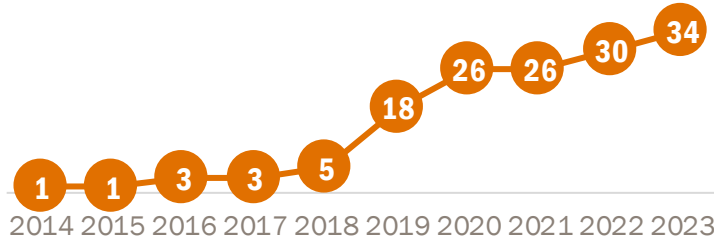


# Cannabis Youth Health Concerns

## Youth Exposure and Use

### + Accidental ingestion of cannabis by children is increasing

Calls to the New England Poison Center for cannabis exposure among **youth 0-19 years** old have increased.



Source: NNEPC

Cannabis was one of the **TOP THREE**

most common substances involved in unintentional nonfatal overdoses resulting in visits to the emergency department for **children under 10** in 2022.

Source: ESSENCE



### High frequency cannabis use could be a sign of mental distress in youth

Youth (grades 9-12) who used cannabis **20 or more times** in the past 30 days in 2019 were **6 times more likely to have attempted suicide** compared to youth who do not use cannabis.

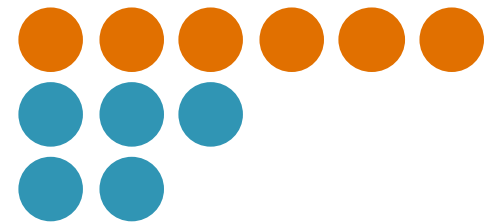
Frequency of cannabis use in the last 30 days

20 or more times

3-19 times

1-2 times

Increase in likelihood to attempt suicide




[More information about cannabis and mental health from the CDC.](#)


Source: YRBS



### What can we do?


 **Free lock bags** are being made available through select cannabis retailers.



 Messaging on the importance of safe storage is promoted through **Let's Talk Cannabis** and **Healthy at Home**.

**LET'S TALK CANNABIS**

**Healthy at Home**

 Parents can learn the signs of teen cannabis use and find tips on how to talk with their teens through **Parent Up**.

**PARENT UP**

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Learn more at [healthvermont.gov](https://healthvermont.gov)

Learn more about the [data sources](#)

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