

## cannabis reality check

- My age:**  13–15 yrs       16–18 yrs  
 19–24 yrs       25+ yrs

Cannabis is the scientific name for the hemp plant. Its leaves and flowers or ‘buds’—sometimes called marijuana—contain a psychoactive (mind altering) resin that can affect how we feel, think and act. Cannabis can bring benefits, but some patterns and contexts of use involve risk for harm.

This questionnaire is not a test. It is simply a tool to help you reflect on your relationship with cannabis. Such reflection can draw attention to issues that might affect our well-being and to ways we can manage our lives. This questionnaire relates to cannabis use not covered by a medical prescription.

### QUESTIONNAIRE

- My use of cannabis so far has helped me (check any that apply)
  - feel good, experience pleasure
  - connect with others, fit in
  - cope with difficulties
  - satisfy curiosity, relieve boredom
  - perform/do some things better
  - enjoy other benefits
- On how many days within a typical week do I use cannabis?  
 1    2    3    4    5    6    7
- How much cannabis do I usually have on those days?  
Enough to  
 feel mild effects     get high     stay high for quite a while or get really high
- When I use cannabis, am I using it in one or more of the following connections:
  - where I drive or operate machinery within 6 hours after use, or while still feeling effects
  - where I am also consuming alcohol or other drugs at the same time I’m using cannabis
  - where I have a personal or family history of mental health problems, or am pregnant never       sometimes       most of the time

### INTERPRETATION

An on-site clinician can help you interpret your responses and provide you with take-home resources.

Staff use:  Lower risk pattern     Increased risk pattern     High risk pattern

