

USING CANNABIS CAN CAUSE



PHYSICAL EFFECTS INCLUDING:

Irritated respiratory tract, increased heart rate, decreased blood pressure, red eyes, and dry throat.

MENTAL EFFECTS INCLUDING:

Poor memory, thinking difficulties, distorted perceptions (sights, sounds, time, touch), and drowsiness or restlessness.



INCREASED RISK FOR EXPERIENCING:

Depression and anxiety disorders, and cannabis dependency.

REDUCED ABILITY TO DRIVE:

Cannabis impairs reaction time and your ability to concentrate on the road.



INCREASED RISKS TO A NEWBORN BABY, INCLUDING BUT NOT LIMITED TO:

Low birth weight, reduced alertness and slower growth.

CANNABIS IMPACTS DRIVING

Do not operate a motorized vehicle after consuming cannabis.



ZERO TOLERANCE POLICY FOR YOUNG, NOVICE AND COMMERCIAL DRIVERS

Drug impaired driving is a criminal offence. Impairment can last for longer periods of time than you might expect.



RISK OF COLLISIONS MORE THAN DOUBLES AFTER CONSUMING CANNABIS



EFFECTS COGNITIVE

Effects include: attention difficulties, impaired judgement, memory, and decision making.



IMPAIRS REACTION TIME

Reduced response to sudden changes on the road, especially during unexpected events.



IMPAIRS MOTOR COORDINATION

Difficulties in judging distances and ability to control the vehicle.

CANNABIS USE BEFORE, DURING AND AFTER PREGNANCY

There is **no known** safe amount of cannabis use in pregnancy or when breastfeeding.



EFFECTS ON CONCEIVING

Heavy cannabis use may change menstrual cycles in women, and lower sperm count and quality in men.



SMOKING CAN REDUCE OXYGEN AND NUTRIENT SUPPLY TO THE FETUS

Effects can include: low birth weight, reduced heartbeats and slower growth.



CANNABIS SHOULD NOT BE USED WHILE BREASTFEEDING

THC passes through breast milk to a baby's fat cells and brain. Exposed infants are at greater risk of life-long health issues.



BE INFORMED

Know the potential risks to you and your family's health.

CANNABIS IMPACT ON YOUTH UNDER 25

AVOID CANNABIS USE UNTIL 25 YEARS OF AGE



This is a key period of brain development. Use at an earlier age increases the likelihood of developing anxiety and depression disorders as well as other mental health concerns later in life.

CANNABIS USE IS RELATED TO MENTAL HEALTH RISKS

Regardless of the method of consumption, risks include: addiction, psychosis and other mental health problems, impaired cognition and judgement.



CANNABIS USE DURING TEENAGE YEARS

Evidence suggests that: For those who start using cannabis during teenage years, the risk of addiction rises to 1 in 6.



CANNABIS USE UNDER 25 YEARS OF AGE



Increases the risk of developing health, educational and social issues.