

# Why women use cannabis

- Women use cannabis for many reasons. The information included on this sheet is based on literature about women's use of cannabis published between 2018 – 2022. Research methods and other materials are posted on the [Sex, Gender and Cannabis Hub](#).

1

## Women may use cannabis to manage pain

Women experience more chronic pain and are more sensitive to pain, compared to men. Some women find cannabis to be the most effective in managing pain and inflammation, improving sleep, and reducing nausea, vomiting, and cancer-related symptoms. For others, cannabis may help with multiple conditions including migraines, endometriosis, polycystic ovary syndrome, epilepsy, and headaches.

4

## Women may use cannabis instead of medications

Some women perceive cannabis as safer and having fewer side effects than prescription medications. Some report discontinuing medications such as opioids and narcotics, anti-depressants, and benzodiazepines in managing pain and other health conditions.

2

## Women may use cannabis to cope

Some women may use cannabis as a way to relax and address challenges in their life, including day-to-day stress, depression, anxiety, adverse life events, or trauma and violence.



5

## Women may use cannabis to enhance sexual pleasure

Some women use cannabis to decrease inhibitions, improve sexual function, increase satisfaction and desire, and to feel comfortable, at ease, and close with their sexual partners.

3

## Women may use cannabis to relax and socialize

Some women are introduced to cannabis by partners, family, or friends and use cannabis as a way to socialize, relax and have fun.

6

## Women may use cannabis to manage pregnancy-related symptoms

Women want more information about the potential harms associated with perinatal cannabis use. Though research is limited on the benefits and harms associated with perinatal cannabis use, many women believe that cannabis is safer than other medications used to manage nausea, depression, or anxiety in pregnancy.



# Reducing Harms

**Whatever the reason for use, there are ways to reduce harms of cannabis.**

- » use smaller amounts and/or use cannabis less frequently
- » use cannabis with a lower amount of THC
- » use safest methods of consuming cannabis
- » avoid synthetic cannabis products (such as K2 and Spice) as they are often stronger and more dangerous than natural cannabis products

***To learn more about different ways women consume cannabis, and alternatives to using cannabis to cope with stress, see our other information sheets on the [Sex, Gender and Cannabis Hub](#).***



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