

# CANNABIS

## WHAT'S HAPPENING HERE:

U of M students were asked how prevalent they think cannabis is among students...

### PERCEPTION:

**12%** OF STUDENTS HAVE NEVER USED MARIJUANA

**21%** OF STUDENTS HAVEN'T USED MARIJUANA IN THE LAST 30 DAYS

### REALITY

**68%** OF STUDENTS HAVE NEVER USED MARIJUANA

**90%** OF STUDENTS HAVEN'T USED MARIJUANA IN THE LAST 30 DAYS

## SPOTLIGHT ON CANNABIS

- ▶ Cannabis can affect your physical, mental, emotional, and social health.
- ▶ Cannabis can impair memory and attention span, as well as increase anxiety.
- ▶ Your ability to drive safely can be impaired for 6 hours after using cannabis.
- ▶ It is possible to become addicted to cannabis.

## CANNABIS RESOURCES

### ON CAMPUS:

- Health and Wellness Office: 469 UMSU University Centre
- Student Counselling Centre: 474 UMSU University Centre  
Addictions Foundation of Manitoba Community Support Worker on campus
- University Health Service, 104 UMSU University Centre: **204-474-8411**
- Healthy U: [umanitoba.ca/student/health-wellness/healthyu](http://umanitoba.ca/student/health-wellness/healthyu)

### OFF CAMPUS:

- Addictions Foundation of Manitoba: **204-944-6200**

### ONLINE:

- Canadian Centre on Substance Use and Addiction: [cclt.ca](http://cclt.ca)
- Canada's Lower-Risk Cannabis Use Guidelines: [cpa.ca/lower-risk-cannabis-use-guidelines-canada](http://cpa.ca/lower-risk-cannabis-use-guidelines-canada)

## TAKE ACTION

- ▶ Join the 90% of students who do not smoke marijuana regularly, or remain one of 68% that have never used it.
- ▶ When cutting down on cannabis usage, try adding less to each joint/pipe/bowl in order to reduce your intake.
- ▶ Avoid synthetic cannabinoids (like K2 or Spice), as these have much higher health risks.
- ▶ Ask yourself why you use cannabis. Does it relieve stress or help you relax? Find a healthier way to meet these needs.
- ▶ Avoid smoking your cannabis. If you're going to use, vapourizers or edibles are your safest option as long as you know how much you're having.
- ▶ Know your personal risks. If you have a family member with mental illness, cannabis can increase your risk of developing the same.

*\*Data compiled from spring 2016 NCHA survey.*

*Source: Canada's Lower-Risk Cannabis Use Guidelines: Centre for Addiction and Mental Health, 2017.*

*Additional sources and references are available at: [umanitoba.ca/student/health-wellness/ncha-sources.html](http://umanitoba.ca/student/health-wellness/ncha-sources.html)*



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