

# CANNABIS: Key Messaging

## Community

	Key Messaging	Resources
<p><b>General</b></p>	<ul style="list-style-type: none"> <li>○ After alcohol, cannabis is the most widely used substance in Canada.</li> <li>○ The best way to protect your health is to not use cannabis.</li> <li>○ Avoid cannabis use if you are at risk for mental health problems</li> </ul> <p><b>If you use cannabis:</b></p> <ul style="list-style-type: none"> <li>○ Purchase your cannabis from a licensed retailer.</li> <li>○ Identify and choose lower-risk cannabis products.</li> <li>○ Limit and reduce how often you use cannabis. Try to take breaks or “days off” from cannabis use to reduce the long-term impacts on your health.</li> <li>○ If you smoke cannabis, avoid harmful smoking practices: deep inhalation &amp; breath-holding</li> <li>○ Short-term effects of cannabis use:             <ul style="list-style-type: none"> <li>● Impair your ability to drive safely or operate equipment</li> <li>● Make it harder to learn and remember things</li> <li>● Affect mood and feelings</li> <li>● Affect mental health</li> </ul> </li> <li>○ Long-term effects of cannabis use:             <ul style="list-style-type: none"> <li>● Hurt the lungs and make it harder to breath</li> <li>● Affect mental health</li> <li>● Make you physically dependent or addicted</li> </ul> </li> <li>○ Keep cannabis in a safe place where your children cannot reach it. Cannabis in food products, such as cookies and brownies, can be especially tempting to curious children.</li> <li>○ If your child eats or drinks cannabis by accident, seek medical attention right away.</li> <li>○ Should you experience severe symptoms from cannabis use, such as disorientation, shaking, shortness of breath and/or vomiting, seek immediate medical assistance.</li> <li>○ You should speak with your medical and public health professionals for more information about using cannabis and its effects on your health.</li> </ul>	<p><a href="#">Cannabis in Newfoundland and Labrador</a> Website</p> <p><a href="#">Cannabis Health Effects</a> (Government of Canada)</p> <p>Canada’s Lower-Risk Cannabis Use Guidelines:</p> <ul style="list-style-type: none"> <li>○ <a href="#">General Brochure</a></li> <li>○ <a href="#">For Professionals</a></li> <li>○ <a href="#">Full Text Article</a></li> </ul> <p><a href="#">Clearing the Smoke on Cannabis</a> (CCSA)</p> <p><a href="#">Canada's New Cannabis Act</a> (Government of Canada) Video</p> <p><a href="#">Cannabis Myths</a></p>

<b>Cannabis Use and Driving</b>	<ul style="list-style-type: none"> <li>○ Never get into a car with an impaired driver. It is not worth the risk.</li> <li>○ Driving while impaired by cannabis is illegal in Canada-- you could face legal consequences.</li> <li>○ Cannabis impaired driving can result in injury or death for you, your passengers and others. Cannabis: <ul style="list-style-type: none"> <li>● impairs your judgement</li> <li>● affects your ability to react</li> <li>● increases your chances of being in a crash</li> </ul> </li> <li>○ Mixing cannabis with alcohol increases your level of impairment and leads to an even greater risk of an accident.</li> <li>○ After consuming cannabis, wait at least 6 hours or longer before operating a motorized vehicle.</li> </ul>	<p><a href="#">Don't Drive High</a> (Government of Canada)</p> <p><a href="#">Cannabis In Canada: Impaired Driving</a> (Government of Canada)</p> <p><a href="#">Clearing the Smoke on Cannabis: Cannabis Use and Driving</a> (CCSA)</p> <p><a href="#">Impaired Driving Laws</a> (Department of Justice)</p>
<b>Cannabis Use &amp; Dependence</b>	<ul style="list-style-type: none"> <li>○ Some people who regularly use cannabis become dependent on it and find it hard to quit. This means that they keep using cannabis even though it's having harmful effects on their lives.</li> <li>○ The risk of dependence is higher in people who: <ul style="list-style-type: none"> <li>● Start using marijuana when they're young.</li> <li>● Use it every day.</li> <li>● Have mental health problems.</li> </ul> </li> <li>○ People who use cannabis often and then quit may have withdrawal symptoms. These include anxiety, trouble sleeping, and intense cravings for the drug.</li> <li>○ Know that there are ways to change this and people who can help you. If you need more information or support, talk to your doctor or primary care provider.</li> </ul>	<p><a href="#">CANNABIS EVIDENCE BRIEF: Is cannabis addictive?</a> (Government of Canada)</p>
<b>Medical Cannabis Use</b>	<ul style="list-style-type: none"> <li>○ While cannabis is used by some people for their health problems, determining whether cannabis is appropriate to treat your symptoms is best done through a discussion with a health care practitioner.</li> <li>○ While anyone over the age of 19 may purchase non-medical cannabis through Licensed Cannabis Retailers and online, medical cannabis patients are encouraged to follow the advice of their healthcare professionals and receive products through their existing medical channels</li> </ul>	<p><a href="#">Cannabis for Medical Purposes</a> (Government of Canada)</p>
<b>Legalization in Newfoundland &amp; Labrador</b>	<ul style="list-style-type: none"> <li>○ Cannabis is scheduled to be legalized in Canada on October 17th, 2018.</li> <li>○ The legal age to purchase, use and possess Cannabis in Newfoundland and Labrador will be 19.</li> </ul>	<p><a href="#">Cannabis in Newfoundland and Labrador</a> (Government of NL)</p>

