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BY INGLE INTERNATIONAL

# Clearing the Haze on Cannabis Legalization

# Outline

- Why have this conversation?
- Cannabis 101
- Cannabis and the adolescent brain
- Why legalize cannabis?
- Conversations about cannabis
- Cannabis and international students

# The Cannabis Act

- Has been passed by the Canadian House of Commons
- Passed in the Senate June 7, 2018
- As soon as amendments are approved, it will receive Royal Assent and it will be law within 8-10 weeks

Learn more at [openparliament.ca](https://openparliament.ca)

## WHY HAVE THIS CONVERSATION?

**40%**

of Canadians have used cannabis in their lifetime

**10%**

of Canadians have used cannabis in the past year

**UNDER 1%**

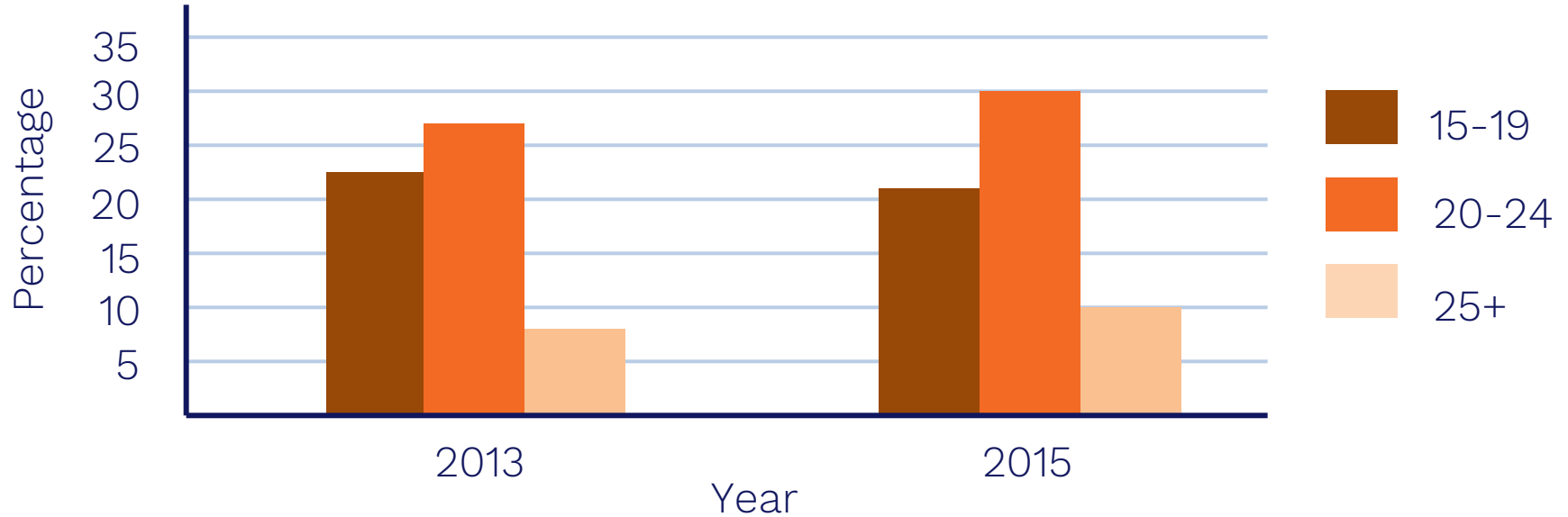
of Canadians will use a given illegal drug in a year

