

“Just Weed?”

the full story awaits...



FACILITATOR GUIDE

Introduction

HOW TO USE THIS GUIDE

This guide is intended to provide some ideas about the ways in which you can facilitate or co-facilitate using Just Weed with a group of teens or young people.

It is recommended that you review Just Weed at least once before going through it with the guide. At the end of the guide there is a page where you can make your own notes for each section of the guide for when you actually facilitate the session.

Below each slide are some questions that you might pose to your group, in order to engage them with the content. Once you have used Just Weed a few times, you may not need to refer to these questions, or you may add additional questions. You can use some, all or none of the ones provided!

There is also some extra information provided in some sections for you to share with your group if you want to add this to the discussion.

A FEW ADDITIONAL THINGS TO CONSIDER:

Just Weed focuses on several health related risks associated with the use of cannabis by adolescents and young adults. This information is based on recent studies and information, however we know that there is always new information that is being 'pushed' out by the media and other sources; some of this is credible, and some is not.

The key goal for using Just Weed with groups of teens is to provide them with some information that may shift their perception of risk about using cannabis. We know that that the more someone perceives a risk for any given behavior, the less likely they are to engage in that behavior. Having said this, there will be teens that reject the information presented in Just Weed as it may not align with what they want to believe about cannabis use. We acknowledge that many young people (and adults) view cannabis use as something positive; and, Just Weed is not claiming that everyone who uses cannabis will experience adverse effects. The key message is that there ARE risks involved, and some of these are particularly important for adolescents and their families to be aware of, and that knowledge about these risks should be used to make decisions about their cannabis use.

** There is audio throughout Just Weed that may not be loud enough on a computer's speakers so we recommend that you have additional speakers available and test it out to be sure that it is loud enough for the room you will be in.

05 Marijuana and the brain cont'd

5.6

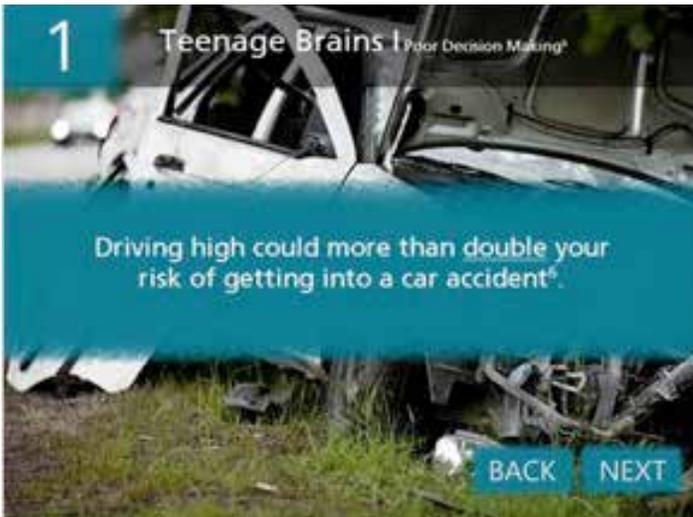
Would you get into a car with someone driving who doesn't have their license?

**What about with someone who is drunk?
What about someone who is high?**

Why or why not?

Tests done in real driving and simulated driving settings show that being under the influence of cannabis causes delayed reaction time, (for example being able to react to changes in the road, or sudden events that require an immediate response.)

5.7



06 Schizophrenia cont'd

6.3

Ask for definitions/examples of hallucinations and delusions and then click again to show them the examples listed on each slide

What is a hallucination? Are there different kinds?

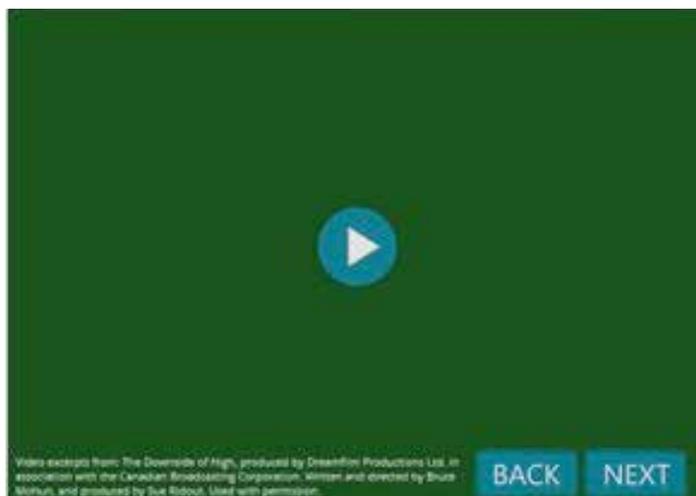
What is a delusion?



**Important to note that there are other explanations for some of these symptoms: not everyone who has hallucinations or paranoia has schizophrenia. Sometimes drug use alone can cause these symptoms but they usually go away when the person is not using or has stopped for some time. This is often referred to as a 'drug induced psychosis'—and can be caused by use of cannabis alone.

6.4 – 1st of 2 video clips about 'Ben'

(Some of your group may have seen this documentary. It tells several stories of several young people who used cannabis who then were diagnosed with schizophrenia.) This is one of the stories.



07 Impact on everyday life

7.1 Impact on everyday life



7.2

These next slides will speak to how cannabis impacts aspects of daily life and future life and work/careers...

Why do you think cannabis use can affect school completion/ educational attainment?

There are different definitions of what is considered to be 'heavy' use. What do you think it is?

Emphasize that often people compare themselves to others they know – ‘...compared to my friends I don’t smoke as much..’. However in general, heavy use tends to refer to regular weekly use, and daily use, or several times a day is considered very heavy use. Other studies use the amount rather than the frequency of use to categorize this.



