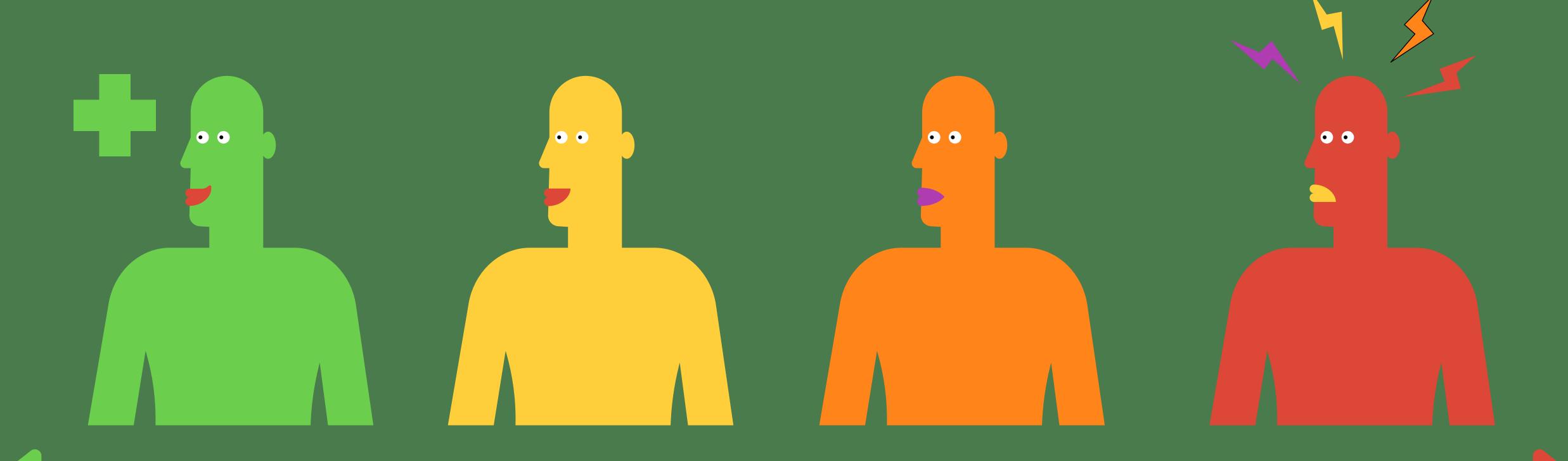
Spectrum of Cannabis Use



Beneficial Use

Use that has positive therapeutic and social effects (such as using cannabis as prescribed by a health care provider)

Low-Risk Use

Casual use that has negligible negative health or social effects (such as consuming cannabis according to lower-risk guidelines)

High-Risk Use

Regular use that has some negative health or social effects (such as sleep disruption or impaired driving)

Chronic Dependence

Habitual and compulsive use despite negative health and social effects



SOURCES

Spectrum of Substance Use, Alberta Health Services

A Public Health Approach to Drug Control in Canada, Health Officers Council of British Columbia

Substance Use and Addiction, School Mental Health Ontario

Talking pot with youth, Canadian Centre on Substance Abuse and Addiction