

Cannabis 101

For recreational or medicinal use. Also known as marijuana, pot, bud, and weed.



How it's Used

- Inhaled starts working within 10 min and effects lasts 2-4h (but can be up to 24h)
- Edibles start working at around 1h and effects last 4-6h (but can be up to 24h)
- Vaping and edibles likely safer than smoking

When to Avoid

- Pregnancy and breastfeeding
- Personal/family history of psychosis
- Several hours before driving
- Allergy to cannabis
- Under age 25



Tetrahydrocannabinol (THC)

- Makes some people high
- Stimulates appetite
- More cognitive side effects than CBD (e.g., confusion, drowsiness)



Cannabidiol (CBD)

- Does not make people high
- Many potential medicinal uses

*Cannabis has hundreds of other ingredients with unknown effects

What to Watch For Side effects are higher for cannabis than most prescription medicines

Very common (10-30%)

- Intensely happy/uneasy
- Sedation/relaxation
- Difficulty speaking
- Numbness
- Disconnected thoughts
- Muscle twitching
- Changes in heart rate/blood pressure

Common (1-10%)

- Impaired memory, confusion
- Blurred vision/visual hallucination
- Loss of touch with reality/self
- Problematic cannabis use (e.g., difficulty cutting down, continued use, despite harm)

Uncommon but serious (<1%)

- Intense/prolonged vomiting
- Loss of motivation

Long term side effects largely unknown



Reduce Harm

- Avoid driving for several hours after use
- Vaporizing/edibles preferred over smoking
- Keep away from children, especially edibles
- Delay age of first use as long as possible