



CSSDP'S



**QUESTIONS TO ASK
YOUTH USING**

CANNABIS



**HOW LONG HAVE YOU
BEEN USING CANNABIS?**

Start by asking when they first started using cannabis. Getting an idea of how experienced they are with cannabis can help frame the conversation.



HOW OFTEN ?

Ask how often they typically use cannabis in a week. Suggesting they use less frequently is one harm reduction strategy, as frequency can be a predictor of potential harms and put young people at an elevated risk of developing problematic cannabis use.



HOW DO YOU CONSUME?

Smoking cannabis can be a more harmful method of consumption, and encouraging a shift away from smoking to vaporizing or ingesting can help mitigate some of those risks.



WHAT KIND OF PRODUCTS?

Ask about the products they typically use. For example, are they high THC strains? Concentrates? Consider encouraging a shift away from higher THC products, particularly concentrates such as wax and shatter which can have very high THC levels and potentially lead to increased harms.



WHEN DO YOU CONSUME?

Consider talking about appropriate time and place to consume cannabis – for example, before work or school should be avoided, but on the weekends with friends (with a designated driver) can be a more appropriate time.



WHAT ABOUT DRIVING?

Ensure they know that driving under the influence of cannabis can impair their ability to drive, and to not drive with other people who have consumed. Let them know they can call you, use public transport or grab a cab instead, and that the legal penalties are serious.