

The image features a dark blue background with faint, repeating patterns of cannabis leaves and the word "cannabis". In the center, there is a large, stylized graphic of a cannabis leaf with green and brown tones. Overlaid on this is the word "Cannabis" in a large, orange, cursive script with a white outline. Below the main graphic, the word "cannabis" is written in a smaller, white, sans-serif font, followed by its phonetic transcription in square brackets.

Cannabis

cannabis [kan-uh-bis]

1319 Colony Street, Saskatoon, SK S7N 2Z1

Bus. 306-651-4300 Fax. 306-651-4301

info@skprevention.ca

www.skprevention.ca

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What is cannabis?

Cannabis comes from the cannabis plant. Cannabis is also known as weed, marijuana, hashish, hash, shatter, and pot.

Cannabis can be:

- inhaled (e.g., smoked, vaped)
- swallowed (e.g., in food and drinks)
- placed under the tongue (e.g., strips and sprays)
- applied on the skin (e.g., oils and creams)

Cannabis contains hundreds of chemicals. Most people only know about THC and CBD.

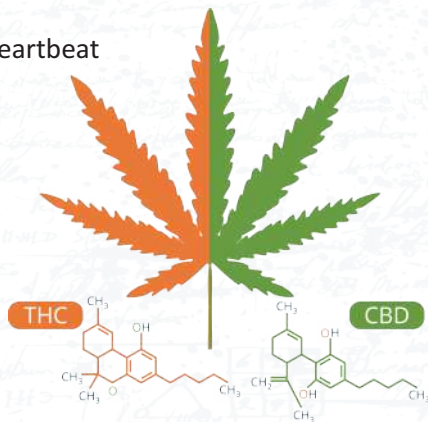
Tetrahydrocannabinol (THC) is the chemical in cannabis that makes people feel high. High is a word used to describe the effects of cannabis and how someone feels when they use cannabis. The strength of the cannabis product depends on how much THC is in it. The highest THC levels are found in hash oil, followed by hashish (resin), and marijuana (dried leaves/flowers).

Cannabis is now legal for adults in Canada (2018), but this does not necessarily mean it is safe to use.

Cannabidiol (CBD) is another chemical in cannabis. CBD does not make people feel high. CBD can reduce some of THC's effects. Some research suggests CBD has medical benefits. This booklet does not provide information on possible medical benefits.

The effects of using cannabis can include:

- euphoria (feeling high)
- feeling relaxed
- feeling hungrier than usual
- rapid, strong, or irregular heartbeat
- anxiety
- problems paying attention
- problems with memory
- difficulty making decisions



Cannabis contains hundreds of chemicals. THC and CBD are two of them.

What are the long-term effects of using cannabis?

Long-term effects of using cannabis can include:

- addiction (psychological and physiological dependence)
- problems with lungs and airways (e.g., lung infections; a chronic, long-term cough; bronchitis)
- problems with memory, attention, learning, and problem-solving
- increased risk of depression and anxiety

For more information:

- Centre for Addiction and Mental Health. (2018). *Canada's Lower-Risk Cannabis Use Guidelines (LRCUG)*.
www.camh.ca
- Government of Canada. (2019). *Cannabis in Canada: Get the Facts*.
www.canada.ca
- Government of Saskatchewan. *Cannabis in Saskatchewan*.
www.saskatchewan.ca



Cannabis and Pregnancy

Can cannabis make it harder to get pregnant?

Cannabis use may make it harder to get pregnant (impact fertility). Heavy cannabis use may affect the menstrual cycle. Men who use cannabis may have a lower sperm count and poorer sperm quality.

Is cannabis safe to use in pregnancy?

There is no amount of cannabis that is known to be safe during pregnancy. This includes while a woman is trying to get pregnant. Researchers and doctors recommend that not using cannabis is the safest choice.

How can cannabis harm the fetus?

Cannabis use during pregnancy may harm the developing fetus.

- The baby may be small and grow more slowly.
- The baby may be premature (born too early).
- The baby may have birth defects.

**There is NO KNOWN SAFE AMOUNT OR TIME
for cannabis use in pregnancy.**

Exposed babies might also have problems as they grow up, such as:

- poorer memory and verbal skills
- learning problems
- changes in behaviour (e.g., being impulsive and hyperactive)

What happens if it is hard to stop using cannabis?

If a pregnant woman cannot stop using cannabis, she should try to use smaller amounts and use less often. This may lower the risk of harm to the baby.

Where can someone get help?

People who want help with substance use can contact:

- Saskatchewan HealthLine at **811** for advice and support
- Doctor or local healthcare provider
- Local addictions services

For more information:

- Best Start. (2019). *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting*.
www.beststart.org
- Canada FASD Research Network. (2018). *CanFASD Issue Paper: Cannabis Use During Pregnancy*.
www.canfasd.ca
- Canadian Centre on Substance Use and Addiction. (2018). *Clearing the Smoke on Cannabis: Maternal Cannabis Use during Pregnancy - An Update*.
www.ccdus.ca
- Saskatchewan Prevention Institute. (2018). *Cannabis Use in the Childbearing Years: An Evidence Summary for Healthcare Providers*.
www.skprevention.ca



Cannabis and Breastfeeding

Can cannabis be used while breastfeeding?

