# The SIS of Best Practice for Cannabis Use in Youth

Protect your brain Be smart about cannabis use

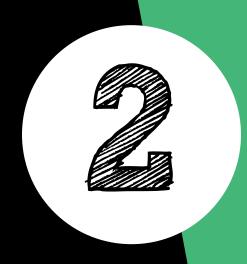
IN THOSE UNDER AGE 25, MARIJUANA SLOWS AND INTERFERES WITH BRAIN DEVELOPMENT



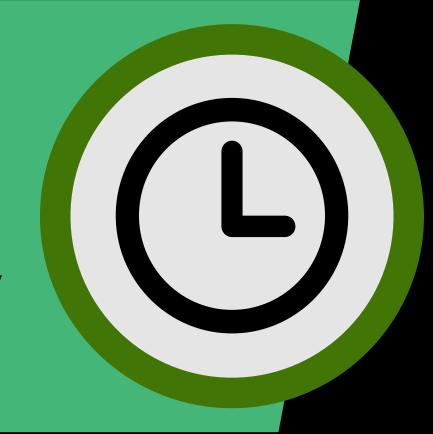
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Abstaining from use is the best way to prevent adverse effects of cannabis.





Delay use as long as possible. While the "gold standard" is to wait until age 25, any length of delay in onset of use has the chance to reduce harms.





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





## Don't Use & Drive

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





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Vaping and edibles are considered safer alternatives to smoking cannabis.



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References available upon request at mbeazely@uwaterloo.ca