Health Canada, 2013

# WHY HAVE THIS CONVERSATION?

## Past-year use of cannabis in Canada by age group

Canadian Tobacco, Alcohol and Drugs Survey



## WHY HAVE THIS CONVERSATION?

AS MUCH AS  
**41%**

of adolescents aged 16-19 used cannabis in 2017

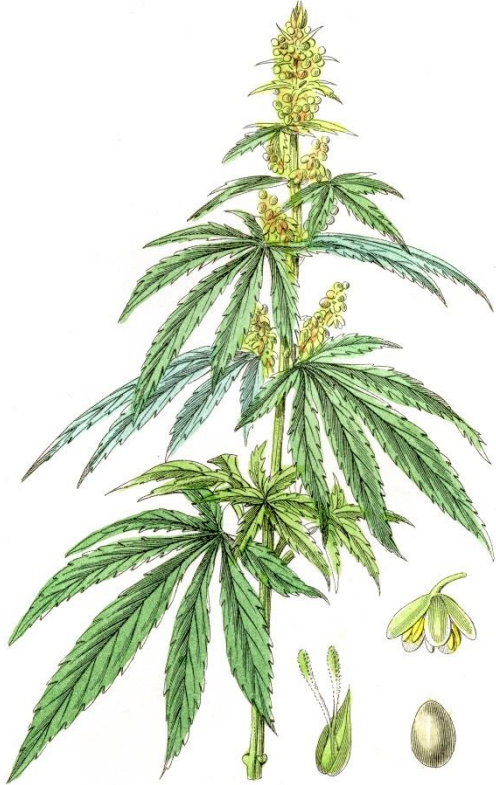
AS MUCH AS  
**45%**

of young adults aged 20-24 used cannabis in 2017

Canadian Cannabis Survey, 2017

# Cannabis 101





# What is cannabis?



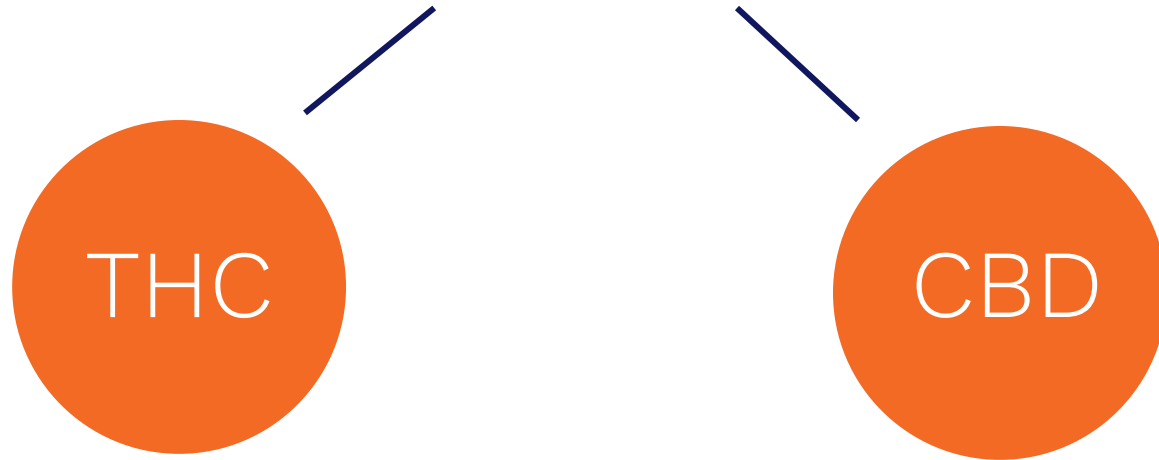


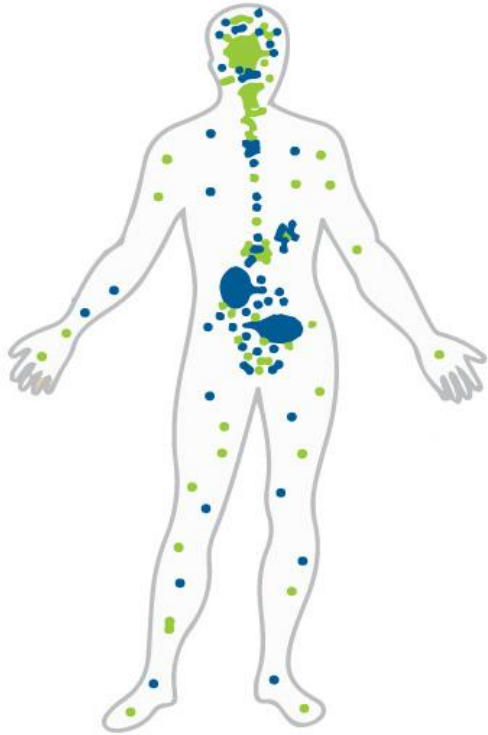
# How is it taken?





