



# Marijuana Use for Washington State in 2018

The data in these charts are based on a sample from Healthy Youth Survey conducted in fall 2018. The state sample includes 9,604 6th graders, 8,895 8th graders, 8,096 10th graders and 5,676 12th graders who completed the survey.

For more results from the 2018 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

**Background:**

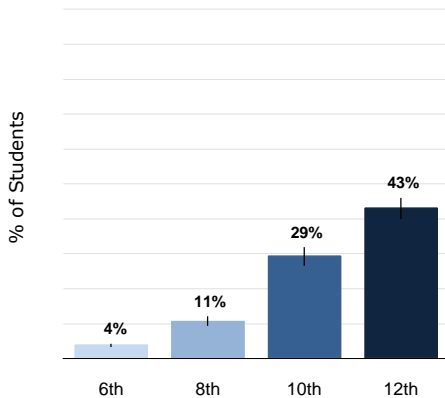
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

**For More Information:**

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.net](http://www.adaiclearinghouse.net) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).
- For more information and references visit [www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org).

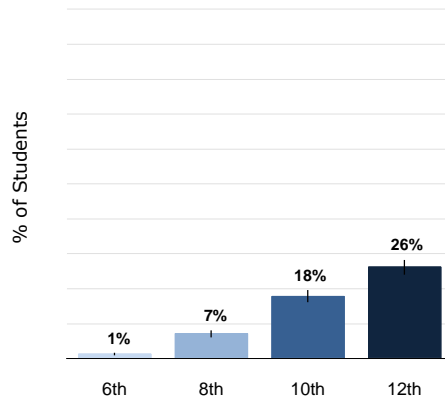
**Lifetime Marijuana Use**

"I have used marijuana at least once."



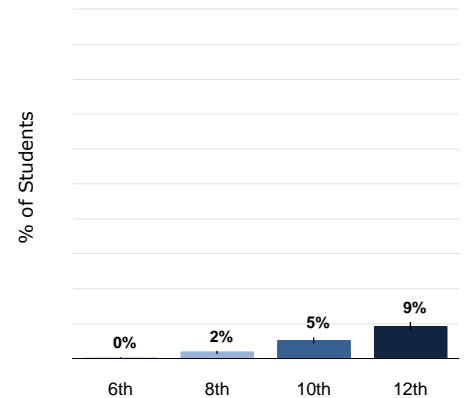
**Current (past 30-day) Marijuana Use**

"I have used marijuana at least once in the past month."

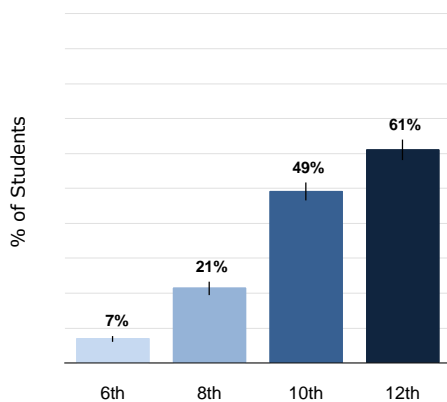


**Heavy Marijuana Use**

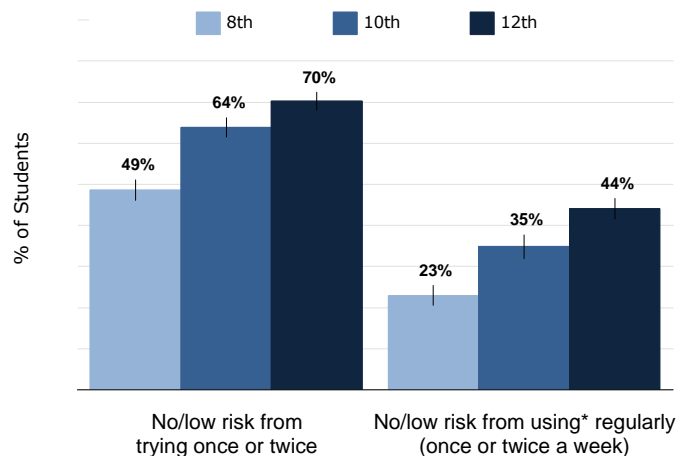
"I have used marijuana on 10 or more days in the past month."



