

Cannabis what you need to know before legalization

The Canadian government introduced legislation in April, 2017 that would legalize cannabis by autumn of 2018.

There are many **misperceptions** about cannabis! Some **MYTHS** include:

- Cannabis is harmless
- Cannabis is not addictive
- Everybody is using cannabis

Fact: While cannabis is sometimes dismissed as safer than alcohol, use of the drug can be harmful in different ways than alcohol, particularly for youth and their developing brains. Harms can also include negative impacts on a person's physical and mental health, workplace safety, school performance and driving. When compared to other high-income countries, Canadian youth have one of the highest rates of cannabis use.

It is important that youth allies can access facts on cannabis. AFM is providing you access to information so you can:

- Be prepared – Educate yourself about the potential harms and risks of cannabis use
- Understand the perceptions youth may have about cannabis
- Learn approaches to help prevent or respond to cannabis among youth

This package includes:

- Fact sheets and infographics on cannabis use
- Excerpts from research on perceptions youth have on cannabis
- Tips to prevent & minimize cannabis-related harms among youth
- Links to further information

Name of documents and where they can be found:

- Cannabis Use Guidelines - <http://crismontrario.ca/research-projects/lower-risk-cannabis-use-guidelines>
- Fact & Fiction about marijuana - <http://www.ccdus.ca/Resource%20Library/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf#search=fact%20and%20fiction>
- Know the Health Effects - <http://www.ccsa.ca/Resource%20Library/CCSA-Know-Health-Effects-Marijuana-Infographic-2018-en.pdf>
- Clearing the Smoke on Cannabis- <http://www.ccsa.ca/Resource%20Library/CCSA-Clearing-the-Smoke-on-Cannabis-Highlights-2016-en.pdf>
- AFM's Knowledge Exchange Center, which includes a lending library and/or visit: www.afm.mb.ca



Ben Fry CEO

Knowledge Exchange Center

1031 Portage Ave • Winnipeg, Manitoba R3G 0R8 • Phone: 204.944-6279 • Fax: 204.772-0225

afm.mb.ca