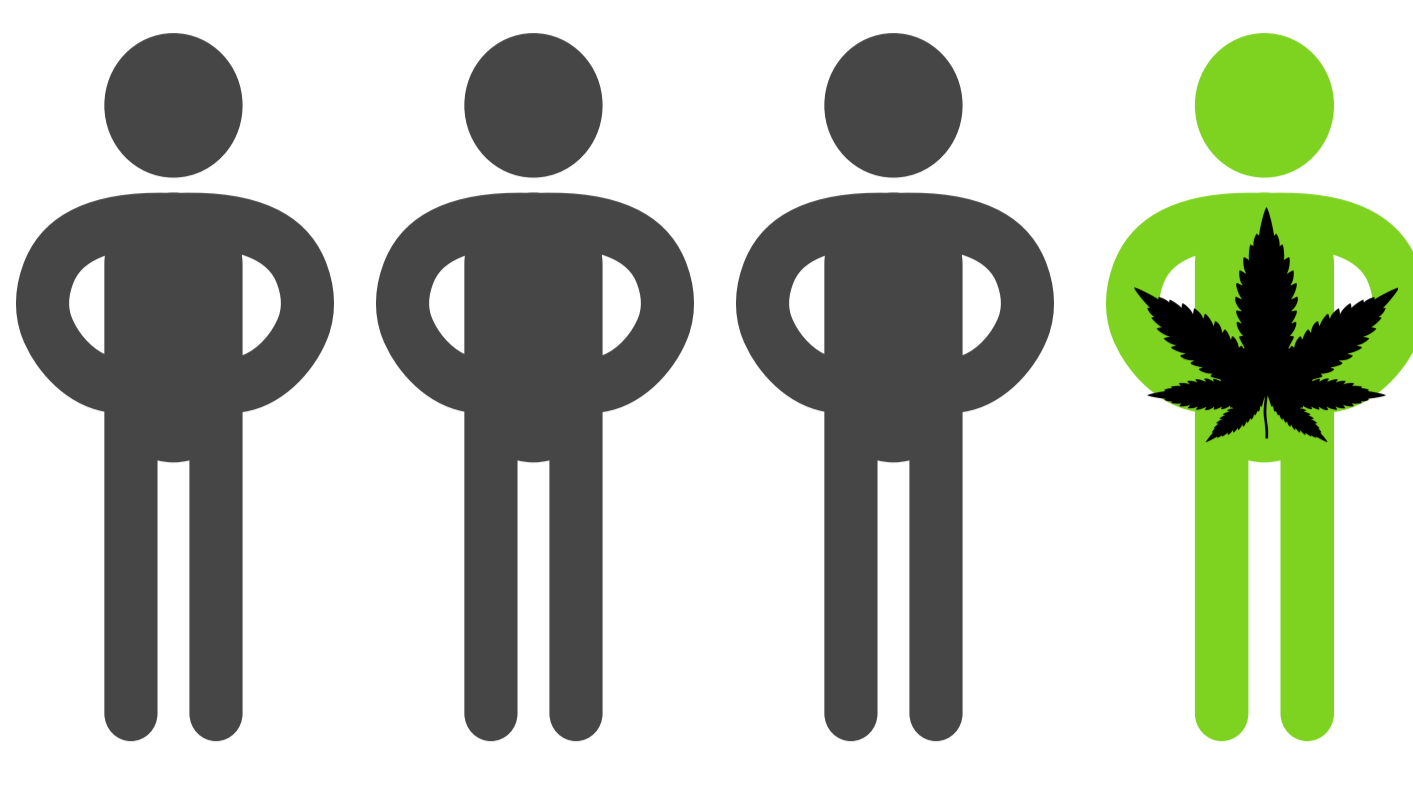




YOUTH SPECIFIC

Adverse Effects of Early Cannabis Use



25%

OF Canadians age 15 to 24 use Cannabis each year

When asked, many people believe cannabis is low risk.