The chemicals in cannabis can be passed to a baby through breast milk. This happens because the chemicals are stored in body fat. These chemicals can take up to 30 days to leave the body. This means that pumping and dumping breast milk will not make it safer for a baby.

Drinking breast milk that has cannabis in it can make babies:

- have less energy (lethargic)
- develop poor feeding habits
- be slower to develop bones and muscles
- be slower to move around
- be slower to explore the environment

**There is NO KNOWN SAFE AMOUNT of
cannabis when breastfeeding.**

For more information:

- Best Start. (2019) *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting*.
www.beststart.org
- Saskatchewan Prevention Institute. (2018) *Cannabis Use in the Childbearing Years: An Evidence Summary for Healthcare Providers*.
www.skprevention.ca
- Society of Obstetricians and Gynaecologists of Canada. (2018). *SOGC's statement on cannabis use in pregnancy and breastfeeding*.
www.pregnancyinfo.ca



Cannabis and Parenting

Does being high affect parenting?

Being high can affect reaction times, the ability to make decisions, and the ability to keep children safe. When a parent is paying attention and is engaged, it helps build a child's development and attachment. If a parent is high and not paying attention, it can affect how the parent and child relate to each other. It can also affect the parent's ability to actively supervise the child, increasing the risk of injury.

A parent who is high may miss a child's signs:

- of hunger
- to be comforted
- of needing help
- to play and learn

Can driving while high harm children?

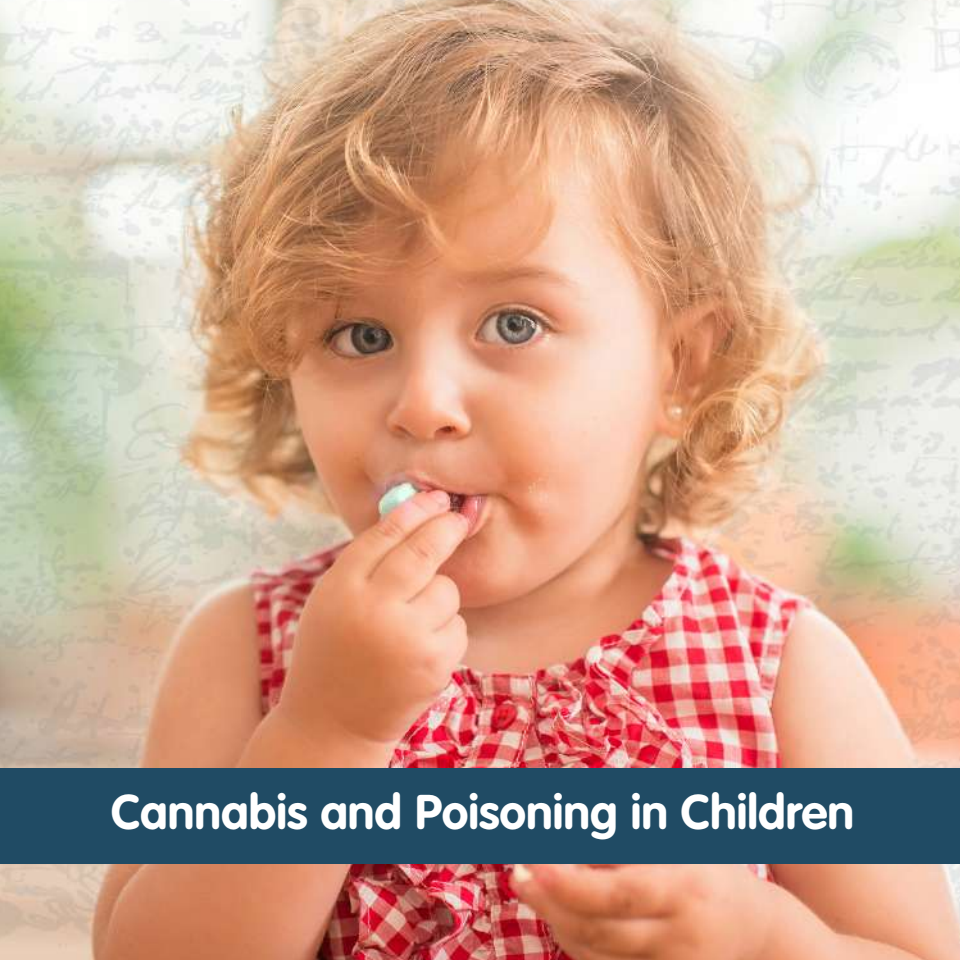
Parents can also put their children in danger if they are high while driving. That is because judgement and decision-making may be impaired.

Is smoking cannabis safe around children?

Second-hand cannabis smoke may cause some of the same health problems for children as second-hand tobacco smoke. That is why it is safest to not smoke cannabis around children.

