

Canadian Centre on Substance Use and Addiction - [Substance Abuse in Canada 2015 - The Effects of Cannabis Use During Adolescence](#)

- The 15–25 year age group has the highest rate of first-time cannabis use in Canada, and Canadian youth have the highest percentage of users in the developed world.
- Youth have the highest vulnerability to the more serious adverse effects of cannabis use.
- Among heavy regular users, youth have generally poorer treatment outcomes than adults.
- Among those starting regular use at the youngest ages, some of the adverse effects may be irreversible. These effects can seriously limit the educational, occupational and social development of the affected individuals.
- Youth have widespread misinformation and misperceptions about cannabis use that contribute to their motives for use and their vulnerability to adverse effects.

Canadian Centre on Substance Use and Addiction - [Youth and Alcohol](#)

- Youth might not be familiar with the effects of alcohol, putting them at risk for dangers such as injury and alcohol poisoning.
- Most young people do not drink in moderation on a regular basis, but rather alternate between periods of abstinence and binge drinking.
- Drinking alcohol can lead youth to make bad decisions, such as driving after drinking or getting into a car with a driver who has been drinking. Drinking is also related to increased chances of suicide, homicide, drowning and experiencing or committing physical or sexual assault because alcohol impairs judgment, reasoning and the ability to evaluate risk.
- Recent trends suggest that some youth are combining alcohol with other drugs or caffeinated energy drinks. These substances can interact to increase risky behaviours and can cause dangerous and unpredictable effects in the body, including alcohol poisoning, drug overdose and death.

Alberta - [The Alberta Youth Experience Survey TAYES 2008](#)

- The percentage of lifetime and current drinkers increased with grade: 18.1% and 15% of Grade 7 students reported drinking in their lifetime and in the past year, respectively. These percentages increased to 77.3% and 75.1% for Grade 12 students.
- Although students in Grades 7 and 8 were less likely than students in higher grades to drink, when they did drink, they were more likely to binge drink.
- Among current drinkers, 56.7% of males and 48.8% of females reported binge drinking (five or more drinks on one occasion in the four weeks preceding the survey).
- 16.3% of students indicated that they had used cannabis in the past 12 months.

British Columbia - [2013 BC Adolescent Health Survey](#)

- The most common age for first trying alcohol and/or cannabis was 14 years old (24%).
- Among youth who had tried alcohol, 93% drank in the past year and 62% drank in the past month.
- Among youth who drink, 39% binge drink.

Manitoba - [Manitoba Youth Health Survey 2012-2013](#)

- Overall, 51% of students reported having at least one drink of alcohol in their lifetime, and 25% reported having at least one drink of alcohol in the past month.
- 21% who consumed alcohol in the past month reported drinking alcohol on 6 or more days.
- 20% reported consuming 5 or more drinks within a couple of hours on at least one day in the past month.
- The most commonly used drug is marijuana/hashish. Overall, 13% reported using marijuana/hashish one or more times in the past month, and 19% of students reported using it in the past year.
- Overall, 6% of students reported that they had driven a car or other vehicle after drinking at least once in their lifetime.
- In the past month, 7% of students reported riding in a car or other vehicle driven by someone who had too much to drink.
- Overall, 6% of students reported that they had driven a car or other vehicle after using illegal drugs at least once in their lifetime.
- In the past month, 9% of students reported riding in a car or other vehicle driven by someone who had been using illegal drugs.

New Brunswick - [2015-2016 NB Student Wellness Survey \(Grades 7 – 12 students\)](#)

- 25% of students in Grades 7 – 12 reported drinking once a month or more in the last 12 months.
- 19.1 % using cannabis in the past 12 months.

Newfoundland and Labrador - [Student Drug Use Survey, 2012](#)

- 4.1% of Newfoundland and Labrador students drove a vehicle within an hour of using alcohol.
- 11.5% of students travelled with a driver who had been drinking.
- 23.6% of students travelled with a driver who had been using cannabis.
- The average age of first alcohol consumption was 13.5 years.
- The average age of first use of cannabis was 14.2 years.

