



Reflect and discuss

# Cannabis use risks



## Activity steps

1. Gather art supplies and get ready for a creative challenge!
2. Walk through the **Cannabis use risks handout**.
3. Choose some of the information to transform into an infographic, poster, brochure or other form of harm reduction / health communication product.
4. Share your creations with others!

## Cannabis use risks

Many people use cannabis for fun without experiencing problems. But there are risks, especially if you are:

- under 25 years old
- using products with high THC
- using daily or nearly daily for a long time
- using multiple times a day
- experiencing symptoms of anxiety, depression or other mental health problems
- past experiences with psychosis
- closely biologically related to people who have serious mental health problems
- driving (or riding with someone who has used cannabis)
- using alcohol or other drugs, including prescription medications
- pregnant or breastfeeding

## Things to consider

- Using cannabis before age 25 can be risky for the brain (the older the better). It may also trigger psychosis or schizophrenia in young people prone to the condition.
- Using cannabis before driving can lead to accidents, fines, and a criminal record.
- Giving cannabis to underage youth or breaking other laws can also lead to criminal charges.
- Using while pregnant or breastfeeding can affect the baby.
- There is stigma around cannabis use. Some people may avoid you or not take you seriously if they consider you a heavy user.