

Canadian Youth and Marijuana: What can we expect?

Patterns of marijuana use, mental health, educational and occupational outcomes from adolescence to adulthood

We tracked 662 young Canadians' marijuana use across more than a decade (age 15-28) to see how different patterns of use affects mental health, substance use, education and achievement from adolescence to adulthood. This is what we found...



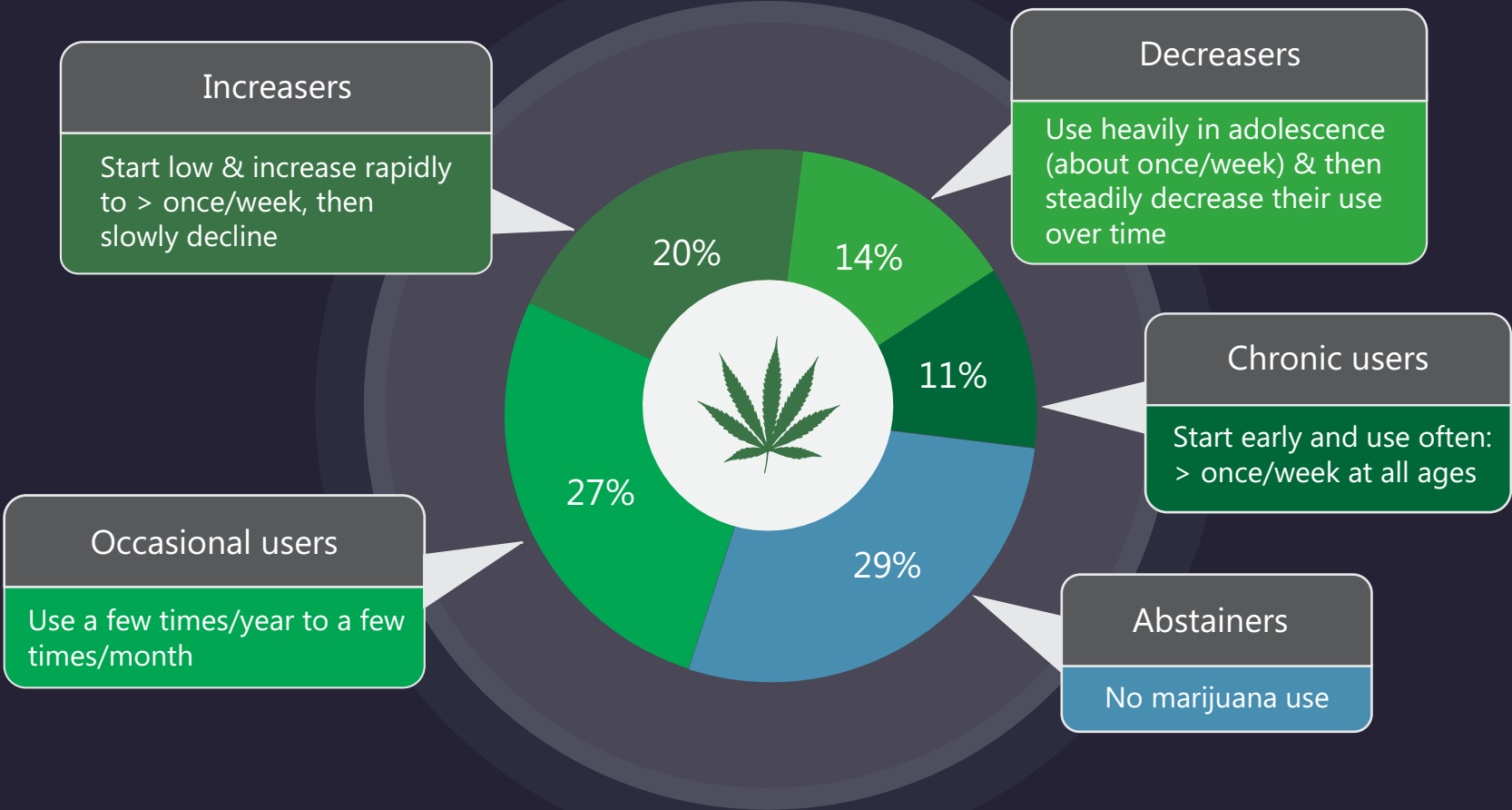
71% reported using marijuana in the past decade



29% had never used marijuana at all

Types of Users

Not everyone uses marijuana in the same way. We found 5 different types of use patterns from adolescence to young adulthood:



What are some of the outcomes associated with high marijuana use?

Compared to Abstainers, frequent users (Chronic users and Increasesers) are much more likely to experience:



On the other hand

Abstainers & Occasional users, who make up **56%** of the sample, are happier, healthier, better educated, and more successful



Findings are drawn from:

Thompson, K., Merrin, G. J., Ames, M. E., & Leadbeater, B. (2018). Marijuana trajectories in Canadian youth: Associations with substance use and mental health. *Canadian Journal of Behavioural Science / Revue canadienne des sciences du comportement*, 50(1), 17-28. <http://dx.doi.org/10.1037/cbs0000090>

Thompson, K., Leadbeater, B., Ames, M., & Merrin, G. J. (2018). Associations between marijuana use trajectories and educational and occupational success in young adulthood. *Prevention Science*, 1-13. <https://doi.org/10.1007/s11121-018-0904-7>