

# Cannabis

Questions	Answers
<b>1. How can cannabis make you feel or act right after using it?</b>	<p>Cannabis can affect people in different ways, depending on the type and how much is used.</p> <p>Some short-term effects may include:</p> <ul style="list-style-type: none"><li>• Red eyes</li><li>• Feeling dizzy or light-headed</li><li>• Anxiety</li><li>• Trouble thinking, remembering, or solving problems</li><li>• Feeling “high” or out of it</li><li>• Trouble with balance and coordination</li></ul>
<b>2. How can using cannabis for a long time affect your health?</b>	<ul style="list-style-type: none"><li>• It can harm the brain while it’s still developing (until about age 25).</li><li>• It can cause lung problems like coughing and wheezing.</li><li>• It may increase the risk of mental illness, addiction, and cancer.</li></ul>
<b>3. What are some ways to be safer if you choose to use cannabis?</b>	<ul style="list-style-type: none"><li>• The safest choice is not to use cannabis.</li><li>• If someone chooses to use it, they should wait until after age 25 when the brain is fully developed.</li><li>• Follow safer-use rules like those found in the “Lower-Risk Cannabis Use Guidelines.” (*see appendix for resource)</li></ul>

<p><b>4. What are the risks of using cannabis every day or very often?</b></p>	<ul style="list-style-type: none"> <li>• Becoming addicted</li> <li>• Doing poorly in school</li> <li>• Taking more risks (like unsafe driving)</li> <li>• Feeling sad or anxious</li> <li>• Seeing or hearing things that aren't real</li> <li>• Lung problems like coughing and infections</li> <li>• Higher risk of mental health issues, especially if they run in the family (e.g. family history of psychosis, schizophrenia or addiction)</li> <li>• Using cannabis regularly before the age of 25 can harm the part of the brain that helps you make good choices, solve problems and manage emotions.</li> </ul>
<p><b>5. How much cannabis is safe to use before driving?</b></p>	<ul style="list-style-type: none"> <li>• Cannabis slows your thinking and reaction time.</li> <li>• Driving while high is dangerous and illegal.</li> <li>• There is zero tolerance for driving under the influence.</li> </ul>
<p><b>6. What are the health risks of smoking cannabis?</b></p>	<p>Smoking cannabis (like in a joint, pipe, or bong) can:</p> <ul style="list-style-type: none"> <li>• Can cause lung problems such as coughing, wheezing and lung infections (e.g. bronchitis)</li> <li>• Make asthma worse</li> <li>• Cause a sore throat</li> </ul> <p>Cannabis smoke has chemicals that can cause cancer. If you choose to smoke, don't hold your breath in, as your lungs will absorb more of the harmful chemicals.</p>
<p><b>7. How long do edibles take to work?</b></p>	<ul style="list-style-type: none"> <li>• Effects usually take up to <b>4 hours</b> to peak</li> <li>• They can last <b>12 hours or more</b></li> <li>• Some effects can last up to <b>24 hours</b></li> </ul> <p>Start with a small amount and wait (at least 4 hours)—taking more too soon can lead to poisoning and can cause anxiety, panic, nausea and vomiting, and symptoms of psychosis (paranoia).</p>