Northwest Territories - [Report on Substance Use and Addiction, 2012](#)

- Among current drinkers, 26% of 15-24 year olds were heavy frequent drinkers (drank in the past 12 months, once a week or more and usually 5+ drinks for males and 4+ drinks for females).
- 15 - 24 year olds were the most likely age group to have used cannabis in the last year, at 40%.
- Among current drinkers, 17% of 15-24 year olds reported driving within an hour of drinking at least 2 drinks

Nova Scotia - [Propel Centre for Population Health Impact, Tobacco, Alcohol and Drug Use in Nova Scotia and Canada, 2008-2014/15](#)

- 41.4% of Grades 7 – 9 students surveyed had used alcohol in the past 12 months versus the national average of 39.5%.
- 27.4% had done some binge drinking in past 12 months, compared to the national average of 23.7%. Binge drinking is defined as having 5+ drinks of alcohol on one occasion
- 22.2% had used cannabis in past 12 months, compared to the national average of 16.5%.

Ontario - [Ontario Student Drug Use and Health Survey 2017 \(OSDUHS\)](#)

- 16% of students in grades 7-12 reporting first-time drug use during the past year: 20% for alcohol; 9% for cannabis; 3% for illicit drugs other than cannabis.
- 19% of students in Grades 7-12 (an estimated 172,200 in Ontario) reported using cannabis in the past year.
- Alcohol and cannabis use increased by grade levels. Drinking increased from 11%-12% of 7th & 8th graders to 68% of 12th graders. Cannabis use increased from 2% of 7th & 8th graders to 37% of 12th graders.
- 16% of high school students could not remember what had happened when they were drinking on at least one occasion during the past year. 8% reported that they were injured or someone else was injured because of their drinking.
- Driving after cannabis use is more common than driving after drinking. 9% (an estimated 24,100) of students in Grades 10 – 12 reported driving one hour after consuming cannabis at least once in the past year, compared to 4% (an estimated 11,600) of students who reported driving within an hour of consuming 2 or more drinks.
- 16% students in Grades 7-12 reported riding in a vehicle driven by someone who had been drinking alcohol, and 10% reported riding in a vehicle driven by someone who had been using drugs at least once in the past year.

Prince Edward Island - [Prince Edward Island Student Drug Use 2004-2013](#)

- 20.7% of students in Grades 7 – 12 reported using cannabis in the last 12 months. Higher rates of cannabis use were reported by males (23.1%) than females (18.2%).

- Alcohol was the most prevalent drug used by PEI students in Grades 7 – 12, with 38.8% of survey respondents reporting having more than a sip of alcohol in the last 12 months. The survey does note that the trend in alcohol use has been decreasing over time.
- 43% of students who reported alcohol consumption also mixed alcohol with energy drinks in the last 12 months.
- 81% of students who reported drinking more than just a sip in the last 12 months, reported binge drinking in that period. The rate of binge drinking among survey respondents has remained fairly steady over the years, with a rate of 79% in 2010-2011 and 82% in 2008-2009.
- The report indicates students have a culture of binge drinking that appears to begin at the Grade 9 level and raises concerns about the harms associated with the substantial intoxication that results from binge drinking, including both accidental and non-accidental injuries, bullying, and irresponsible sexual behavior.

Québec - [Propel Centre for Population Health Canadian Student Tobacco, Alcohol and Drugs Survey, Alcohol and Drug Use in Quebec and Canada, 2008/2009 – 2014/2015](#)

- The rate of alcohol use among Grades 7 – 12 students in 2014/2015 was significantly higher in Quebec compared to Canada. 48.4% of students surveyed reported using alcohol, compared to the national average of 39.5%.
- 28% of students surveyed reported binge drinking in the past year. Binge drinking is defined as having 5+ drinks of alcohol on one occasion
- 15.6 % of students reported using cannabis in the past year.

Yukon - [Health and Health-Related Behaviours among Young People: Yukon Report - 2014 Survey for Grades 9-10 Students](#)

- Yukon students in Grades 9-10 were more likely to report cannabis use in the past 30 days than students in the rest of Canada. 18% of female Yukon students reported cannabis use, versus 14% in the rest of Canada. The rate of cannabis use reported by male students was 27%, more than double the national average of 13%.
- 34% of male students and 27% of female students in Grades 9-10 reported alcohol consumption in the past 30 days.
- 24% of male students and 19% of female students in Grades 9-10 reported binge drinking (5+ drinks) once a month or more in the past 12 months.