

The 5Ds 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 length of delay in onset of use has the chance to reduce harms.



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.



5

Don't Smoke

Vaping and edibles are considered safer alternatives to smoking cannabis.



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References available upon request at mbeazely@uwaterloo.ca