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

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.

The facts
Cannabis impairs your:
- Memory
- Motor skills
- Balance and coordination
- Concentration and attention
- Judgement and decision making
- Reaction time

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

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.

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

www.regionofwaterloo.ca/cannabis