

Using Digital Storytelling to Empower Young Adult Cannabis Harm Reduction

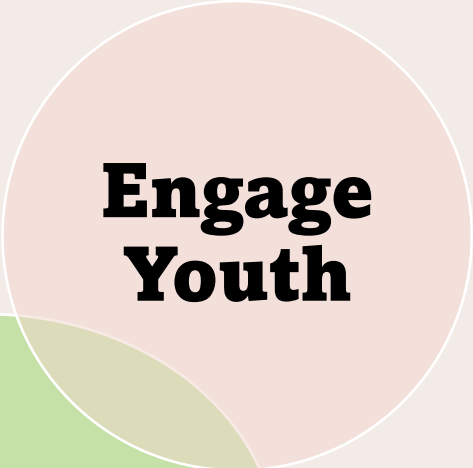
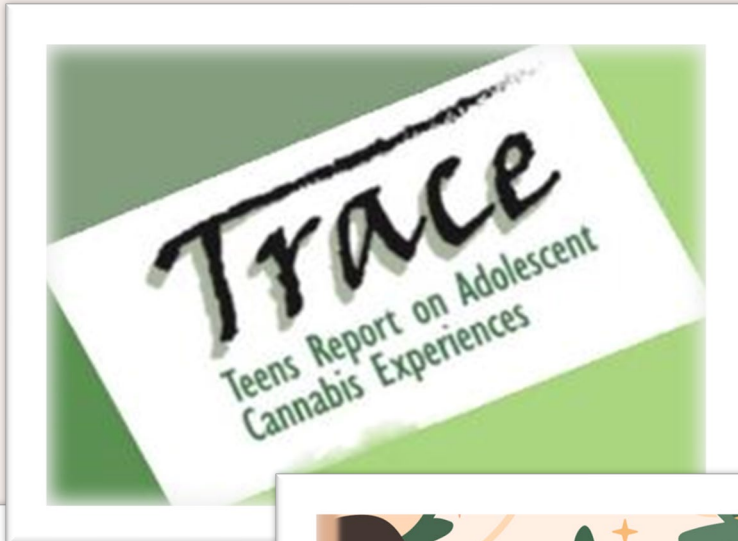
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TRACE: Teens Report on Adolescent Cannabis Experiences (2006 – 2025)



<https://linktr.ee/TRACE.ychr>

TRACE VII: Digital Storytelling Project

In May 2024, 9 young adults ages 18-27 came to a weekend workshop where they created cannabis harm reduction stories tied to their lived experiences.



CANNABIS HARM REDUCTION

Digital Stories by young adults, for young adults



The Stories

Finding Home



Lucky
18, Alberta

Ungrounded



Alsa
27, Ontario

A Journey Through Shadows



Tanya
25, Ontario

Smoke and Shadows



Jay
25, Ontario

The Stories

Story of Escape



Atlas
Alberta

Captive of Cannabis



Josie
23, Alberta

Fanning the Flames



Seven
20, Alberta

What happened to you?



Callie
20, Ontario

1. Start Low and Go Slow.
2. Consider time and place (set and setting).
3. Know what's in your products and where they come from.
4. Get informed about different products.
5. Learn the different ways of consuming.
6. Practice safer use strategies, particularly if smoking.
7. Check in with yourself regularly about your relationship to cannabis.
8. Consider potential drug interactions if mixing.
9. Have a plan for transportation before using.
10. Consider your unique context, such as mental and physical health history.

@get_sensible



cannabisharmreduction.ca



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CANNABIS HARM REDUCTION

Young Adult Digital Storytelling Project



Watch how the stories were made



Hear how the stories were made



#SeeTheLivesProject

SUBSTANCE USE & HARM REDUCTION STORIES



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Weightless: Stories of Cannabis Harm Reduction (mini-documentary)



Atlas' Story: Story of Escape
52 views · 3 months ago



Lucky's Story: Finding Home
13K views · 3 months ago



Alsa's Story: Ungrounded
14K views · 3 months ago

ACKNOWLEDGMENTS

TRACE Project Leads

- Rebecca Haines-Saah (University of Calgary)
- Emily Jenkins (University of British Columbia)

Team Members

- Brenda Gladstone (University of Toronto)
- Ryan McNeil (Yale University)
- Tanya Mudry (University of Calgary)
- Chris Richardson (University of British Columbia)
- Cameron Wild (University of Alberta)

Knowledge User Partnerships

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- Public Health Agency of Canada

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Digital Storytelling Facilitators

- Mike Lang Stories (Calgary)
- Krystle Schofield Stories (Victoria)

Students, Staff & Peer Support

- Ana Figueras (University of Calgary)
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- Daniel O'Brien (University of Calgary)
- Noor Hadad (University of Calgary)
- Hunter Trombley (Get Sensible!)
- Liza McGuinness (University of British Columbia)
- Trevor Goodyear (University of British Columbia)
- Zachary Daly (University of British Columbia)

Event Partners

- Get Sensible!
- Mental Health Commission of Canada
- Early Psychosis Intervention Ontario Network
- Cannabis and Mental Health
- Get Sensible!
- Pauktuutit Inuit of Canada
- YMCA YCAP
- VOXCANN