



Lesson 2: Healthy Body, Healthy YOU-th: Effects of Cannabis on the Body

Discussion Guide



Instructions:

There are two options for this discussion guide:

Option 1: Read a short excerpt from an article that talks about the health harms that cannabis use has on the body and then answer a few questions and discuss what you read with a trusted adult.

Option 2: Watch a short video and complete a short writing prompt.

Please see both options below for further instruction:

Option 1: Like the United States, Canada also has a large youth population who vapes or smokes cannabis. Below is a study that discusses the health effects vaping has on the teen body. Please read the short excerpt below and then answer the following questions.

1. Read short excerpt below:

The risks of vaping for children and youth were forecasted in a 2015 statement from the Canadian Paediatric Society but the rapidity of uptake of this method of consumption was clearly underestimated (1). While rates of tobacco use in North America have been decreasing steadily and rates of cannabis use among youth under age 18 have trended downwards since the turn of the century, nicotine and cannabis vaping have seen unprecedented increases in popularity among youth in the span of less than a decade (2–4). Nicotine vaping remains more common than cannabis vaping; yet, the overlap between those two substances is significant. In Canada, one-third of adolescents who report e-cigarette use also report using their vaping device to consume cannabis (5).

Youth-friendly designs, aggressive marketing by e-cigarette and cannabis companies, increased access due to legalization, and low perceived riskiness are only some of the factors that may have led to such a rapid increase in popularity of cannabis vaping among youth. Of concern, youth who vape cannabis are at risk of developing e-cigarette or vaping-associated lung injuries (EVALI) (6) and often use very high-potency products, which may lead to more severe health consequences than the use of other forms of cannabis (7).

Cannabis vaping has become one of the most popular modes of cannabis consumption among youth. In this article, we describe cannabis vaping trends and products, discuss some of the specific health risks and youth perceptions of cannabis vaping, and present key clinical considerations for paediatric providers.

2. Now, please answer the following questions:

1. What is EVALI?

2. Why is EVALI a serious health concern?

3. How can teens prevent or reduce EVALI?

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