Cannabis
Grade 6

Last updated: September 2023
Before we start…

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will also be shared at the end of the module.
What is cannabis?
Question 1

Which answer is false?

Cannabis...

A. comes from the cannabis plant.
B. can be rolled in a piece of paper making it look like a cigarette.
C. is a drug.
D. can’t cause any negative health effects because it is just a plant.
E. can be inhaled, vaped, or eaten in foods.
Question 1
Which answer is false?

Cannabis…

A. comes from the cannabis plant.

B. can be rolled in a piece of paper making it look like a cigarette.

C. is a drug.

D. can’t cause any negative health effects because it is just a plant.

E. can be inhaled, vaped, or eaten in foods.
How is cannabis used?
Question 2
Which answer is false?

A. A person who eats cannabis will feel the effects right away.
B. A person who smokes cannabis will feel the effects right away.
C. Cannabis can be inhaled/vaped using a vaporizer.
D. Dried cannabis can be rolled up in a piece of paper and smoked.
E. Cannabis can be consumed in drinks.
Question 2

Which answer is **false**?

A. A person who eats cannabis will feel the effects right away.

B. A person who smokes cannabis will feel the effects right away.

C. Cannabis can be inhaled/vaped using a vaporizer.

D. Dried cannabis can be rolled up in a piece of paper and smoked.

E. Cannabis can be consumed in drinks.
THC vs. CBD

- **THC** is psychoactive (affects the mind)
- **THC** is the chemical that causes the ‘high’
- Different **THC** amounts in cannabis products
- **CBD** does not make you high
- **CBD** can lessen the effects of THC
- **CBD** may have medical benefits
Question 3
Which answer is false?

THC…
A. is found in cannabis.
B. changes the way a person thinks, feels and acts.
C. amount is the same in all cannabis products.
D. affects the brain.
E. makes the person feel “high”.
Question 3
Which answer is false?

THC…
A. is found in cannabis.
B. changes the way a person thinks, feels and acts.
C. amount is the same in all cannabis products.
D. affects the brain.
E. makes the person feel “high”.
What are the immediate effects?
Question 4
Which answer is **false**?

An immediate effect of using cannabis is...

A. feeling anxious or worried.
B. having a quicker reaction time.
C. feeling sleepy or tired.
D. having trouble making decisions.
E. having trouble remembering things.
Question 4
Which answer is false?

An immediate effect of using cannabis is...

A. feeling anxious or worried.
B. having a quicker reaction time.
C. feeling sleepy or tired.
D. having trouble making decisions.
E. having trouble remembering things.
How does cannabis affect a young brain?
How can using cannabis affect school performance?
Question 5
Which answer is false?

Using cannabis affects learning because it can...

A. cause a person to forget what they’ve learned.
B. affect ability to think clearly
C. decreased desire to learn
D. cause sleepiness.
E. increase a person’s IQ.
Question 5

Which answer is false?

Using cannabis affects learning because it can...

A. cause a person to forget what they’ve learned.
B. affect ability to think clearly
C. decreased desire to learn
D. cause sleepiness.

E. increase a person’s IQ.
What are the negative effects of smoking cannabis?
Question 7

Which answer is false?

Using cannabis can...

A. Cause a lung infection.
B. affect mental health.
C. slow your physical growth.
D. lead to dependence.
E. affect decision making.
Question 7
Which answer is **false**?

Using cannabis can...

A. Cause a lung infection.
B. affect mental health.
C. **slow your physical growth.**
D. lead to dependence.
E. affect decision making.
What are the effects of secondhand cannabis smoke?
What are the laws around cannabis?
In Ontario, it is against the law to...

A. use cannabis if you are 19 years old.
B. sell cannabis yourself.
C. use cannabis on school property.
D. buy cannabis if you are 18 years old.
E. drive while impaired by cannabis.
Question 8

Which answer is false?

In Ontario, it is against the law to...

A. use cannabis if you are 19 years old.
B. sell cannabis yourself.
C. use cannabis on school property.
D. buy cannabis if you are 18 years old.
E. drive while impaired by cannabis.
What’s the difference?

**Physical dependence**
- **Body** gets used to regular amounts of cannabis
- Withdrawal symptoms:
  - feeling irritable
  - upset stomach
  - trouble sleeping
  - loss of appetite
  - sweating

**Addiction**
- Changes how the **brain** works
- The 4 C’s:
  - Compulsive use
  - Consequences
  - Cravings
  - Loss of **Control**
Addiction

Addictions are not a choice and do not mean someone is bad or weak.
Question 6
Which answer is false?

Physical dependence and cannabis addiction...

A. aren’t likely to happen during the teen years
B. make people feel anxious when they don’t have cannabis.
C. can affect the person who uses, their friends and family.
D. can happen to anyone using cannabis.
E. are more common among people who start using the drug earlier.
Question 6
Which answer is false?

Physical dependence and cannabis addiction...

A. aren’t likely to happen during the teen years
B. make people feel anxious when they don’t have cannabis.
C. can affect the person who uses, their friends and family.
D. can happen to anyone using cannabis.
E. are more common among people who start using the drug earlier.
How does drug addiction happen?
Responding to peer pressure
Healthy ways to boost dopamine levels
Positive ways to cope with stress

- Talk to someone you trust
  - Parent, friend, teacher, sibling, etc.
- Keep a journal
- Identify what is causing stress
- Label your feelings
- Positive self-talk
Stigma

- To have negative feelings and negative behaviours toward specific people or groups
Reducing Harm
Recovery
Where to find help

- An adult you trust from your school, family or community

- Youth Services Bureau (24/7)
  YSB assists with service areas such as youth engagement, mental health services, community and housing services, employment services and youth justice services
  - Age 12+
  - Crisis Line: 613-260-2360
  - Crisis Chat: https://www.ysb.ca/

- Kids Help Phone
  This resource provides confidential mental health services to youth in Canada.
  - Age Prioritization 5-25
  - Phone (24/7): 1-800-668-6868
  - Text (24/7): Text CONNECT to 686868
  - Live Chat: (open 7 pm – midnight ET) https://kidshelpphone.ca/live-chat-counselling/
Continued Support

Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)
A resource available to all Indigenous people across Canada, to assist when there are challenges, or to help connect with other wellness supports.
• Telephone: 1-855-242-3310
• Online Chat: [https://www.hopeforwellness.ca/](https://www.hopeforwellness.ca/)

Rural Ottawa Youth (Rural schools only)
An organization that works together to address the gaps in mental health services for youth in rural Ottawa.
• Age 12-24
• [www.ruralottawayouth.ca](http://www.ruralottawayouth.ca)
• Instagram @RuralOttawaYouth
References

Centre for Addiction and Mental Health
Canadian Centre on Substance Abuse
Health Canada
Canadian Lung Association
Ottawa Public Health
CAPSA