



CANNABIS MYTH-BUSTING

CHOOSE TO BE INFORMED: REDUCE THE HARMS OF CANNABIS USE

MYTH:
THERE ARE NO LONG
TERM EFFECTS FROM
USING CANNABIS.

Using cannabis before age 25, especially if you use cannabis high in THC or use it often, can permanently harm your ability to concentrate and learn new things.

MYTH:
CANNABIS IS NATURAL
SO IT'S HARMLESS.

Cannabis use increases your risk of developing an addiction or mental illness like psychosis. This risk is even greater if you use:

1. Stronger cannabis
2. More frequently
3. Over longer periods of time.

MYTH:
"I AM A BETTER
DRIVER WHEN I
AM HIGH"

Your concentration, reaction time, and coordination are all worse when you are high. This is why driving while high significantly increases your chances of being in an accident.

MYTH:
IT'S NOT
ADDICTIVE.

9% of people who use cannabis will develop a cannabis use disorder. And using cannabis daily increases the chances of developing an addiction to 25-50%.



It is important to know the risks and ways to reduce the harms of cannabis use.
To learn more talk to a health care professional in your community or visit
CHOOSETOBEINFORMED.CA