

*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.

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## LEARNING OUTCOMES

*After taking Cannabis Wise SS, 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**