



# RECOGNIZE YOUR ROLE

Adults influence the attitudes and choices of young people around them.

Have open conversations with youth about the risks of cannabis use.

Protect children and pets from accidental overdoses by storing cannabis safely and out of reach.

If you choose to use cannabis, the information above will help you reduce the risks linked with it. Remember, not using cannabis is the best way to avoid risks.



# DELAY USE

Brains develop until our mid-20s. Regular cannabis use before then can affect memory, thinking and attention.

It increases the risk of mental health problems, dependence and lung conditions.

Avoid cannabis use until adulthood.

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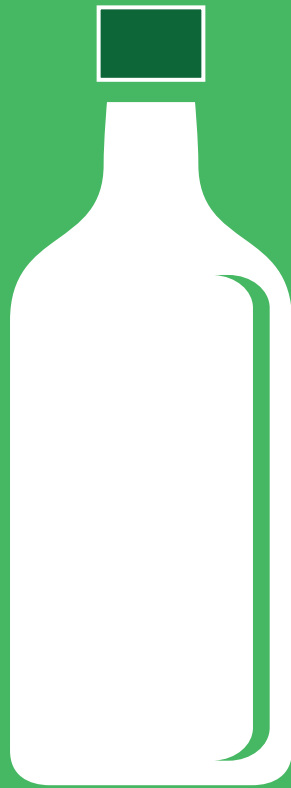
# DON'T DRIVE HIGH

Using cannabis reduces your reaction time, coordination and other abilities.

Driving or using machinery while high increases your risk of injury and death.

Your high can last up to 6 hours after smoking or vaping cannabis and even longer if eaten.

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# DON'T MIX

Mixing with alcohol can cause anxiety, nausea, vomiting, or fainting.

Mixing with tobacco can harm your lungs and lead to nicotine addiction.

Do not mix cannabis with alcohol or tobacco.

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# CHOOSE HOW YOU USE



Smoking cannabis can damage your lungs.

Choose other methods like vaporizers and edibles instead, but know that they also come with risks.

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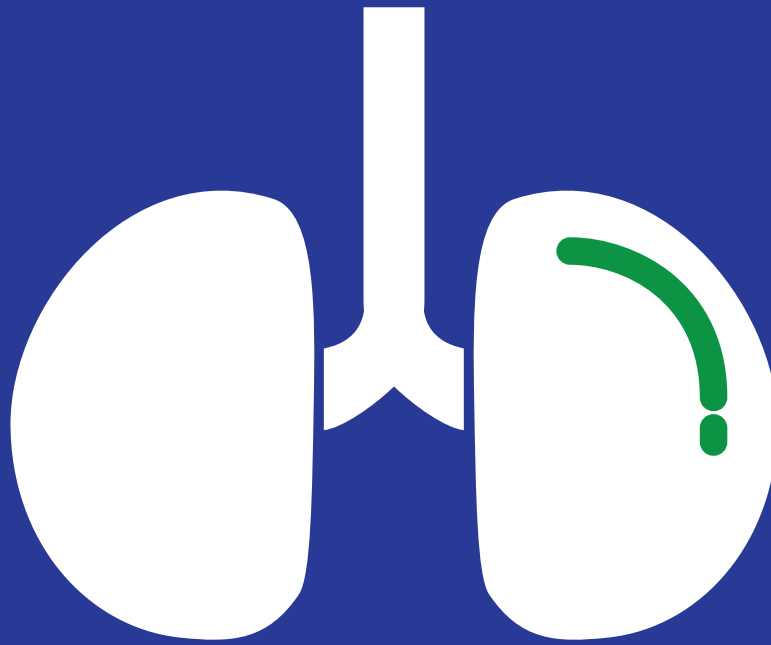
# KEEP YOUR MENTAL HEALTH IN MIND

If you have a family history of mental illness, avoid cannabis use.

It could lead to temporary psychosis including paranoia and hallucinations.

It can also trigger schizophrenia in those already at risk.

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# PROTECT YOUR LUNGS

Your lungs absorb cannabis within seconds.

Deep inhaling and breath-holding increases the toxins entering your body without increasing your high.

If you smoke, take shallow inhales and exhale right away.

