

**Why do young people use cannabis?**



**What are the risks?**



## My top 5 tips for dealing with stress

**1**

**2**

**3**

**4**

**5**

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Something that has changed the way I think about this topic.



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Something that I want to take away and share with someone.



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Something I already knew or wasn't helpful.



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Something that has changed the way I feel about this topic.



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What have you enjoyed?



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What skills have you developed?



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What would you like to know more about?



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Any other comments:

