

CANNABIS



WILL SOON BE LEGAL IN CANADA AND THE NWT

Just because it's a plant doesn't mean it's totally harmless...

Parents can help their children to understand what is fact and what is fiction about cannabis.

6 things to talk about with your teen:

- 1** Mixing cannabis and alcohol or other drugs is risky and unpredictable.



- 2** People with mental health issues need to be extra careful with cannabis use as it can trigger a mental health crisis.

In the NWT, we've seen a rise in the number of young people admitted to the hospital in crisis after cannabis use.



- 3** Using cannabis to get through hard times can stop you from developing healthy ways of dealing with stress.



- 4** The brain is still developing until age 25. If you start at a young age and use often, cannabis can affect your attention, memory and ability to learn.



OFTEN = daily or near daily

- 5** Cannabis slows your reaction time and doubles your chance of being in a crash.

- 6** Talk about cannabis and other drugs with your kids – even if you use yourself.



The Cannabis Talk Kit is for anyone who wants practical ways to talk with teens about cannabis.

It is the first of a number of resources meant to provide guidance to residents about the risks and safe use of cannabis.

Until new federal and territorial cannabis laws come into force, it remains illegal to grow, possess or use cannabis for non-medicinal purposes in the NWT.

Check for the most current information on the status of these laws at www.gov.nt.ca/cannabis.

If you would like this information in another official language, contact us at 1-855-846-9601.

Need extra support or help?

- Contact your community counselling program
- The NWT Help Line offers 24/7 support to NWT residents. You don't need to give your name and it's free.

1-800-661-0844

Government of
Northwest Territories