



Online cannabis prevention course that educates on the harmful effects of cannabis use

Cannabis Wise is designed as a prevention course to challenge cannabis use expectancies and reduce high-risk behavior. This course addresses the legality versus substance safety discussion.

Fully-researched, evidence-based information allows individuals to objectively view cannabis use. Personalized feedback integrated through the highly effective eCHECKUP TO GO tool individualizes the course to each individual and ensures engagement.

.....

LEARNING OUTCOMES

After taking Cannabis Wise, the individual will be able to:

- Understand the difference between CBD and THC
- Self-assess reasons for using cannabis
- Self-assess patterns of use on a daily and weekly basis
- Build personalized plans for making a change in cannabis use, if applicable
- Understand the “expectancy effect”
- Understand the unique risks associated with the use of cannabis edibles
- Discuss effects cannabis can have on a user’s life, both short and long term
- Discuss how certain methods of use feel “safer” but actually result in more dangerous use
- Understand how cannabis works and how the body absorbs and metabolizes THC and other chemicals
- Discuss the different forms of concentrates
- Understand the risks associated with cannabis vaping and concentrates
- Recognize links to schizophrenia and impact on IQ from persistent use
- Recognize that cannabis is ~four times as potent today as it was 20 years ago
- Recognize negative health effects of use on respiratory system and brain function and development
- Recognize possibility of legal consequences because of cannabis use, even in states where it is legal
- Recognize danger of cannabis-induced harmful behaviors
- Compare use and perception of use to other students
- Understand that cannabis use may increase the likelihood of using other drugs and/or alcohol
- Discuss cannabis use disorder (CUD) and factors that increase its likelihood
- Explore negative outcomes that can result from use, including addiction, tolerance, dependence, and overdosing



PREVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING // INTEGRATIONS
EVIDENCE-BASED // CUSTOMIZABLE // OUTCOME REPORTING // CONFIDENTIAL // ECHECKUP