

# Information to guide your conversations with students



Using cannabis can have significant, lasting impacts, including:

- impaired brain development (the brain is developing until around age 25)
- potential addiction
- greater risk of developing mental health issues
- dropping out or lower grades and lower performance in school
- problems in relationships with friends and family
- poorer sports performance



**Youth and young adults are more likely to experience harms from cannabis.**



**Effects on the brain include:**

- altering your senses
- anxiety, fear or panic
- impaired body movements
- difficulty learning
- harder to remember things



**Physical effects include:**

- breathing problems
- increased heart rate
- intense nausea and vomiting
- lung damage

*Ways youth can reduce their harms:*



Delay use as long as possible.



Don't go to school, work or drive impaired.



Start with low amounts and low strength.



Avoid using daily.



Avoid using with other substances.



Avoid synthetic cannabis.

*The best way for youth to protect their health is to avoid using cannabis.*