

Cannabis

How to talk to your children



One in five Ontario students in **Grades 7 to 12** said they **used cannabis** at least once in 2017.

Parents, caregivers and families play a significant role in their children's life. Start the conversation:

- Be open
- Talk often
- Be a role model
- Stay connected
- Be prepared
- Know their friends



Although most youth in Ontario do not use cannabis, even occasional use has significant risks.

THE FACTS, Cannabis:

1. Is illegal for anyone under the age of 19 to buy, use, possess or grow cannabis
2. Can be addictive and affect brain development
3. Increases the risk for mental health problems
4. Use with other substances can increase the chances of negative effects
5. Can double the risk of death and serious injury in a collision
6. Is linked with poor performance in school, lower grades and increased risk of dropping out



Resources:

Cannabis Legislation Website:

www.ontario.ca/page/cannabis-legalization

Region of Waterloo, Cannabis Website:

www.regionofwaterloo.ca/cannabis

Cannabis and Driving Infographic:

www.regionofwaterloo.ca/cannabisanddriving