**Marijuana is Perceived as Easy or Very Easy to Get**



**Marijuana is Perceived as Not Harmful**

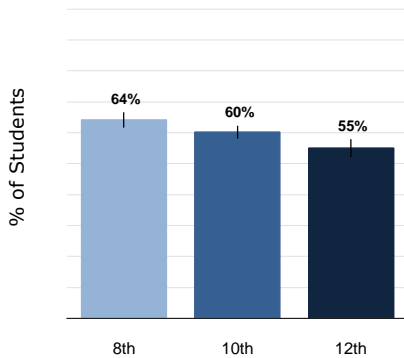


\*"Smoked" regularly changed to "Used" regularly in 2014

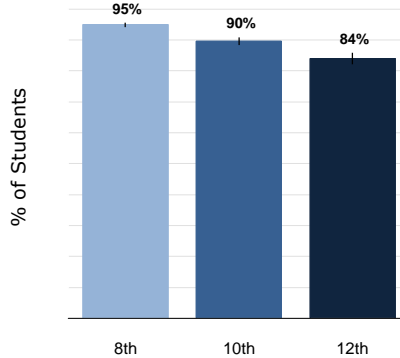


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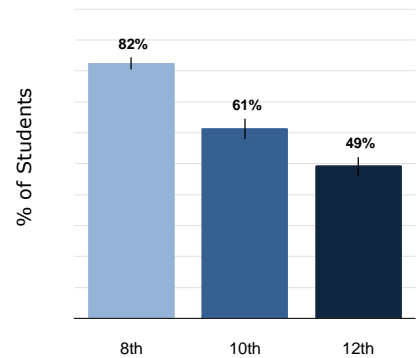
Parental discussion about not using marijuana



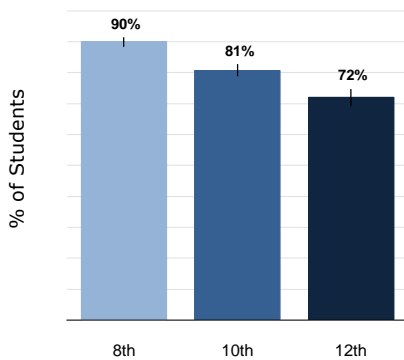
Parents think youth marijuana use is wrong



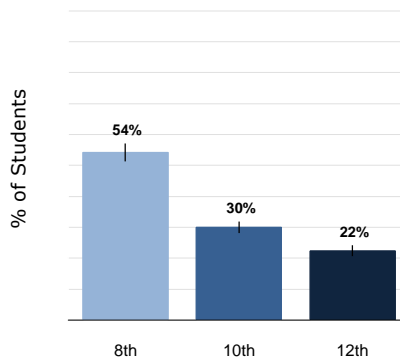
Peers think youth marijuana use is wrong



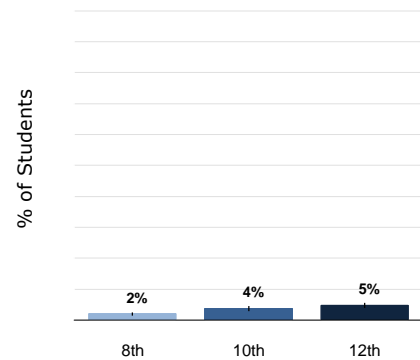
Community norm is marijuana use is wrong



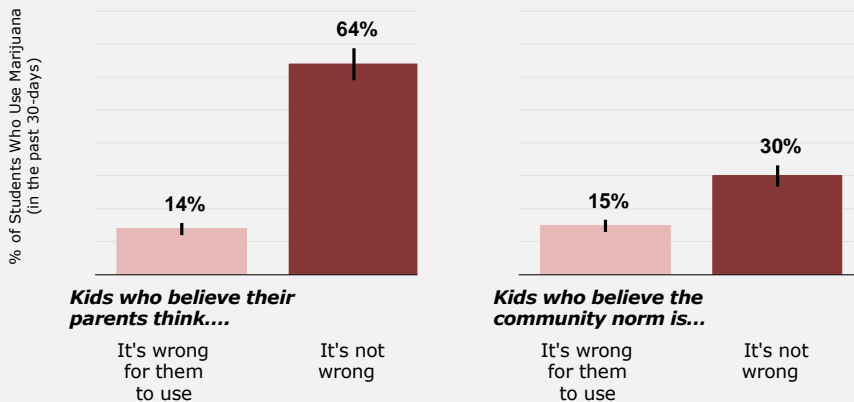
Police would catch me if I used marijuana



Marijuana use on school property in past month



## Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2018



### What does this chart say?

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

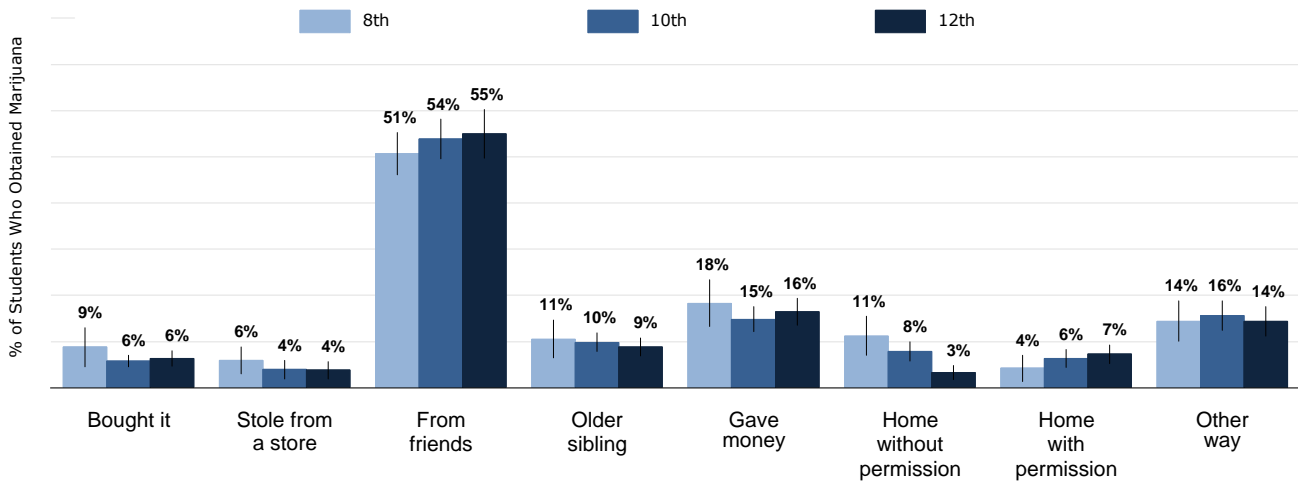
## Tips for parents and guardians to help teens avoid alcohol, marijuana and other drugs

- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- Set clear rules against alcohol and drug use, and enforce reasonable consequences.
- Stay involved in your child's life: eat dinner together, know who their friends are, keep track of what they are doing.
- Be aware of the signs and take action if you think your teen is using. Talk to your school's counselor, or get information about other resources in your area by calling the Washington Recovery Help Line at 1-866-789-1511.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).



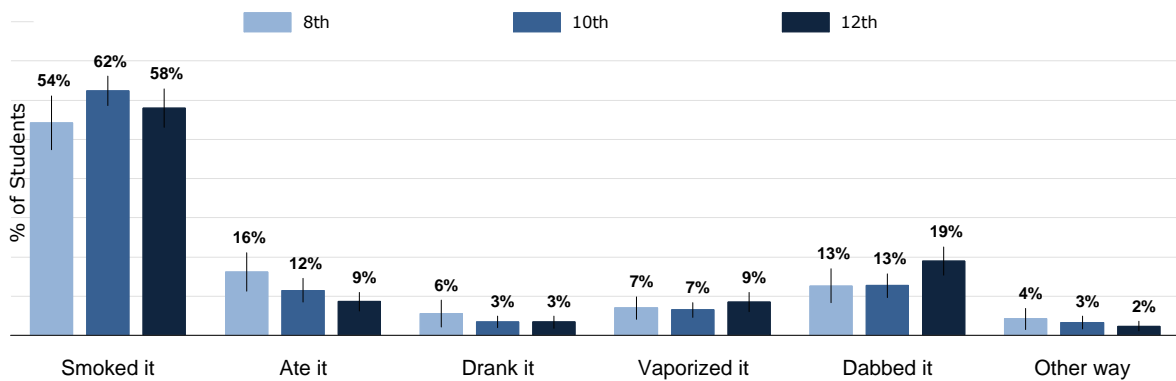
# Marijuana Use for Washington State in 2018

## Where Do Youth Get Marijuana?

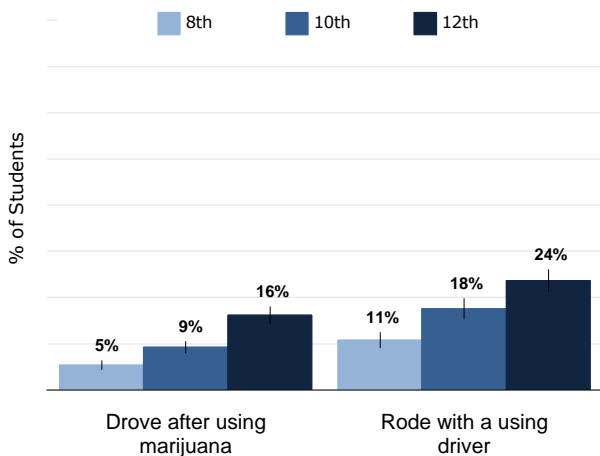


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

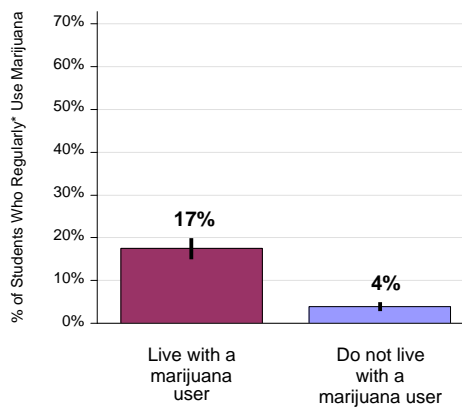
## Type of Marijuana Use, among Current Marijuana Users



## Marijuana Use and Riding/Driving



## Statewide Relationship between Regular\* Marijuana Use and Living with a Marijuana User, Grade 10, 2018



Statewide, more 10th graders who live with a marijuana user report regular\* marijuana use compared to those who don't live with someone who uses marijuana.

\*Regular marijuana use is defined as use on 6 or more days in the past 30 days.