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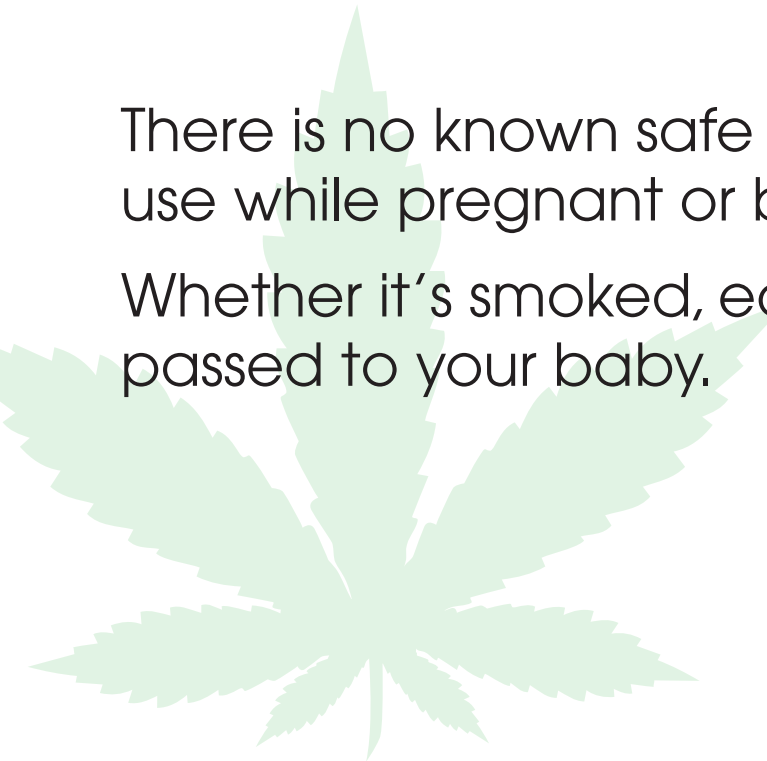




# PREGNANT OR BREASTFEEDING AVOID USE

There is no known safe amount of cannabis to use while pregnant or breastfeeding.

Whether it's smoked, eaten or vaporized, it gets passed to your baby.



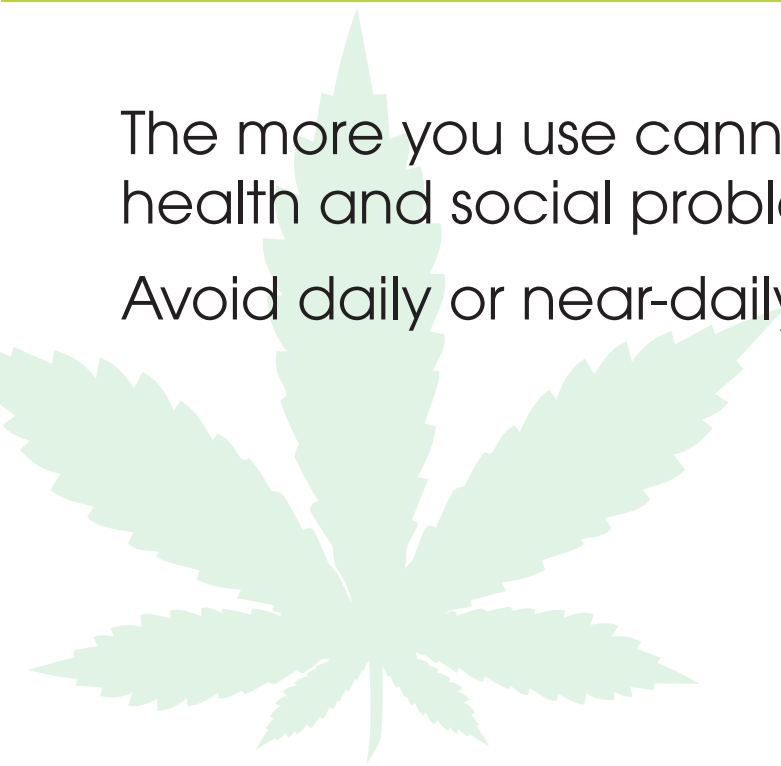
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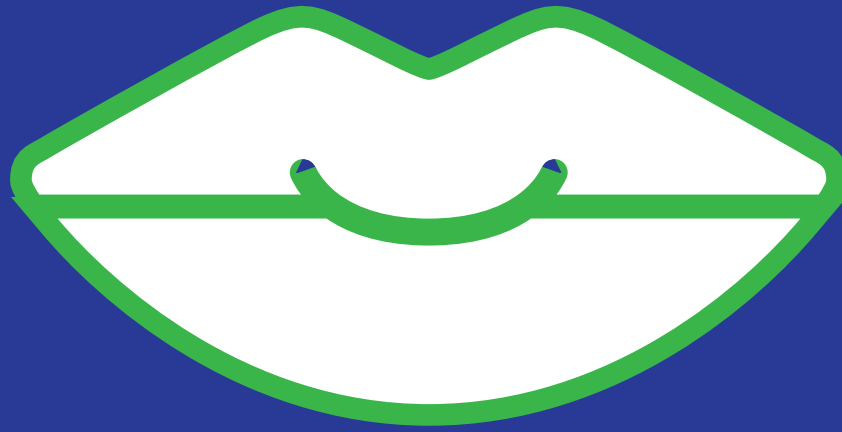
# REDUCE USE

The more you use cannabis, the higher the risk of health and social problems.