Some risks apply to users of all ages, but few are aware of the **UNIQUE** risks for people **UNDER AGE 25**

Young people should try to delay cannabis use as long as possible.

HERE ARE 5 REASONS WHY.

01 | EFFECTS ON THE BRAIN

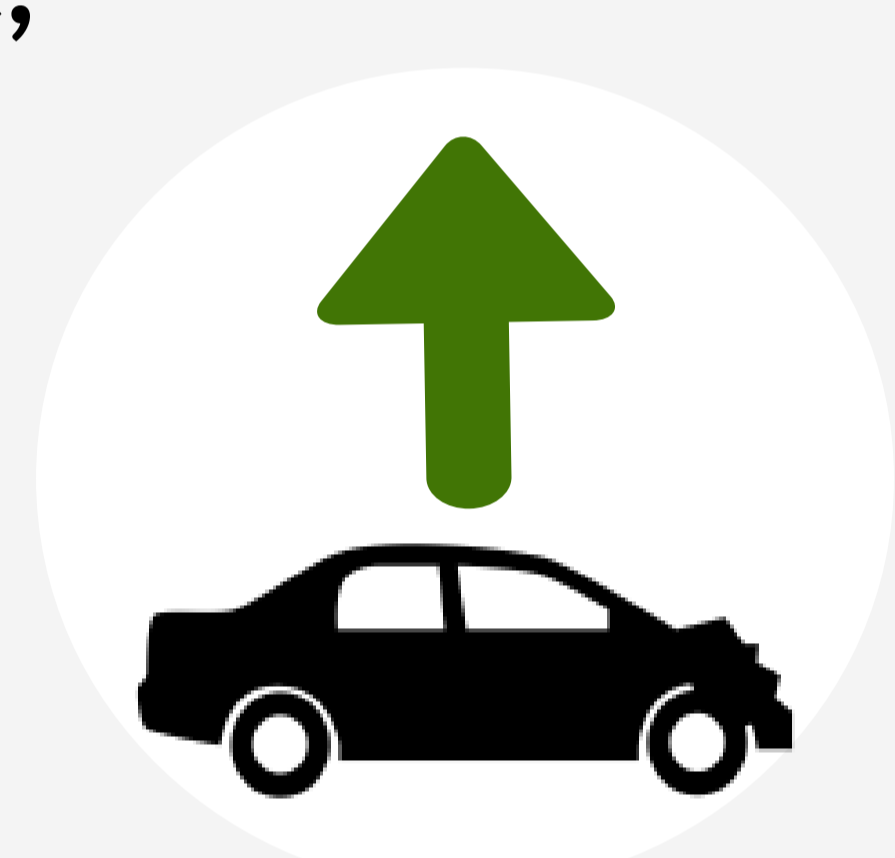
Our brains are not fully developed until around age 25. Early and regular cannabis use can **impair** the development of an area of the brain known as the **prefrontal cortex**. This can **impair memory, decision making, and problem solving**. We don't know if these effects are permanent and can't predict who will be affected.



02 | MOTOR VEHICLE SAFETY

Cannabis increases the risk of a motor vehicle accidents by **impairing** the drivers' reaction time, coordination, and concentration

In Canada, adolescents between **15-19 YEARS OLD** are the most likely to drive after using cannabis



03 | LINKS TO MENTAL ILLNESS

Regular cannabis use is associated with **psychosis** especially among those who have a parent or sibling who has experienced a mental illness such as schizophrenia.

