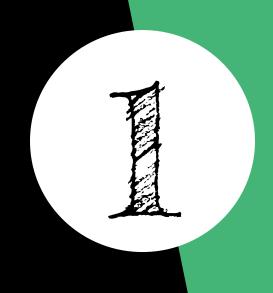
The Sof Youth Cannabis Use

Protect your brain Be smart about cannabis use

FOR THOSE UNDER AGE 25, CANNABIS SLOWS AND INTERFERES WITH BRAIN DEVELOPMENT



DOME USE

Not using cannabis is the best way to prevent the harmful effects of cannabis.

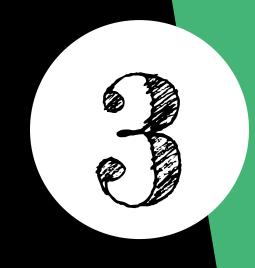




Delay Use

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

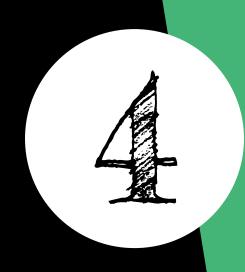




Decrease Use

Using cannabis less often will reduce the risk of harmful effects.

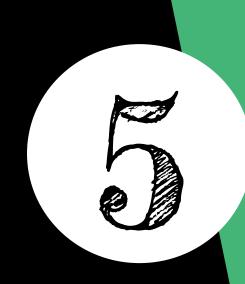




Don't Use & Dive

Avoid using before you drive to lower your chances of an accident and possible injuries or death.

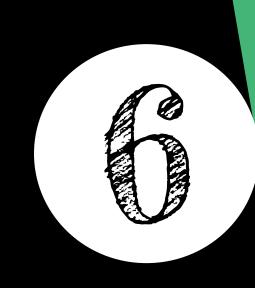




Don't Smoke It

Vaporizing cannabis is easier on the lungs than smoking cannabis.

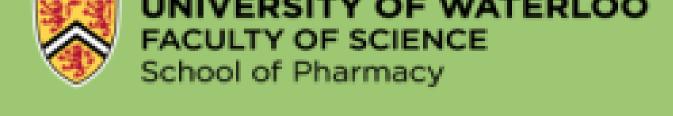




Don't Over-dose

The effects of edibles are delayed by 30-60 minutes. Edibles are the most common cause of cannabis overdose.









Holland Bloorview
Kids Rehabilitation Hospital

