



Use of cannabis among youth in New Brunswick

19% of youth in N.B. have tried cannabis in the past 12 months

What are the risks for youth?

Cannabis is sometimes perceived as harmless, but it poses serious risks to young people as their bodies and brains are still developing.



The regular use of cannabis by youth can lead to brain damage, or impair judgment and coordination, which can lead to injury.

Another risk is the consumption of edible cannabis products which may result in an accidental overdose as their effects are delayed compared to smoked cannabis.

With edible cannabis, younger children are also at risk for unintended consumption incidents.



When smoked:
Effects felt within minutes



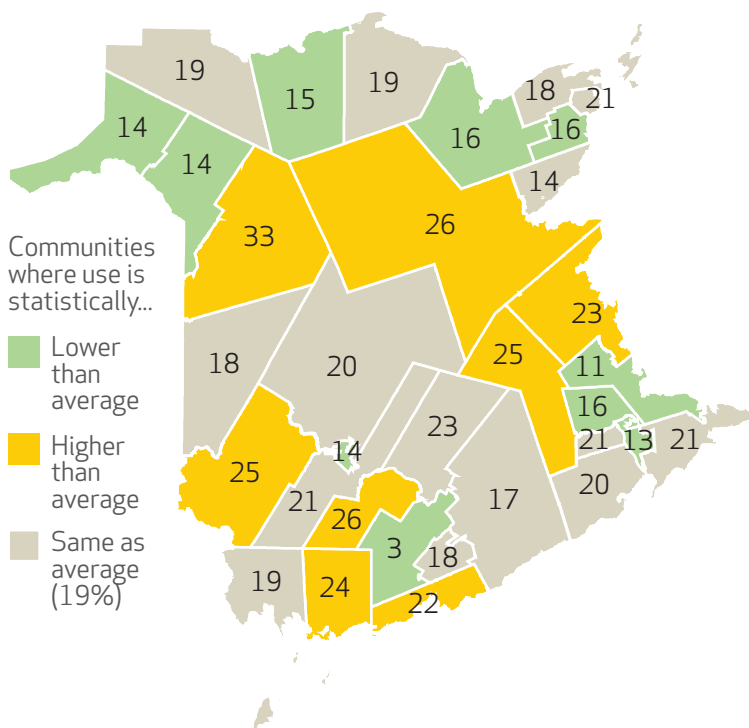
When consumed in edibles:
Only felt after a few hours

For more info:

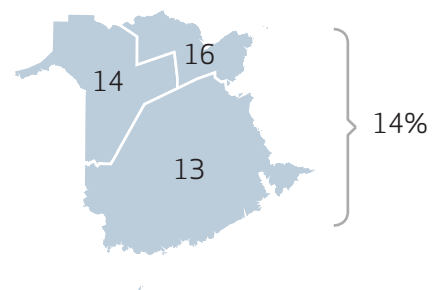
- Canadian Paediatric Society, Cannabis and Canada's children and youth (<https://bit.ly/2PLCJ3I>)
- Health Canada, Information on Cannabis (<https://bit.ly/2Nn0CMX>)

Breakdown by geography

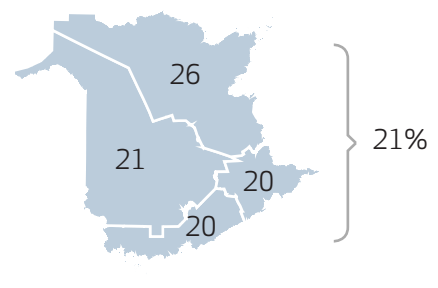
The use of cannabis by youth varies by community from 3% (Grand Bay-Westfield) to 33% (Perth-Andover)