SYMPTOMS OF PSYCHOSIS

- anxiety
- paranoia
- hallucinations
- delusions
- mood changes

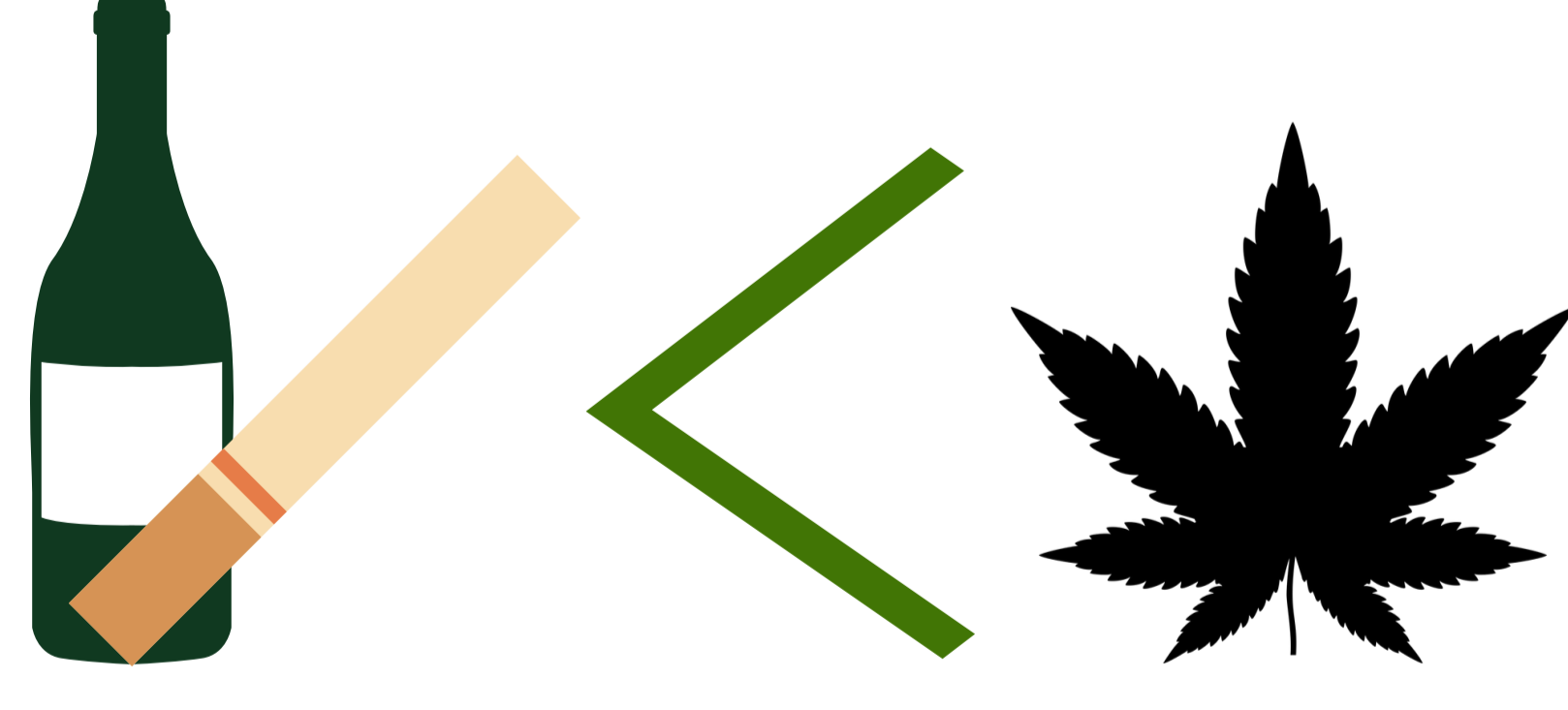


Cannabis use may also be linked with depression and anxiety, but this is less clear.

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individuals who use cannabis during adolescence will experience problematic use, physical dependence and/or cannabis withdrawal symptoms.

04 | POTENTIAL FOR ADDICTION



In young people, daily use of cannabis can develop into a substance use disorder even faster than nicotine or alcohol



Cannabis use before age 16 is associated with using other drugs later in life

05 | EFFECTS ON BEHAVIOR

Cannabis use can lower motivation in young people and is associated with poorer grades and school attendance



FOR PEOPLE UNDER THE AGE OF 25, REMEMBER THE FOUR "DS":
Don't Use, Delay Use, Decrease Use, and Don't use and Drive.