VAPING

INFORMATION FOR PARENTS



**ONECA**  
Ontario Native Education Counselling Association

## QUICK FACTS

- Cannabis is the most widely used drug in the world.<sup>1</sup>
- There are many slang names for cannabis such as marijuana, weed, pot, Mary Jane, herb, bud and buddha.<sup>2</sup>
- The THC (the psychoactive compound in cannabis) content in cannabis has increased over the last two decades from 4% on average to 12%.<sup>3</sup>
- Vaping is a relatively new method of consuming cannabis that has been rising in popularity in recent years, especially among youth. Little research has been done and it is not yet known what the long term health effects it may have.<sup>4</sup>
- A cannabis addiction can impact ones mental and physical health, personal relationships, career and financial future.<sup>5</sup>



## METHODS OF CONSUMPTION

- Rolled and smoked in paper, similar to a cigarette.
- Smoked in a pipe or water bong.
- Vaporized from an e-cigarette or vaporizer device, often called vaping.
- Infused into edible products such as sodas, teas, baked goods, gummies and candies; often called edibles.
- Consumed as a tincture (alcohol-based extract) by itself or added to food or drinks.
- Inhaled at high temperatures as oil, wax, or “shatter”, which are forms of cannabis resin or hash, often called dabbing.<sup>6</sup>

## FAQ'S

### What is cannabis?

Cannabis is a drug that comes from a plant with common strains that include cannabis sativa and cannabis indica. It consists of dried flowers, fruiting tops and leaves that are greenish or brownish. Cannabis contains substances that affect the body and mind.<sup>6</sup>

### What is vaping?

Vaping is a method of consuming substances such as cannabis or nicotine using a device to heat a liquid or oil, which is then inhaled by the user as a vapor. Some illegal vaping products have been found to contain unregulated and harmful substances, such as Vitamin E Acetate, which has been linked to thousands of lung injuries and even deaths.<sup>7</sup>

### How can I tell if my child is vaping?

It can be difficult as there is not a strong odor and the vapor is very thin, dissipating quickly. Similarly to smoking cannabis, side effects include red eyes, increased appetite, changes in mood, new friend groups and loss of interest in once enjoyed activities.<sup>7</sup>

### Can my child legally access and use vape products?

No, the same laws that regulate cannabis apply to vape products. It is not legal to sell or buy cannabis or vaping products to those under 19 in Ontario.<sup>8</sup>

### Is it possible to overdose on cannabis?

While not generally known to be fatal, consuming too much cannabis by accident or on purpose can cause unpleasant and sometimes dangerous temporary adverse effects, which could require emergency medical attention. Pets and children are at greater risk.<sup>5</sup>

### Is cannabis addictive?

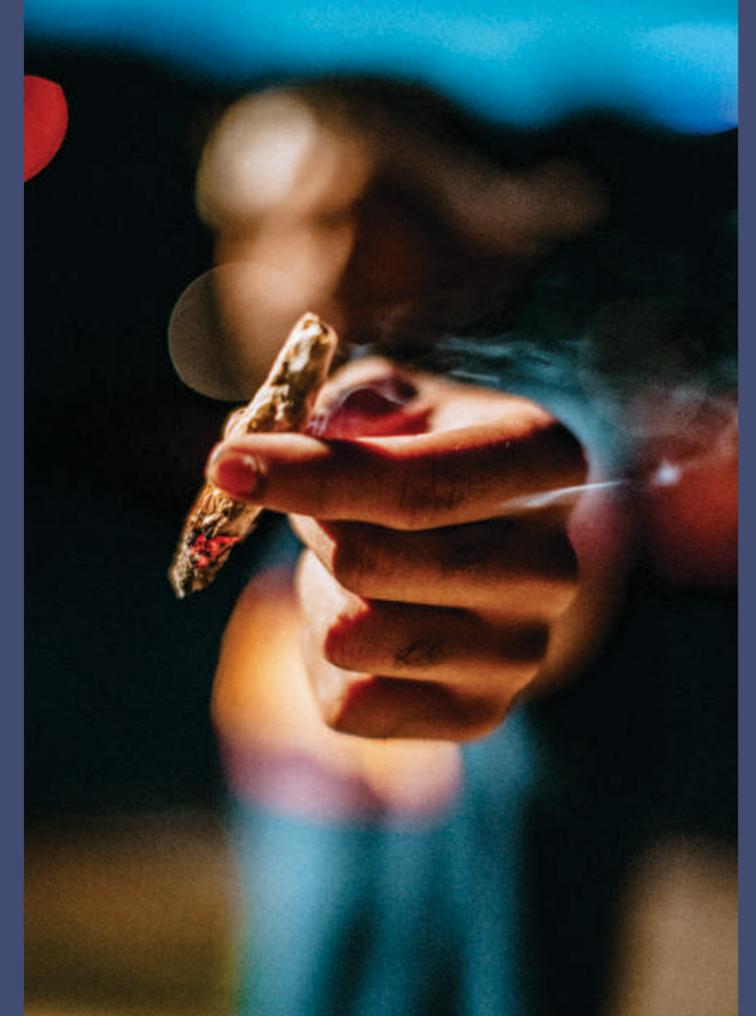
Yes, frequent cannabis use can lead to a dependence. Nearly 1 in 10 users of cannabis become addicted. For those who began using cannabis as a youth or teen, the rate increases to 1 in 6.<sup>5</sup>

### Is eating edibles different than smoking cannabis?

While edibles do not contain the toxins inhaled while smoking cannabis, the risk of consuming too much cannabis at one time is higher. When ingested, the effects are often delayed and last much longer compared to other forms of cannabis. Because everyone's tolerance is different, the effects of edible cannabis may be unpredictable.<sup>9</sup>

### Because cannabis is legal, does that mean it is safe?

Although legal cannabis is highly regulated, there are negative health effects associated with its use including addiction, lung damage and mental health disorders such as anxiety and depression. There is increased risk for those under 25, as cannabis affects brain development. Risks include dependence disorders and negative impacts to mental health, learning and memory.<sup>5</sup>



## TALKING TO YOUR KIDS

*Following some simple rules of communication will make having a conversation about cannabis with your child easier.*

- **Be a good listener.** Try to have them do at least half the talking.
- **Acknowledge their point of view.** You may not share the same opinion as your child, but try to react openly as to not close the lines of communication.
- **Use open ended questions** that encourage reflection and expression of feelings and views rather than yes or no questions.
- **Be honest** about how you feel about cannabis use and why you feel that way. This can help broaden your discussion.
- **Try to keep them from tuning out.** Avoid judgmental comments or over-exaggerating the negative aspects of cannabis use to get your point across. Stick to the facts.