

Students



What you need to know...



ABOUT CANNABIS & SCHOOL

- ❖ Even though pot is going to be legal in Canada, it will still be illegal for children and youth under the age of 19 years old.
- ❖ It is the law – you can't have, use, sell or buy cigarettes, pot or alcohol on school property.
- ❖ Your brain will not fully develop until you are around 25 years old! Smoking pot can change how your brain works and your brain controls everything.
- ❖ Smoking pot can harm your ability to think, make decisions, and pay attention as well as slowing your reaction time. This can affect how you perform in sports and in school.
- ❖ The effects of pot can last for more than 24 hours after use.
- ❖ Starting to use cannabis as a teenager, and using it daily and over a long time, makes you more likely to become addicted and can harm your mental health.
- ❖ People with mental health issues or who have others in their family who have mental illness, need to be extra careful with cannabis use, as it can trigger a mental health crisis.
- ❖ To find out more, visit: <https://kidshelpphone.ca/get-info/cannabis-important-things-know/> or to talk to a counselor call the Kids Help Phone at 1-800-668-6868. It is free, anonymous and is available all the time, every day.

Know the Law - Know the Risks!

Government of
Northwest Territories