

CANNABIS (INHALED)

WHAT YOU NEED TO KNOW

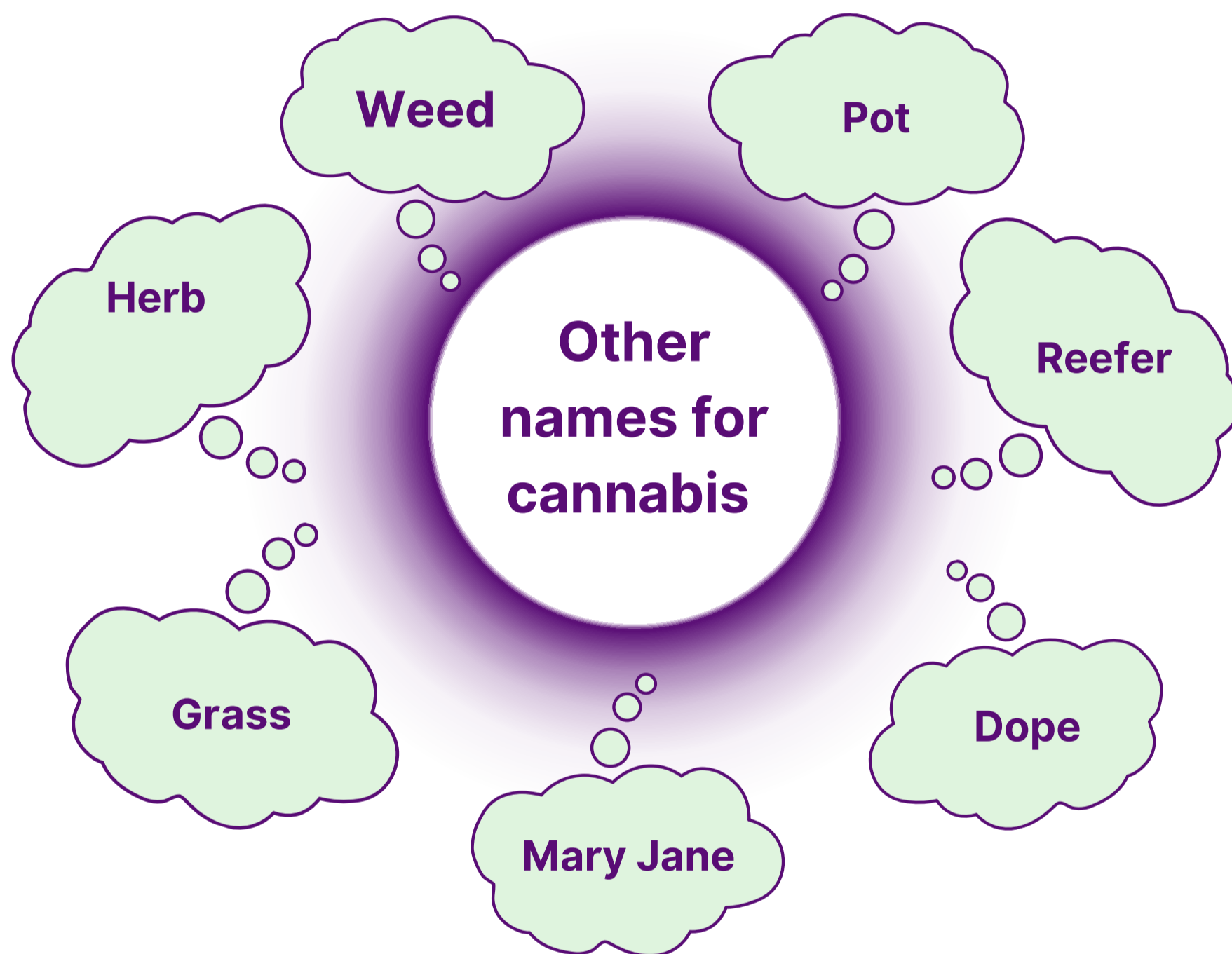
What is it?

Cannabis can be psychoactive



Inhaled cannabis is heated to a specific temperature, and the smoke is inhaled into the lungs. This can be through a joint, pipe, bong, or vape device. Cannabis can have various effects, ranging from stimulation and hallucinations to drowsiness.

For more information on cannabis, see our general cannabis snapshot here: decyde.ca/substance-snapshots/substance-snapshots/#cannabinoids



How is it used?