For more information:

- Best Start. (2019). *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting*.
www.beststart.org
- Government of Canada. (2018). *Thinking about using cannabis while parenting?*
www.canada.ca
- Saskatchewan Prevention Institute. (2018). *Cannabis Use in the Childbearing Years: An Evidence Summary for Healthcare Providers*.
www.skprevention.ca



Cannabis and Poisoning in Children

Can children be harmed by cannabis?

Children may be poisoned if they eat items containing cannabis. Cannabis poisoning in children is most common when children mistake foods containing cannabis for regular foods (e.g., gummy bears, brownies, lollipops, sweet drinks).

Younger children are at a higher risk of poisoning because they are smaller and weigh less. This makes them more sensitive to the chemicals in cannabis.

How much cannabis can harm a child?

Even small doses of cannabis can be dangerous to children. The effects of cannabis poisoning are also more severe in younger children. Potential harms associated with cannabis poisoning include respiratory distress and admission to intensive care units.

**Even SMALL AMOUNTS of cannabis
CAN BE DANGEROUS for children.**

What are the signs of cannabis poisoning?

Signs of cannabis poisoning include:

- changes in heart rate (higher or lower)
- changes in blood pressure (higher or lower)
- sleepiness, weakness, and dizziness
- confusion and poor concentration
- nausea/vomiting
- anxiety, panic attacks, and paranoid thoughts
- seizures

When cannabis is eaten or drunk, it takes longer to affect the body and brain. It usually takes 30 to 60 minutes after being eaten to start showing effects. The effects can last 4 to 6 hours after being eaten. Since it takes longer to feel the effects, someone may eat more of the cannabis product, leading to a more severe poisoning.

Older children and teens can also be poisoned by cannabis.

How can cannabis poisoning be prevented?

Keep all cannabis products, including edibles, out of the reach of children. Children will not be able to see or taste the difference between an edible and a regular treat. An edible may taste really good, and a child may eat a large amount quickly.

Store all cannabis products in a locked space out of the sight and reach of children. If possible, store them in the original packaging or in child-resistant containers that are clearly labelled.

Children like to copy the actions of adults. It is recommended not to use cannabis, in any form, in front of children.

Talk with family members, friends, and others who care for your children. Ask anyone whose home your children spend time in to store any cannabis products safely and to not use them in front of your children.

SAFE STORAGE: Store cannabis products out of sight and out of reach of children. It is best to store cannabis in a locked cabinet or box.

What should I do if I think a child has been poisoned?

Keep the number of your local poison control centre near your phone and store the number in your contacts.

If you think a child has eaten a cannabis product, contact Saskatchewan's Poison Control Centre at **1-866-454-1212** immediately. If your child is not conscious, dial **911**.

For more information:

- Eastern Ontario Health Unit. *Cannabis and Youth Health*. www.eohu.ca
- Government of Canada. (2018). *Thinking about using cannabis while parenting?* www.canada.ca
- Saskatchewan Prevention Institute. (2018). *Cannabis and Poisoning in Children*. www.skprevention.ca



Cannabis and Youth

How safe is cannabis for young people?

In Saskatchewan, cannabis is legal for people 19 years of age and older. However, it is healthiest to wait until the age of 25. This is because the brain continues to develop until the mid-twenties. Using cannabis can affect the developing brain. Earlier and more frequent use of cannabis increases risks, such as addiction.

Using cannabis when young can cause problems with:

- memory
- thinking
- attention span
- mental health problems
- addiction

**In Saskatchewan, cannabis is not legal
for people under the age of 19.**

Where can young people get help?

Youth who want help with substance use or other problems can contact:

- Kids Help Phone:
1-800-668-6868
Crisis text line: Text CONNECT to **686868**
www.kidshelpphone.ca
- Saskatchewan HealthLine at **811**
- A healthcare provider
- Local addictions services

For more information:

- Addictions Foundation of Manitoba. *Weeding out the facts*.
www.weedingoutthefacts.ca
- Centre for Addictions and Mental Health. (2018). *Canada's Lower-Risk Cannabis Use Guidelines (LRCUG) - The Blunt Truth: Useful Tips about Safer Ways to Use Cannabis*.
www.camh.ca
- Drug Free Kids Canada. (2017). *Cannabis talk kit: How to talk to your kid about cannabis*.
www.drugfreekidscanada.org
- Government of Saskatchewan. *Cannabis and your health*.
www.saskatchewan.ca

Support and Information

For help quitting, a person can contact:

- Saskatchewan HealthLine at **811**
- Government of Saskatchewan Mental Health and Addiction Support Services
www.saskatchewan.ca
- HealthLine online at www.HealthLineonline.ca
- A healthcare provider
- Kids Help Phone:
1-800-668-6868
Crisis text line: Text CONNECT to **686868**
www.kidshelpphone.ca

If a child has eaten a cannabis product, contact Saskatchewan's Poison Control Centre at **1-866-454-1212** immediately. Dial **911** if your child is not conscious.

For more information about cannabis, visit the Saskatchewan Prevention Institute's website at www.skprevention.ca.

A reference list is available on request.

The background features a dark blue-grey color with several large, stylized fern fronds in shades of green and brown. Overlaid on this is a faint, repeating pattern of cursive handwriting in a light grey color.

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our goal is **healthy children**

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