	<ul style="list-style-type: none"> <li>○ Once legalized, products available for sale will include cannabis Flowers, Plants, Seeds and Oils. Other cannabis products such as edibles and concentrates are still under review by Health Canada with a decision pending in 2019.</li> </ul>	<p><a href="#">Cannabis NL</a> (Newfoundland Labrador Liquor Corporation)</p> <p><a href="#">Legalizing and strictly regulating cannabis: the facts</a> (Government of Canada)</p>
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## Youth & Emerging Adults

	Key Messaging	Resources
<b>General</b>	<ul style="list-style-type: none"> <li>○ The best way to protect your health is to not use cannabis.</li> <li>○ You are more likely to experience harms from cannabis because your brain is still developing until around the age of 25. The earlier you start using cannabis the more harm it can do. Some of these harms may never go away.</li> <li>○ Using cannabis regularly may lead to long-term problems with memory, cognition and attention. It may also affect your ability to think and make decisions in all aspects of your life including school, recreational activities and relationships.</li> <li>○ Higher-strength products carry greater risks of harms.</li> <li>○ Your life can change in an instant. Don't Drive High</li> <li>○ The effects of cannabis may be increased if it's used often or taken with alcohol or other drugs. It's important to know what — and how much — you're taking in order to stay safe.</li> <li>○ Should you experience severe symptoms from cannabis use, such as disorientation, shaking, shortness of breath and/or vomiting, seek immediate medical assistance.</li> <li>○ If you need more information or support, talk to your doctor or primary care practitioner.</li> </ul>	<p><a href="#">Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies</a> (CCSA)</p> <p><a href="#">CANNABIS EVIDENCE BRIEF: Is cannabis safe to use? Facts for youth aged 13-17 years.</a> (Government of Canada)</p> <p><a href="#">CANNABIS EVIDENCE BRIEF: Is cannabis safe to use? Facts for youth aged 18-25 years.</a> (Government of Canada)</p> <p><a href="#">The Effects of Youth Cannabis Use on the Developing Brain – Myth Busting</a> (CCSA) Video St. John's ,NL</p>
<b>Cannabis Use &amp; Dependence</b>	<ul style="list-style-type: none"> <li>○ Some people who regularly use cannabis become dependent on it and find it hard to quit. This means that they keep using cannabis even though it's having harmful effects on their lives.</li> <li>○ When you are a teen or young adult and your brain is still developing, you are more likely to become dependent to cannabis.</li> <li>○ Cannabis dependence can have negative effects on how you study, work and hang out with your friends.</li> </ul>	<p><a href="#">Marijuana and Youth</a> (CCSA)</p> <p>Canada's Lower-Risk Cannabis Use Guidelines:</p> <ul style="list-style-type: none"> <li>○ <a href="#">Youth Brochure</a></li> <li>○ <a href="#">General Brochure</a></li> <li>○ <a href="#">For Professionals</a></li> </ul>

	<ul style="list-style-type: none"> <li>○ If you are concerned about your cannabis use, talk to a trusted adult and learn ways that can help you avoid becoming addicted.</li> </ul>	<p><a href="#">Don't Drive High</a> (Government of Canada)</p> <p><a href="#">CANNABIS EVIDENCE BRIEF: Is cannabis addictive?</a> (Government of Canada)</p>
<b>Parents &amp; Caregivers of Youth</b>	<ul style="list-style-type: none"> <li>○ Start the conversation about cannabis early, talk often and be open.</li> <li>○ Parents who provide their kids with balanced information about the effects associated with cannabis (often called marijuana) can help them make informed decisions.</li> <li>○ Parents play a vital role in teaching young people to drive responsibly. That means teaching them not to drive impaired.</li> <li>○ Look for opportunities to start the conversation.</li> </ul>	<p><a href="#">Cannabis Talk Kit: Know how to talk with your teen</a> (Drug Free Kids Canada)</p> <p><a href="#">How should you talk to kids about cannabis?</a> (Government of NL) Video</p> <p><a href="#">Talking with Teens about Drugs</a> (Government of Canada)</p> <p><a href="#">Marijuana: What parents need to know</a> (Canadian Pediatric Society)</p>

