

The 4Ds of Best Practice for Cannabis Use in Youth

Protect your brain
Be smart about
cannabis use

IN THOSE UNDER AGE 25, MARIJUANA SLOWS
AND INTERFERES WITH BRAIN DEVELOPMENT

1

Don't Use

Abstaining from use is the best way to prevent adverse effects of cannabis.



2

Delay Use

Delay use as long as possible. While the “gold standard” is to wait until age 25, any delay in using cannabis can reduce the potential for harm.



3

Decrease Use

Using less and less frequently will reduce the risk of adverse effects.



4

Don't Use & Drive

Avoid using prior to driving to lower your chances of a vehicle collision and fatalities.



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References available upon request at mbeazely@uwaterloo.ca