

WHAT IS CANNABIS?

No matter what form it comes in or how it's used, cannabis comes with health risks.

Dried flower:
Smoked in joints, pipes or bongs.

Extracts:
Oils, shatter, vapes. These often have higher THC content and can be more harmful.

Edibles:
Food, like gummies or cookies, or drinks made with cannabis.

Topicals:
Creams and lotions applied to the skin.

19+

Yeah, it's legal, but you have to be over 19 to buy OR use it.

CANNABIS AND YOUR BRAIN

Did you know that your brain keeps developing until age 25? Using cannabis changes how your brain grows. It can have long-lasting negative effects on brain development.

- Memory
- Learning and focus
- Mental health

The best thing you can do is wait until you're 25 years old to use cannabis.

FACTS ABOUT CANNABIS

#1
Cannabis can make you feel anxious or depressed.

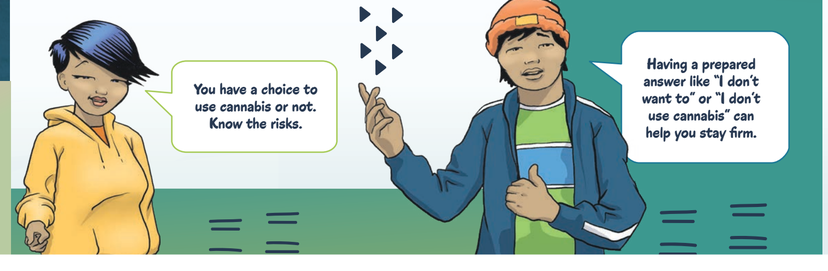
#2
Cannabis isn't harmless just because it's natural.

#3
Driving after using cannabis is illegal and dangerous. It slows your reaction time and worsens your judgement.

#4
Cannabis can be addictive if you use it daily or almost daily.

#5
Cannabis affects the health of your brain, heart and lungs.

#6
82% of youth did not use cannabis in the last year.



STAY TRUE TO YOU

You may feel pressure to try cannabis.

It's ok to say 'no'
if someones offers you cannabis. Your health and well-being are more important than giving in to pressure.

Instead of using cannabis,
do activities that make you feel your best, like participating in sports or doing art.

IF YOU HAVE QUESTIONS OR NEED SUPPORT:

- Talk to a health-care provider.
- Talk to trusted Elders, family and friends.
- Call the Nunavut Quitline at **1-866-368-7848** for confidential support from counsellors.
- Text NUQUITS to 123456 for support and tips.
- Visit Facebook.com/NuQuits.
- Visit **nuquits.ca**.

nuquits.ca

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Cannabis

WHAT YOU NEED TO KNOW!

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What you know about **CANNABIS** *matters!*

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