Cannabis Youth Health Concerns

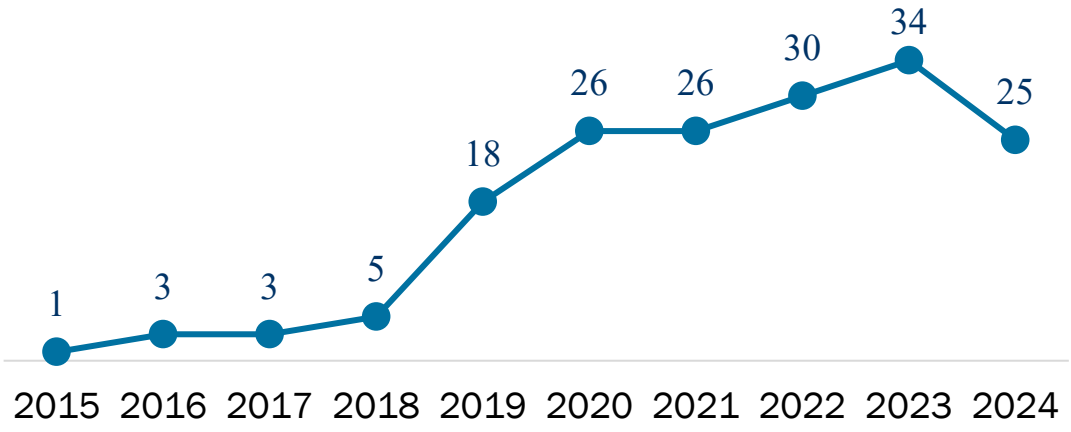
Youth Exposure and Use November 2025

Vermont decriminalized the use of cannabis in 2013, legalized its use for people 21 and over in 2018 and authorized retail cannabis sales in 2022. Cannabis is now more accessible than it has been in the past, so monitoring trends and attitudes around cannabis use is important to evaluate the impacts of these changes.

If you need help accessing or understanding this information, contact AHS.VDHDSU@Vermont.gov.

Accidental ingestion of cannabis by children is increasing.

Calls to the New England Poison Center for cannabis exposure among youth 0-19 years old have increased.

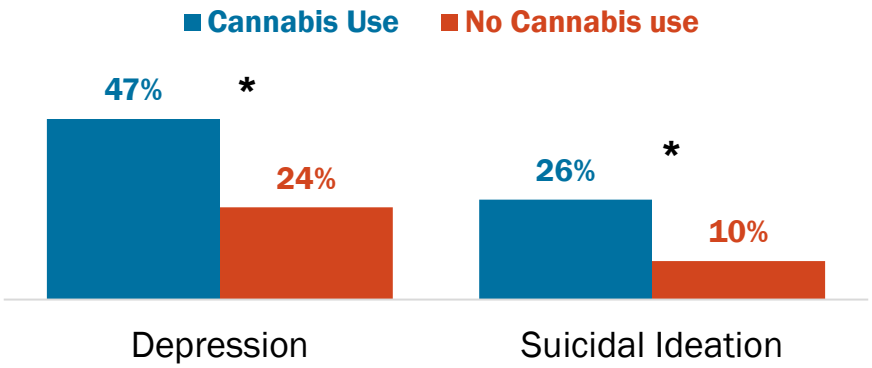


Source: Northern New England Poison Center

Cannabis was in the top five most common substances involved in unintentional nonfatal overdoses resulting in visits to the emergency department for children under 10 (Electronic Surveillance System for the Early Notification of Community-based Epidemics, 2022-2023).

Cannabis use is associated with mental distress in youth.

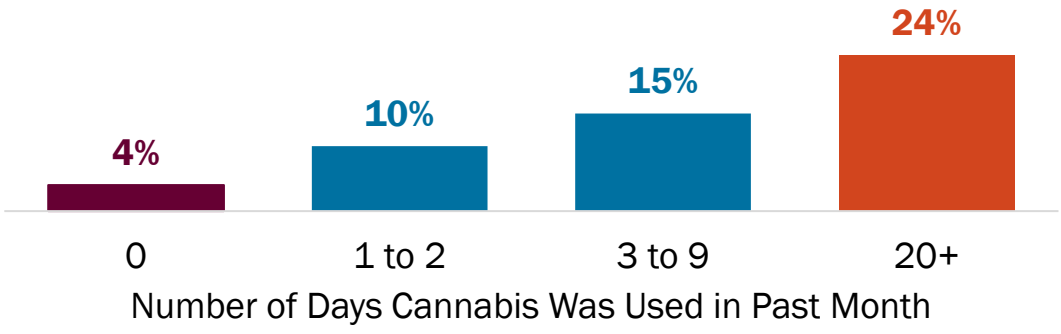
Depression and suicidal ideation are higher among Vermont high school students who use cannabis than those who do not use cannabis.



*Statistical difference
Source: Youth Risk Behavior Survey 2023

High school students who use cannabis 20+ days a month are six times more likely to have attempted suicide in the past year than those who don't use cannabis.

% of high school students who have attempted suicide in the past year



Source: Youth Risk Behavior Survey 2023

- More information about cannabis and mental health in Vermont.

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What can we do?

- **Free lock bags** are available for free through the Vermont Alcohol and Drug Information Clearinghouse (VADIC).
- Messaging on the importance of safe storage is promoted through Let's Talk Cannabis and Healthy at Home.
- Parents can learn the signs of teen cannabis use and find tips on how to talk with their teens through Parent Up.

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