Cannabis can be rolled into a joint and smoked or packed into a pipe, bong, or vape device. For concentrated cannabis, a "dab pen" is a popular form of vape.



THC: The main psychoactive chemical in cannabis. It causes the 'high'.

CBD: The non-intoxicating component that may have some calming effect.

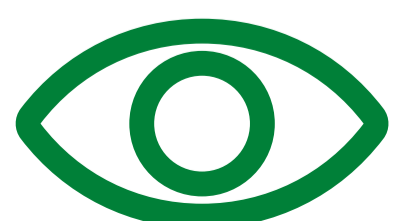
What are the effects?



The effects of cannabis depend many factors, like mood, food intake, the amount of THC, taking other drugs, and tolerance.



The THC in cannabis may make you more talkative. However, it can also cause panic and paranoia.



THC can cause senses to be felt differently, such as taste, touch, and hearing.



Inhaled cannabis can irritate the mouth, throat, and lungs, potentially causing infections and a lingering cough.



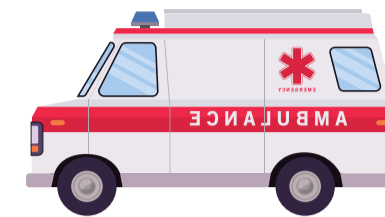
Regular use may lead to dependence and addiction. It may be hard to stop using cannabis, even if you know it's negatively affecting you.



Regular cannabis use may worsen symptoms for individuals with mental health disorders or a family history of such conditions.

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When do you seek emergency help?



"Greening out": A term given to cannabis overdose or poisoning (taking too much cannabis)

Signs: Signs of taking too much cannabis include intense anxiety, panic, dizziness, intense nausea or vomiting. Additionally, some individuals may experience shortness of breath, rapid heartbeat, chest pain, or hallucinations.

Get help right away! Cannabis overdoses or poisonings are rarely fatal but can be very distressing.

Did you know?

It is illegal to use cannabis in public places or in vehicles.

The legal age to consume cannabis is 19 years old.



How to stay safer?

Not using cannabis is the best way to stay safer and avoid harms.

If you still decide to use cannabis, consider these harm reduction strategies:

- 1 Timing Matters:** Avoid using cannabis before school, work or driving, as it impairs concentration and reaction time.
- 2 Plan for Safety:** Ensure you have a designated ride and consider carrying condoms if sexual activity may occur.
- 3 Start Low & Go Slow:** Try a small amount and wait to feel the full effects. Choose products with a lower amount of THC and an equal or higher amount of CBD.
- 4 Moderate Use:** Use in moderation to prevent brain fog and potential strain on relationships.
- 5 Be Mindful of Inhalation:** Avoid inhaling smoke deeply or holding your breath, this can harm your lungs.
- 6 Don't Mix (Cross-Fading)!** Mixing cannabis with tobacco, alcohol, or other substances will increase impairment and the risk of serious health effects.
- 7 Don't use alone.** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.
- 8 Choose legal!** Get cannabis from a licensed store. Illegal and synthetic cannabis products (e.g., K2, Spice) may contain other substances such as fentanyl that can cause serious health problems such as accidental overdose or poisoning. [Click here](#) for a list of cannabis retailers in Newfoundland and Labrador.

Vaping

Vaping cannabis can still pose risks to your lungs. Contaminants from the vape may be inhaled. Some unregulated cannabis retailers may sell c-liquid, which could be tampered with further increasing potential hazards.

Learn more about ways you can stay safe when using cannabis: [Canada's lower-risk cannabis use guidelines](#)

For more information visit us at:

www.DECYDE.ca

These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

1. Fischer, B., Robinson, T., Bullen, C., et. al. (2022). Lower-Risk Cannabis Use Guidelines (LRCUG) for reducing health harms from non-medical cannabis use: A comprehensive evidence and recommendations update. International Journal of Drug Policy, 99(2022), <https://doi.org/10.1016/j.drugpo.2021.103381>
2. Gorelick, D.A. (2022). Cannabis Use and Disorder: Epidemiology, pharmacology, comorbidities, and adverse effects. *UpToDate*. Retrieved on september 25 2023 from <http://www.uptodate.com>
3. Government of Canada. (2023). Cannabis use, effects and risks. Health Canada. <https://travel.gc.ca/travelling/health-safety/drugs>.