

Quick tips about safer ways to use **cannabis**

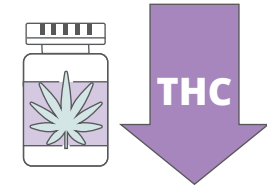
Providing you with information to make your own decisions



No matter how you use cannabis, there can be short- and long-term health risks. The only way to avoid all the risks is not to use it.

Here are some quick tips on safer ways to use cannabis:

You may not feel the effects right away. So be aware of how much you are using, whether it is edibles, smoking or vaping.



Try to choose cannabis products with a low THC content.

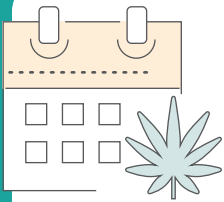
Avoid synthetic cannabinoids (e.g., K2 and Spice). They're not the same as cannabis and can be dangerous.



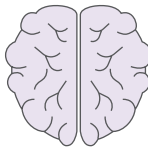
Try not to combine cannabis with other drugs, as this can increase the effects of all the drugs in your body and increase your risks.



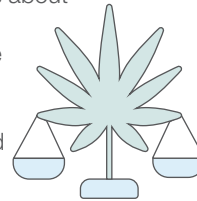
Think about how frequently you are using cannabis. Frequent use can increase risks to your health.



Try to delay using cannabis until you're **at least 16**. The brain is not fully developed until about the age of 25. Waiting even longer will reduce your risks more.



Be aware that there are specific laws about cannabis, including the legal age for use in each province and territory.



Remember that **after around six hours** you may not feel the effects, but cannabis may still be in your system.



When is zero cannabis the safest choice?

Using cannabis always involves a certain risk. There are some situations when you should avoid using cannabis, such as when:

you are driving

you are doing any dangerous physical activity

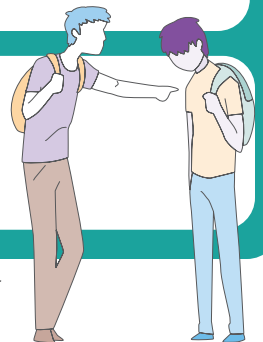
you are responsible for the safety of others

you are pregnant, planning to become pregnant, or breastfeeding

you or your family has a history of psychosis or substance use disorder

Know your personal limit

People can handle different amounts of cannabis depending on their age, mood, environment and how often they have used it before. Try not to feel pressured to use the same amount as anyone else, or to use cannabis at all.



Source: Fischer et al. (2017). Lower-risk cannabis use guidelines (LRCUG): An evidence-based update. American Journal of Public Health, 107 (8). DOI: 10.2105/AJPH.2017.303818.

For more information, download *The Blunt Truth; Useful tips about safer ways to use cannabis*
www.camh.ca/theblunttruth

6141e / 11-2019 © CAMH

Part of the series *Things You Should Know About Mental Health*—developed in collaboration with youth

For more information, please see the resources section of the Game Changers website:

www.camh.ca/GCResources