Substance Use Fact Sheet

SUBSTANCE INFORMATION | CANNABIS

This Fact Sheet is a compilation of trustworthy resources to support your learning about Cannabis.

CANNABIS RESOURCES

Cannabis is a psychoactive drug that is used for recreational and medical purposes. Cannabis is legal for adult use in Canada. Individuals 19 or older in BC may possess up to 30 grams of cannabis in a public place. Cannabis is regulated by the province of BC.

Click on the links below for more information.

Understanding Cannabis Legalization	Cannabis and Health
Get Cannabis Clarity - Legalization	Health Link BC: Cannabis
Cannabis Federal Guidelines	Cannabis and Your Health
Regulations: Cannabis Edibles, Extracts, Topicals	Cannabis Use, Effects and Risks
Legal Cannabis Packaging and Labelling in Canada	Cannabis Use and Mental Health
Packaging and Labelling Guide for Cannabis Products	Health Effects Facts Sheet

Cannabis and Youth	Cannabis Harm Reduction
10 Questions About Cannabis Use for Teens	10 ways to Reduce Risks to Your Health When Using Cannabis
10 Questions About Teen Cannabis Use for Caregivers	Women and Cannabis
Drug Free Kids - Cannabis	Edibles: Start Low and Go Slow
Cannabis Talk Kit: How to Talk to Your Teen	7 Things You Need to Know About Cannabis Extracts
What Parents/Guardians and Caregivers Need to Know	7 Things You Need to Know About Cannabis Edibles
Cannabis Use and Youth: A Parent's Guide	Cannabis Use During Pregnancy and Lactation
Talking with Your Teens About Vaping	Vaping Tobacco and Marijuana
Foundry: Everything Cannabis	Synthetic Cannabinoids