PERSONALIZED FEEDBACK REPORT
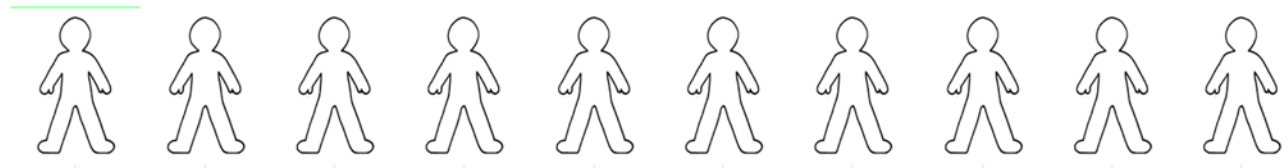
Here's what we learned about your use.

You first tried marijuana when you were _____ (Q4) years old.

_____ (use chart) percent of _____ (Q4) year olds also tried marijuana.

You started smoking regularly when you were _____ (Q6) years old.

You reported using marijuana in the following ways:
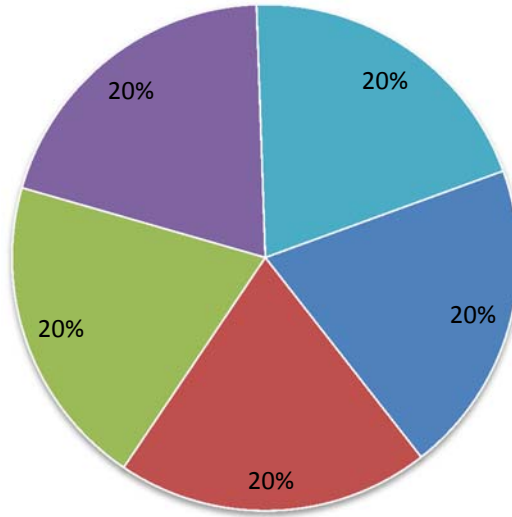
Smoking

Eating

Vaping

In the past 30 days, on average you smoked _____ (Q2) days per month.

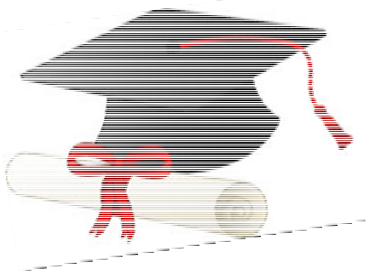**Here's how often other King County students your age used:**

Past 30 days

■ No Use   ■ 1-2 days   ■ 3-5 days   ■ 6-9 days   ■ 10+ days

Draw an arrow to highlight the segment reflecting your use.

20%

20%

20%

20%

20%

During the Past 60 Days...

On average you used marijuana:

_____(Q7) **days a week before school**

_____(Q8) **days a week while at school**

Money Spent $$$

In the last month you spent $_____ (Q3) on marijuana.

That's about $_____ (Q3 x 12) a year. With that money you could buy...

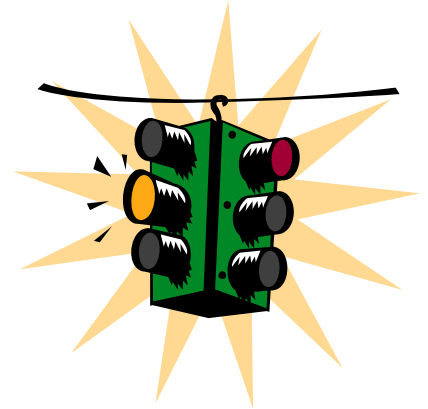___ iTunes ___ Frappuccino's ___ lunches ___ movie tickets ___ shoes

Marijuana use can lead to consequences.

These are the consequences you experienced recently:

|	
• You kept using marijuana even though it kept you from meeting your responsibilities at:	
➢ Home (like doing chores or coming home on time) (Q21)	
➢ School (like going to classes, doing homework or studying for tests) (Q20)	
➢ Work (like doing a good job or arriving on time) (Q22)	
• You used marijuana where it made the situation unsafe or dangerous for you, like when:	
➢ You were driving a car or using a machine (Q23)	
➢ You were in a situation here you might have been forced into sex or hurt (Q24)	
• You had problems with the law because of your marijuana use. (Q25)	
• You kept using even after you knew it was causing problems between you and the people around you. (Q26)	
You reported _____ out of 4 types of consequences	

The consequences below are red flags that marijuana use might become a habit

• You used marijuana in larger amounts, more often, or for a longer time than you meant to. (Q30)	
• You were unable to cut down or stop using marijuana. (Q31)	
• You spent a lot of time either: getting marijuana, using marijuana, feeling the effects of marijuana, or waiting for the effects to wear off. (Q32)	
• Your use of marijuana caused you to give up, reduce, or have problems at important activities at work, school, home or social events. (Q33)	
• You had such strong urges to use marijuana that you could not think of anything else	
• You kept using marijuana even after you knew it was causing you problems with:	
➢ your health (breathing, coughing) (Q34)	
➢ your emotions (feeling less motivated, depressed, or anxious) (Q35)	
➢ your memory or concentration (Q36)	
• You needed more marijuana to get the same high or found that the same amount did not get you as high as it used to. (Q27)	
• Withdrawal	
➢ You had withdrawal problems from marijuana (like being irritable, anxious, having trouble sitting still or sleeping) (Q28)	
➢ You continued to use to avoid or stop withdrawal problems (Q29)	
You reported _____ out of 7 8 red flags	
Your risk of a serious pattern of use is:	

Here's what we learned about your alcohol use
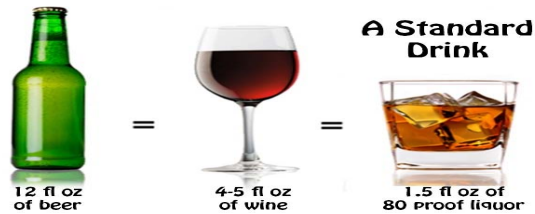
During the past 60 days:

On average you drank alcohol on _____ (Q10/2) days per month.

The most alcohol you used in one day was _____ (Q12) drinks.

You have gotten drunk or had 5 or more drinks on _____ (Q11) days.

We asked if you were using any other drugs.

Here's what you told us:

During the past 60 days you use _____ on _____ number of days.

Use	Type	Number of days
☐	Cocaine	(Q13)
☐	Opiates	(Q14)
☐	Inhalant	(Q15)
☐	Hallucinogens	(Q16)
☐	Sedative	(Q17)
☐	Stimulants	(Q18)

☐	Spice	(Q9)
☐	Cigarettes	
☐	Other	(Q19)

Next, let's explore who's important to you and who you can count on for help or support?

Person's name/ initials	Does this person know about your marijuana use?	How does (or would) this person feel about your marijuana use?

Here are your 5 most important goals.

Use this scale to rate how marijuana affects your goals.

Very Negatively	Negatively	Neither positively or Negatively	Positively	Very Positively
1	2	3	4	5

My Goal	My marijuana use affects this goal	Reducing my marijuana use would affect this goal
1) (Q37)		
2) (Q38)		
3) (Q39)		
4) (Q40)		
5) (Q41)		

Which Represents You Today?

Next Steps…