# What are cannabinoids?





# What is the endocannabinoid system?



# Benefits





# Risks

Increase with intensity & frequency of use

# Cannabis and the adolescent brain





# Adolescents: at risk

The brain is not fully developed until the mid-20s



Why?





# What does this mean?

# Why legalize cannabis?





# The prohibition paradox



**ILLEGAL, PROHIBITION:** use is driven underground, criminal elements increase danger

**LEGAL, REGULATED:** controlled regulation allows for safe use and moderates danger levels

**LEGAL, UNREGULATED:** no safety measures or regulations mean danger increases



# A public health approach



“In taking a public health approach to the regulation of cannabis, the Task Force proposes measures that will maintain and improve the health of Canadians by minimizing the harms associated with cannabis use.”

Canadian Task Force on Legalization and Regulation of Cannabis, 2016



# Regulation highlights



- National minimum purchase age of 18
- Plain packaging, mandatory labelling
- Public guidance for lower-risk use
- Public education campaign



# Lower-Risk Cannabis Use Guidelines (LRCUG)

More information about the [LRCUG](#) at [camh.ca](https://www.camh.ca)

# Conversations about cannabis





# TRACE research program

- Youth cannabis use exists on a spectrum
- Youth are skeptical of 'biased' / heavy-handed messaging
- Stigmatizing or shaming youth for cannabis use is unproductive
- Youth are actively engaged in their own harm prevention strategies





# Problems with current youth-oriented messaging

Youth Speak: Cannabis Legalization in the 21<sup>st</sup> Century Conference 2016



# 10 conversation principles



1. Education based on evidence rather than fear
2. Non-judgmental, interactive, open dialogue
3. Meaningful inclusion
4. Delivery by a trained facilitator or peer
5. Start early with age-appropriate content



# 10 conversation principles



6. Support & guidance to parents for open conversations
7. Include harm reduction
8. Specific context tailored education
9. Availability of ongoing education
10. Overlapping issues: racism, social justice, stigma



# The bottom line

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- Legal regulation is an opportunity to have honest conversations
- Focus on evidence-based drug education for youth
- Prioritize youth voices and experiences: education must resonate
- Include prevention and harm reduction



# Resources

- [Cannabis Use and Youth: A Parent's Guide](#) – HereToHelp BC
- [Using Evidence to Talk About Cannabis](#) – ICSDP
- [Lower Risk Cannabis Use Guidelines](#) – CRISM
- [Cycles](#) – CISUR – University of Victoria video resource to encourage open conversation
- [Sensible Cannabis Education: A Toolkit for Education Youth](#) – CSSDP



# More information

[www.canada.ca/cannabis](http://www.canada.ca/cannabis)

Questions: [cannabis@canada.ca](mailto:cannabis@canada.ca)

# Cannabis and international students





# Institutions

- Speak with your insurance provider - TODAY
- Evaluate your current drug & alcohol policy; assess need for updates
- Work with your school personnel and homestay providers to develop rational consequences for students who violate policy





# Homestays

- Update both your host applications and drug & alcohol
- Keep resources accessible and current
- Understand your school partners' drug and alcohol policies



# Students

- Be realistic and honest
- In orientation, use high level information & language students understand
- Be prepared with resources to keep accessible all year
- Be clear with your students regarding consequences of policy violation



# Parents/Agents

- Inform, but don't over-inform: gauge level of interest first
- Accurately represent the new legislation
- Be prepared with websites/resources for further learning
- Be clear about expectations and consequences for students



# Cannabis and consequences

More information at [cleo.on.ca](https://cleo.on.ca)



When in doubt, find out

# Questions?

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