

Cannabis and driving

Start a conversation

Talk to your children early, openly and often about the effects of cannabis impaired driving.



The facts

Cannabis impairs your



Memory



Motor skills



Balance and coordination



Concentration and attention



Judgement and decision making



Reaction time

Helpful hints

- ✓ Have **the facts**.
- ✓ Listen.
- ✓ Be positive and supportive.
- ✓ Don't shame or lecture.
- ✓ If they call for a ride, help them arrive safely. No questions asked.

Key messages

Drug impaired driving is illegal in Canada and remains illegal after cannabis is legalized and regulated.

Don't drive impaired.

Don't get into a car with someone driving impaired.

Plan a safe ride home.



Driving high can **double the risk** of death and serious injury in a collision.

2X



2 in 5



people have been a **passenger** with a cannabis impaired driver.

Your children understand drinking and driving is dangerous. **Help them learn** that cannabis impaired driving is dangerous too.



Use public transit



Use a designated driver



Call someone for a ride



Cab or ride-share



Stay over