

Cannabis use & Young People



- Cannabis is a popular drug that contains the mind altering chemical THC
- After tobacco and alcohol, cannabis is the most commonly used drug among young people
- There is strong evidence that regular use of cannabis is linked to increased risk of developing psychosis and schizophrenia, especially among individuals with a family history of these conditions
- This is also associated with the amount and potency of cannabis used
- Cannabis use before the age of 16 or 17 is a strong predictor of cognitive impairment, although this is found to be reversible following sustained abstinence



- Cannabis use can result in alterations in the brain's reward pathways, which can affect psychological and biological processes (e.g., mood, motivation and enjoyment of activities)
- Regular cannabis use is also associated with altered brain structure and function



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