Avoid daily or near-daily use.



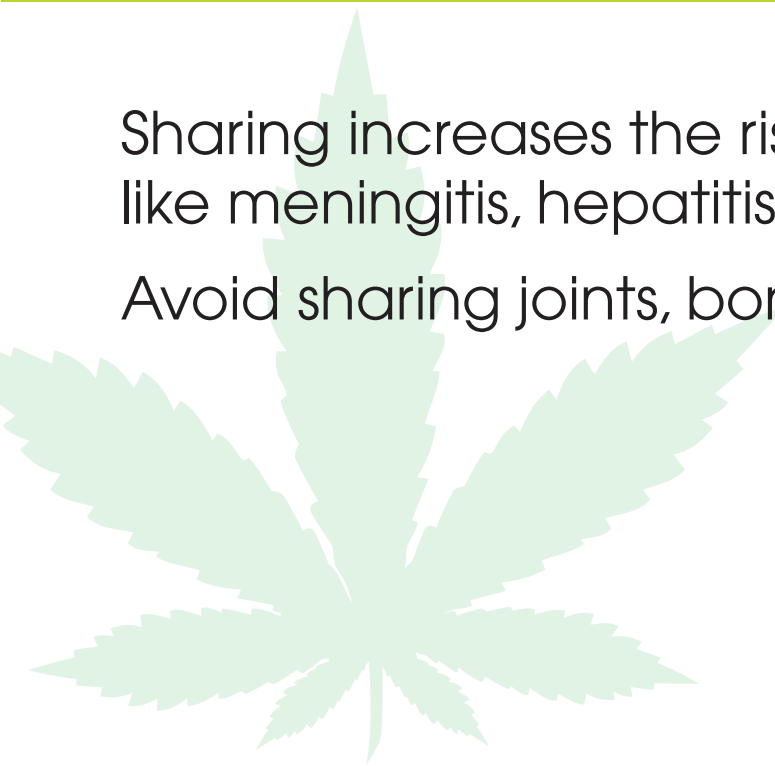
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# SHARE WITH CARE

Sharing increases the risk of spreading infections like meningitis, hepatitis C, and other diseases.

Avoid sharing joints, bongos or vaporizers



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# CHECK THE STRAIN AND POTENCY

Different cannabis strains can have different effects on you. If using a new strain, try a small amount first to see how you react.

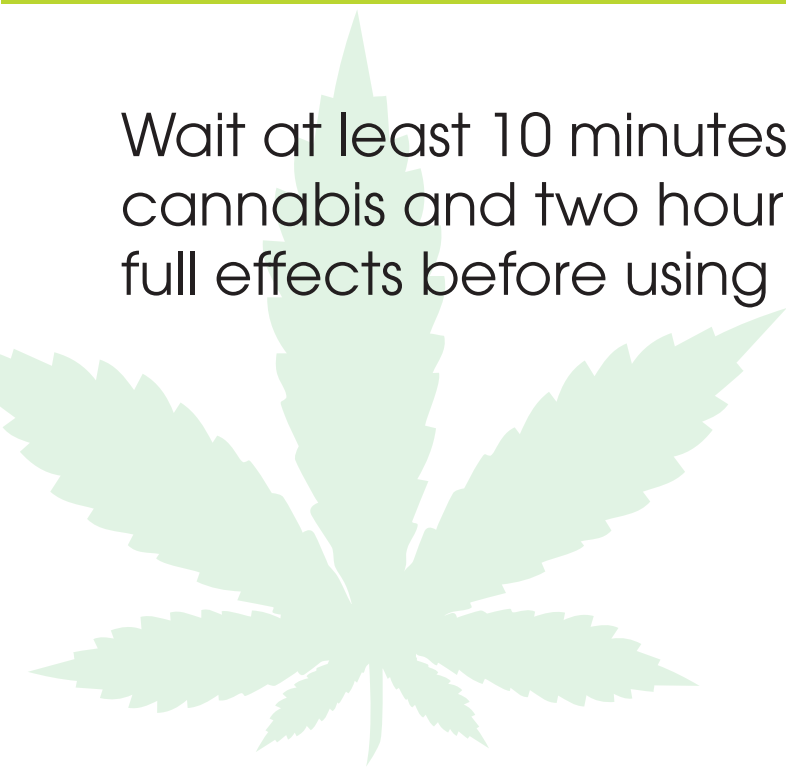
Check the THC content in the cannabis product you're using. More THC can increase the risk of harm.

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# START LOW AND GO SLOW

Wait at least 10 minutes after smoking or vaping cannabis and two hours after eating it to feel the full effects before using more.



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