<p><b>8. Are people with a family history of mental illness at more risk when using cannabis?</b></p>	<p><b>Yes.</b> If someone in your family has had mental illness or struggles with substance use, using cannabis may raise your risk of those same problems.</p>
<p><b>9. Why should synthetic cannabis (like K2 or Spice) not be sold in convenience stores?</b></p>	<ul style="list-style-type: none"> <li>• It's much stronger and more dangerous</li> <li>• Ingredients are not regulated</li> <li>• Can be sprayed with harmful chemicals</li> <li>• Linked to seizures and even death</li> </ul>
<p><b>10. What is THC (Tetrahydrocannabinol)?</b></p>	<p>THC is the part of cannabis that makes you feel "high."</p> <ul style="list-style-type: none"> <li>• The more THC, the stronger the effects</li> <li>• Legal cannabis products will have the THC content listed on the label</li> </ul>
<p><b>11. What is CBD (Cannabidiol)?</b></p>	<p>CBD is another part of cannabis that doesn't cause a "high."</p> <ul style="list-style-type: none"> <li>• Some people use it to help with pain, anxiety, or swelling</li> <li>• CBD can also reduce the effects of THC</li> </ul>
<p><b>12. True or False? Mixing cannabis with other drugs can increase the risk to your health.</b></p>	<p><b>True.</b></p> <ul style="list-style-type: none"> <li>• Using cannabis with alcohol, nicotine, or other drugs can make the effects stronger and more dangerous</li> <li>• This can lead to poor decisions and injuries</li> </ul>
<p><b>13. What is the legal age for using cannabis in Ontario?</b></p>	<p>You must be <b>19 years old</b> to buy, use, or grow cannabis. This is the same as tobacco and alcohol in Ontario.</p>

<p><b>14. Where can you get help if you're worried about cannabis use?</b></p>	<ul style="list-style-type: none"> <li>• ConnexOntario: 1-866-531-2600 or <a href="http://www.connexontario.ca">www.connexontario.ca</a></li> <li>• Kids Help Phone: 1-800-668-6868 or <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a></li> </ul>
<p><b>15. What are the dangers of buying cannabis from unregulated places?</b></p>	<ul style="list-style-type: none"> <li>• You don't know what's in it</li> <li>• The THC levels might be too high</li> <li>• It may have dangerous or harmful chemicals</li> </ul>
<p><b>16. Why is it better to delay using cannabis for as long as possible?</b></p>	<ul style="list-style-type: none"> <li>• The brain keeps growing until about age 25</li> <li>• Using cannabis too early can hurt memory, learning, and mental health</li> <li>• Using at a younger age can lead to dependence</li> </ul>
<p><b>17. Why do some youth use cannabis?</b></p>	<ul style="list-style-type: none"> <li>• To relax or feel good</li> <li>• To handle stress/anxiety</li> <li>• To sleep</li> <li>• Because friends are doing it</li> </ul> <p>If someone wants to use cannabis for medical reasons (like pain or anxiety), they should talk to a doctor first.</p>
<p><b>18. Why is it important to store cannabis safely away from kids and pets?</b></p>	<p>Cannabis can be very harmful to kids and animals.</p> <ul style="list-style-type: none"> <li>• It can cause serious illness, vomiting, or even coma</li> <li>• Always store it in a safe, locked place and in its original packaging (or labelled)</li> </ul>
<p><b>19. Is it safe to use cannabis during pregnancy?</b></p>	<p><b>No.</b></p> <ul style="list-style-type: none"> <li>• It can lead to babies being born too early or too small</li> <li>• It may affect how a baby's brain grows</li> </ul>

<p><b>20. Why is it dangerous for cannabis edibles to look like regular candy?</b></p>	<ul style="list-style-type: none"> <li>• <b>Kids might eat them by accident</b> - They can look like gummy bears, chocolate, or other treats, so someone might not realize they contain drugs.</li> <li>• <b>They can make people very sick</b> – Cannabis is not safe for kids and can cause confusion, dizziness, nausea, or even serious health problems.</li> <li>• <b>It’s hard to tell the difference</b> – Without clear labels, even adults might mistake them for regular snacks.</li> <li>• <b>It teaches the wrong message</b> – Drugs shouldn’t be made to look fun or tasty like candy.</li> </ul>
<p><b>21. What is Cannabis Hyperemesis Syndrome (CHS)?</b></p>	<p>Cannabis Hyperemesis Syndrome (CHS) is a sickness that can happen to people who use <b>cannabis</b> frequently. It causes them to have <b>bad stomach pain</b>, feel <b>nauseous</b>, and <b>throw up over and over again</b>. The only way to stop CHS is to <b>stop using cannabis</b>.</p>