

# ABOUT CANNABIS

Effective October 17, 2019, edible cannabis, topical cannabis and cannabis extracts will be legal and available across Canada. Edible cannabis refers to products that have been infused with cannabis. While products may not be available on shelves right away, it is important to be aware of how different consumption methods can impact your health and overall well-being.

## THC VERSUS CBD

THC and CBD are the two main components of cannabis and can exist in varying degrees. THC is the psychoactive component and is responsible for causing feelings of “high” or “euphoria”. CBD is the non-psychoactive component that can be incorporated into different products to manage a variety of health issues.



**DIVISION OF STUDENTS**  
**PARTNERS IN STUDENT SUCCESS**

# CANNABIS 101

## SAFER WAYS TO USE CANNABIS

## RESOURCES

For more information, please contact:

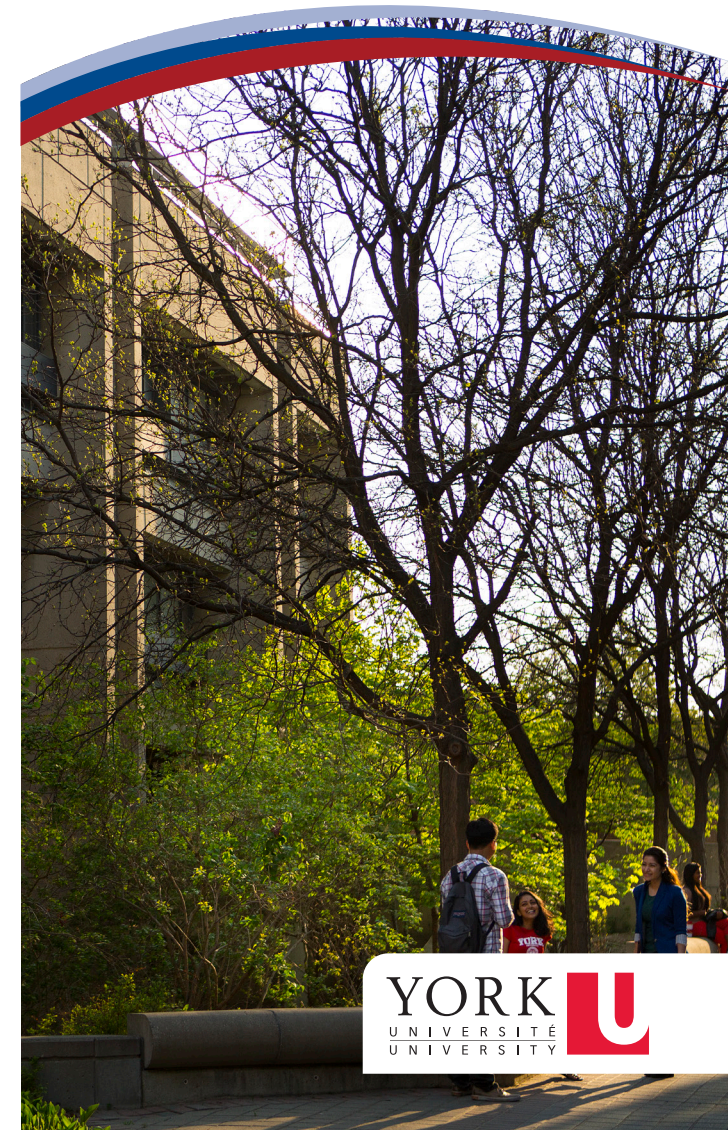
**Cannabis at York University**  
[campuslife.yorku.ca/cannabis](http://campuslife.yorku.ca/cannabis)

**Health Education and Promotion**  
[healthed.sclld.yorku.ca](http://healthed.sclld.yorku.ca)

**Centre for Addiction and Mental Health**  
[camh.ca](http://camh.ca)

**North York General Hospital -  
Addiction Program**  
[nygh.on.ca/areas-care/mental-health/  
addiction-program](http://nygh.on.ca/areas-care/mental-health/addiction-program)

Contact Us:  
**Health Education & Promotion**  
S172 Ross Building  
[healthed@yuoffice.yorku.ca](mailto:healthed@yuoffice.yorku.ca)

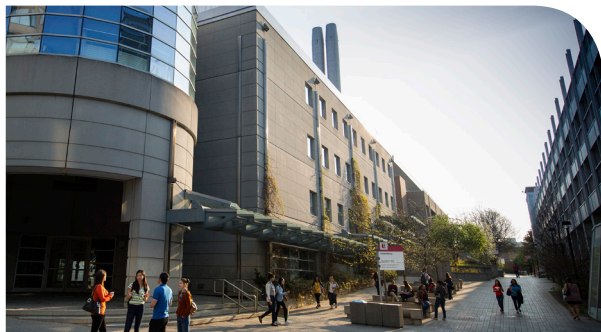






## INHALANTS

- Cannabis smoke or vapour is delivered into the lungs where it passes directly into your bloodstream and then into your brain.
- Immediate effects can be felt in seconds to minutes. Full effects can be felt within 30 minutes.
- Inhalant cannabis effects can last up to six hours, with some effects lasting as long as 24 hours.
- Cannabis smoke can contain carcinogens similar to cigarette smoke. Repeated exposure may lead to health risks or chronic diseases.



## EDIBLES

- Edible cannabis travels to your stomach then to your liver before getting into your bloodstream and brain.
- Effects can be felt within 30 minutes to two hours. Full effects can peak within four hours.
- Effects can last up to 12 hours after use. Some residual effects can last up to 24 hours.
- The experience of ingesting cannabis (edibles, infused beverages, extracts) is different from smoking or vaporizing. It can take longer to feel the effects, and the feeling of euphoria (high) may differ and can last much longer.
- Be patient. Allow four to six hours between servings to ensure that you don't overdose.

## SAFER USE TIPS

- If you choose to use, start low and go slow. Limit use as much as possible.
- Delay first use. Early use can impact brain development before age 25.
- Choose low-strength products such as those with lower THC content or a higher ratio of CBD to THC.
- Avoid mixing substances with cannabis to minimize harmful impact. Mixing substances increases your risk to experiencing serious adverse effects.
- Smoking cannabis can directly affect your lungs. If you choose to smoke cannabis, avoid inhaling deeply or holding your breath.
- Do not operate any motor vehicles while under the influence of cannabis.
- If you have a personal or family history of mental health issues, or you are on prescription medication(s), consult a physician prior to use.
- Buy from a licensed and reputable source.
- If you are concerned about problematic substance use, contact an addiction centre in your area.