### Maternal: preconception, pregnancy, & breastfeeding

	Key Messaging	Resources
<b>General</b>	<ul style="list-style-type: none"> <li>○ There is no known safe amount of cannabis use during pregnancy or breastfeeding. The safest approach is to not use cannabis.</li> <li>○ Cannabis smoke contains many of the same harmful chemicals as tobacco smoke.</li> <li>○ If you are using cannabis or cannabis products for medical purposes, talk to your healthcare provider about safer alternatives during pregnancy and breastfeeding.</li> <li>○ It is important to tell your healthcare provider if you and/or your partner are using cannabis and you want to become pregnant, you are pregnant or breastfeeding.</li> </ul>	<p><a href="#">Women and Cannabis</a></p> <p><a href="#">CANNABIS EVIDENCE BRIEF: Is cannabis safe during preconception, pregnancy and breastfeeding?</a> (Government of Canada)</p> <p><a href="#">Clearing the Smoke on Cannabis: Maternal Cannabis Use during Pregnancy</a> (CCSA)</p> <p><a href="#">Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting</a> (Best Start Resource Centre)</p>
<b>Preconception</b>	<ul style="list-style-type: none"> <li>○ Using cannabis may harm the fertility of both men and women and decrease the ability to become pregnant.</li> </ul>	
<b>During Pregnancy</b>	<ul style="list-style-type: none"> <li>○ There is no known safe amount of cannabis use during pregnancy. The safest approach is to not use cannabis.</li> </ul>	

	<ul style="list-style-type: none"> <li>○ Using cannabis to help with nausea or vomiting during pregnancy is not recommended. Talk to your healthcare provider about safer alternatives.</li> <li>○ Using cannabis during your pregnancy may result in your baby having a lower birth weight.</li> <li>○ Using cannabis during pregnancy may harm your child’s brain development and lead to: <ul style="list-style-type: none"> <li>● problems understanding, learning, remembering or succeeding at school</li> <li>● hyperactivity, inattentiveness or impulsive behavior</li> <li>● increased risk of depression or anxiety</li> </ul> </li> </ul> <p>These effects may last throughout your child’s life.</p>	<p>Canada’s Lower-Risk Cannabis Use Guidelines:</p> <ul style="list-style-type: none"> <li>○ <a href="#">General Brochure</a></li> <li>○ <a href="#">For Professionals</a></li> <li>○ <a href="#">Full Text Article</a></li> </ul>
<b>Breastfeeding</b>	<ul style="list-style-type: none"> <li>○ There is no known safe amount of cannabis use while breastfeeding. The safest approach is to not use cannabis.</li> <li>○ If using cannabis affects your mind and body, it may also affect your child’s mind and body.</li> <li>○ Babies who have been exposed to cannabis through breast milk may become drowsy and have a hard time latching properly.</li> </ul>	

### Western Health Workplace

	Key Messaging	Resources
<b>General</b>	<ul style="list-style-type: none"> <li>○ Cannabis is considered an intoxicating substance, similar to alcohol or prescription medication that results in impairment.</li> <li>○ According to section 26(2) of the Newfoundland and Labrador Occupational Health and Safety Regulations, 2012: <ul style="list-style-type: none"> <li>● “An employer, supervisor or worker shall not enter or remain on the premises of a workplace or at a job site while his or her ability to perform work responsibilities is impaired by intoxicating substances or another cause that endangers his or her health or safety or that of other workers.”</li> </ul> </li> </ul>	<p><b>Western Health Policy #2-03-20:</b> Staff Drug and Alcohol Use While Working, Performing Standby Duty, or Attending Organizational Sponsored Events</p> <p><a href="#">Cannabis in the Workplace</a> (Government of NL)</p>
<b>Medical Cannabis Use</b>	<ul style="list-style-type: none"> <li>○ When an employee claims a medical need for cannabis, the request should be treated in the same manner as any other request for accommodation involving a prescribed medication.</li> </ul>	<p><a href="#">Cannabis In Canada: Workplace Impairment</a> (Government of Canada)</p>