



one drug | different patterns of use | different benefits | different risks

1. Risk to long-term health indicated by frequency of use (Q2) and quantity in use (Q3)				
	Age 13-15	Age 16-18	Age 19-24	Age 25+
Lower risk	No use	1 day & mild effects	1-2 days & mild effects	1-3 days & mild effects
Increased risk	1 day & mild effects	2 days & mild effects	1-2 days & get high or 3-4 days & mild effects	1-3 days & get high or 4-5 days & mild effects
Higher risk	more than 1 day or greater than mild effects	more than 2 days or greater than mild effects	any stay high/real high or more than 2 days & get high or more than 4 days & mild effects	any stay high/real high or more than 3 days & get high or more than 5 days & mild effects
2. Risk for immediate harms indicated by quantity in use (Q3) and use in inappropriate contexts (Q4)				
	Age 13-15	Age 16-18	Age 19-24	Age 25+
Lower risk	No use	mild effects and no inappropriate use	mild effects and no inappropriate use	mild effects and no inappropriate use
Increased risk	mild effects and no inappropriate use	get high and no inappropriate use	get high and no inappropriate use	get high and no inappropriate use
Higher risk	get high or more or any inappropriate use	stay high/real high or any inappropriate use	stay high/real high or any inappropriate use	stay high/real high or any inappropriate use

Overall cannabis use pattern Indicated by the combination of above scores	
Lower risk pattern	Lower risk on both
Increased risk pattern	Lower risk on one but Increased risk on the other
Higher risk pattern	Increased risk on both or Higher risk on one or both

See back of sheet for questionnaire used and explanatory notes.



QUESTIONNAIRE USED

1. 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
2. On how many days within a typical week do I use cannabis?
 1 2 3 4 5 6 7
3. 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
4. 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

MEASURES USED IN SCORING THE QUESTIONNAIRE

Frequency: # of days using cannabis within a typical week

Quantity: level of effects or degree of impairment as a measure for the amount of cannabis used

Inappropriate contexts: how often cannabis is used in three connections associated with risk

ADDITIONAL FACTORS NOT SCORED BY THE QUESTIONNAIRE

Some important issues are not used in scoring the questionnaire since the associated risks are more difficult to quantify. For many of these issues, the risk depends on the intersection of various personal and contextual factors. You should pay attention to:

- **Reason for using** – some reasons for using (e.g., dealing with boredom or to fit in) may lead to more regular use and more risk than using to satisfy curiosity or socialize on special occasions
- **Source** – purchasing from an illegal supplier means you cannot know the quality or strength of the cannabis
- **Means of ingestion** – smoking (particularly inhaling deeply) exposes the lungs to more toxin than using a vaporizer or edibles – but remember, it takes longer to feel the effects with edibles so go slow with them