Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

Effects of Cannabis on the Teenage Brain



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 9–10, Year 11–12

Targeted Drugs: Cannabis

Tags: brain development

Time Allocated: Partial lesson (under 45mins)

Links to National Curriculum:
ACPPS072 (Yr 7–8), ACPPS073 (Yr 7–8), ACPPS076 (Yr 7–8), ACPPS095 (Yr 9–10), ACPPS096 (Yr 9–10)

Origin: Australian

Cost:
Free

Available

This video is available on YouTube

Watch 'Effects of Cannabis on the Teenage Brain'

Developers

- Eastern Health, Turning Point, State Government Victoria
- National Cannabis Prevention and Information Centre (NCPIC).

Summary

Video length: 4:30

This engaging animation shows how the teenage brain develops, and highlights the effects of cannabis on different brain regions, as well as its impact on behaviour. It presents complex and up-to-date neurobiological research in a way that is engaging and relevant for teenagers.

Expected Benefits

- Increased knowledge of cannabis-related effects and harms.

Evidence Base

Expert Review*:

Developed by the team that produced "Under Construction: Alcohol and the Teenage Brain", this video presents complex, scientific information in a simple and engaging way. Creative animation demonstrates the development of the brain circuitry systems responsible for learning and memory, motivation and mood, and shows how cannabis affects the wiring of these circuits. The video explains why the adolescent brain is especially vulnerable to cannabis and explores social and occupational consequences of relevance to young people. This video has the potential to be included in either a Science or HPE context; however we note that it does not comprehensively cover Alcohol and other Drug items in the Years 7-10 HPE curriculum such as assertive decision-making and support-seeking.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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