

## WHAT DO PEOPLE CALL IT?

the plant; oily, waxy or pasty;  
usually yellow or brown.

# WHAT ARE THE EFFECTS & SIGNS OF CANNABIS USE?

Misinformation about cannabis is common. A recent national survey reports that about 70% of grade 12 students did not think regular cannabis use was harmful. The truth is that regular cannabis use can be harmful.

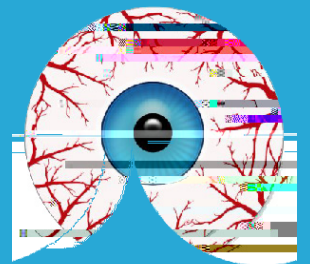
Short-term effects:	Long-term effects:
<ul style="list-style-type: none"> <li>• feeling relaxed, happy, high</li> <li>• more sociable</li> <li>• heightened &amp; distorted perceptions</li> <li>• decreased motor coordination</li> <li>• impaired judgement &amp; problem solving</li> <li>• impaired memory &amp; learning capability</li> <li>• increased heart rate &amp; body tremors</li> <li>• anxiety or panic*</li> <li>• psychotic symptoms*</li> <li>• nausea &amp; vomiting*</li> </ul> <p>*tend to occur with exposure to high doses or overdose.</p> <p><i>Note: Using cannabis together with other drugs/alcohol can increase negative effects.</i></p>	<ul style="list-style-type: none"> <li>• impaired cognitive function (attention, memory &amp; problem solving)</li> <li>• lack of motivation</li> <li>• school drop-out/poor academic achievement</li> <li>• chronic bronchitis</li> <li>• increased risk for Anxiety Disorders, Mood Disorders, Psychotic Disorders &amp; Cannabis Use Disorder (addiction)</li> </ul> <p>Negative long-term effects are more common when use begins before age 16, and when cannabis use is daily.</p> <p>The greater the dose &amp; duration of cannabis use, the greater the negative impacts. Stopping regular &amp; heavy cannabis use may not fully restore cognitive impairments.</p>

## Effects on driving:

- It is dangerous for a person to drive if they've used cannabis (cannabis doubles the risk of a fatal crash)
- There's no clear time limit to when negative impacts on driving performance decrease or stop
- Tell your teen they shouldn't get into a car driven by someone who's used cannabis
- Driving after using cannabis is illegal

While it can be difficult to know if your teen is using cannabis, some possible signs include:

- more withdrawn/secretive
- red eyes, cannabis scent on person
- decrease in activities they used to enjoy
- friend group using cannabis increases probability your teen will
- periodically more gregarious/sociable
- decline in academic performance
- nausea, vomiting, anxiety symptoms, panic, paranoia



Cannabis can be addictive. Regular cannabis use can lead to Cannabis Use Disorder (CUD). About 12% of teens who start regular use of cannabis early will develop CUD.

# WHAT SHOULD I DO IN AN EMERGENCY? (SJSS)

If a young person has overdosed on cannabis (i.e. "greened out"), follow these steps:

- bring them to a **safe place**
- if they aren't vomiting, give them lots of **fruit juice**
- if they've passed out, lie them on their **side** and call 911
- if they're panicky or paranoid, stay with them to provide reassurance and **support**



## Other steps:

- If you're uncomfortable with what's happening, or suspect synthetic cannabinoid use, call 911
- Afterwards, have a frank, open and non-threatening discussion about your child's cannabis use
- If it isn't your child, decide if and when to discuss the situation with their caregivers

# HOW DO I TALK ABOUT CANNABIS USE?

There's a lot of misinformation about cannabis. Get informed, know the facts and TALK SMART. When speaking with your teen about cannabis: be open but not permissive; listen actively and respectfully; provide evidence-based information; help them choose healthy life options.

## Help your teen understand:

- If they don't want to use drugs, they are their own person and it's their decision not to, even if their friends are.
- They're encouraged to educate themselves about cannabis to have evidence-based information

## Keep in mind:

- Parents are role models for their children
- Your own substance use and attitudes towards cannabis use will influence your child
- Speak openly and clearly with your teen about cannabis use
- Don't wait until they start using the drug
- You are their parent – not a peer

# HOW DO I LEARN MORE?

Visit [teenmentalhealth.org/cannabis](http://teenmentalhealth.org/cannabis)  
Show the site to your teen for materials they can access. TALK SMART about cannabis.

[www.teenmentalhealth.org/cannabis](http://www.teenmentalhealth.org/cannabis)