The 6Ds of Youth Cannabis Use

**Protect** your brain
**Be smart** about cannabis use

For those under age 25, cannabis slows and interferes with brain development

1. **Don't Use**
   Not using cannabis is the best way to prevent the harmful effects of cannabis.

2. **Delay Use**
   Wait as long as possible before using cannabis. Any delay in using cannabis reduces the potential for harm.

3. **Decrease Use**
   Using cannabis less often will reduce the risk of harmful effects.

4. **Don't Use & Drive**
   Avoid using before you drive to lower your chances of an accident and possible injuries or death.

5. **Don't Smoke It**
   Vaporizing cannabis is easier on the lungs than smoking cannabis.

6. **Don't Over-dose**
   The effects of edibles are delayed by 30-60 minutes. Edibles are the most common cause of cannabis overdose.

Want more information?
Please contact mbeazely@uwaterloo.ca
Anastasiya Shyshlova PharmD Candidate
Michael Beazely BSC, PhD

Holland Bloorview
Kids Rehabilitation Hospital