

CANNABIS 101

Also known as marijuana, pot, bud and weed

Thinking about trying cannabis?

It's a decision only you can make. If you choose to consume, there are ways to reduce harm and stay safe. Cannabis can be inhaled or ingested through oils or edibles. Onset and duration of effects will vary depending on how you consume.

How to reduce harm?

Delay & Reduce

- Lower your risk by using less often and respecting the minimum age.

How's It Used?

- Smoked cannabis can have an immediate effect and lasts 2-4 hours. Ingested cannabis can take an hour or longer to take effect, and can last up to 4-6 hours.

Choose Wisely

- Higher THC content can mean higher risks. Choose natural products with higher CBD-to-THC ratios and avoid using synthetic cannabis products.

Don't Use & Drive

- Wait at least six hours before driving, or longer if you've consumed alcohol.

Think Twice

Some people are at extremely high risk and should consider abstaining from cannabis entirely.

- Pregnant and breastfeeding women can transfer harmful effects to their baby.
- People with a personal or family history of mental health issues, such as bipolar disorder, psychotic disorder, PTSD, depression, anxiety, etc.
- People under age 25, as the developing brain is particularly at risk.

Although cannabis consumption is now legal in Canada, consuming cannabis on campus (smoking, vaping, edibles) is strictly prohibited. Possession and cultivation of the plant is prohibited on campus, as well as selling, distribution, serving, cooking, preparing, production, and growing of cannabis. Students found to be breaking these rules could face a disciplinary process. The full McGill cannabis policy can be found at <http://tiny.cc/mcgillcannabisrules>.

STUDENT SERVICES IS HERE FOR YOU IF YOU NEED SOMEONE TO TALK TO
OR WANT MORE INFORMATION OR HELP
MORE INFORMATION AT MCGILL.CA/SUBSTANCES