Francophone districts

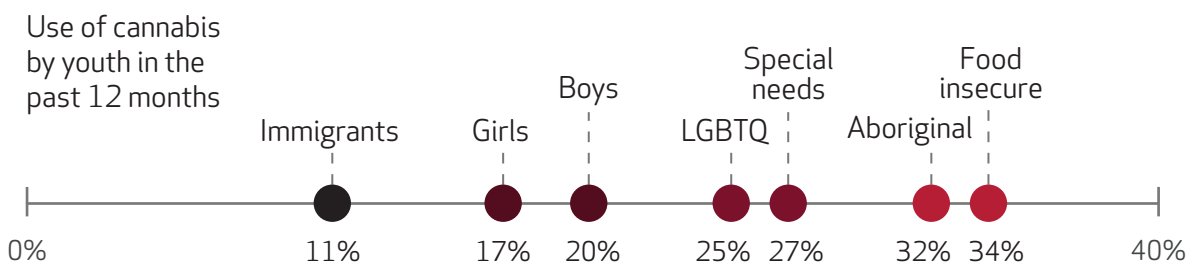


Anglophone districts

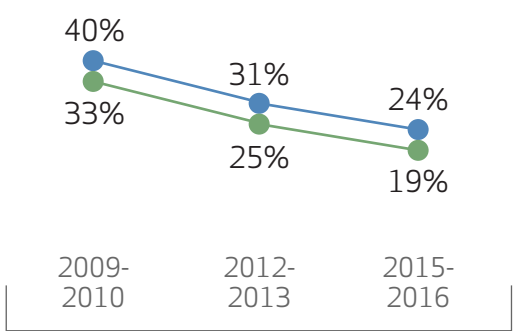


Use of cannabis is more prevalent in the Anglophone sector

Breakdown by subgroup



Cannabis use among youth over time



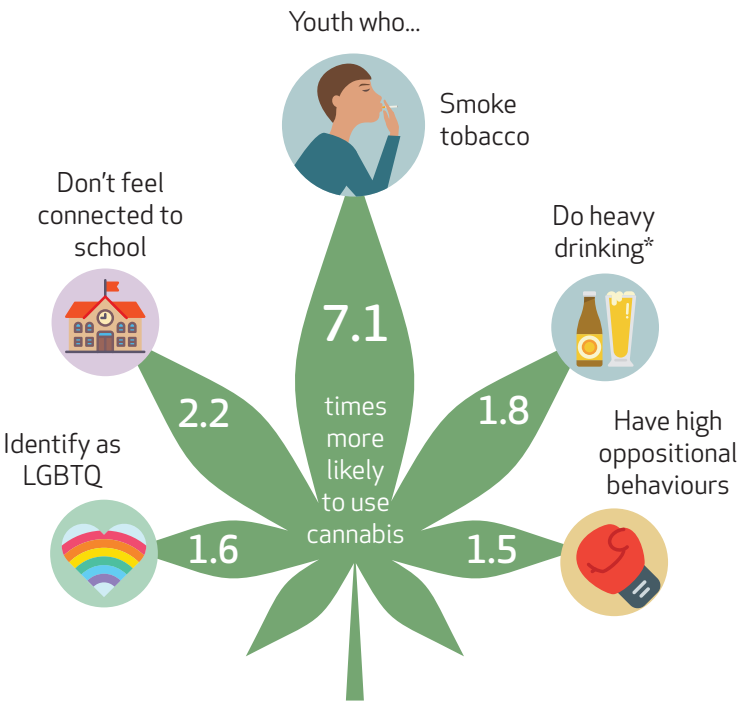
Since 2009-2010, the percentages of youth who have **tried cannabis at least once in their lifetime** and of those who have **used it in the past 12 months** have been declining.

In 2015-2016, 3% of youth used it daily.

What are the factors most related to the use of cannabis?

An analysis by the NBHC shows the factors that are more likely to be associated with the use of cannabis. Tobacco smoking and not feeling connected to school top the list.

*Heavy drinking is defined as five or more drinks at one time, at least once per month. For youth who drink monthly, they're 1.5 times more likely to use cannabis.



Please note: In this infographic, youth are defined as students from grades 6 to 12.

Provincial, school and community prevention efforts are crucial for addressing youth cannabis use. If someone is pregnant, breastfeeding or has mental health issues, it is best for them to avoid cannabis use altogether.

For more interesting facts, visit:

- Cannabis in New Brunswick - <https://bit.ly/2NhXbfb>
- Talking Pot with Youth - <https://bit.ly/2QH2FNQ>
- <https://incontrolnb.ca/>

The data in this infographic is from the New Brunswick Student Wellness Survey, a provincial initiative of the Department of Social Development – Wellness Branch, in cooperation with the Department of Education and Early Childhood Development. Data collection and analysis was conducted by the New Brunswick Health Council. The data was collected from over 30,000 students across the province.