



# CANNABIS CHECKLIST

BRAINTRUST  
CANADA

## CANNABIS (BEFORE)

- Buy Legal
- Secure Your Supply
  - Label and store in a safe location
- Educate
  - Talk to youth about Cannabis
  - Explore Cannabis facts together
- Reconsider Use if...
  - Have a personal or family history of psychosis or substance use disorders
  - Are pregnant
  - Younger than 25 years old

## CANNABIS (AFTER)

- Hydrate
- Eat
- Sleep
- Take time to nourish yourself and give your body and mind what it needs

## CANNABIS (DURING)

- Start Low and Go Slow (2.5 mg< THC)
  - It may take 30-60 mins to feel the effects
- Choose a product low in THC, high in CBD
  - This is associated with the least amount of harms and risks
- Find alternate transportation
  - Don't drive under the influence of marijuana
- Avoid combining with other substances
- Avoid use of synthetic cannabinoids
  - K2
  - Spice
  - Etc.
- Vape or eat Cannabis instead of smoking
  - If smoking, don't hold your breath or inhale deeply
- Use in moderation (once per week <)