

Cannabis Consumption — for — Weed Whizzes



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What are harm reduction alternatives to

cannabis

smoking

BEVERAGES

Cannabis beverages combine common drinks (eg. Soft drinks and sparkling water.) with cannabis oils.



- ⌚ Onset 30 minutes - 2 hours.
- ⌚ Duration 12 hours - 24 hours.

OILS / CAPSULES

Cannabis oils are consumed orally and contain high concentrations of THC and/or CBD and are often contained in soft gel capsules.



- ⌚ Onset Cannabis oils are administered sublingually with an onset of 20-40 minutes.
- ⌚ Duration Effects last 1-4 hours.

VAPING

Studies have found vaporizers decrease harm to the respiratory system when compared to smoking because the cannabis is vaporized around 185 celcius and forms THC without the toxic chemicals often present in combustion methods.



- ⌚ Onset Cannabis oils are administered sublingually with an onset of 20-40 minutes.
- ⌚ Duration Effects last 1-4 hours.

EDIBLES

Edibles provide a convenient way to consume cannabis and their portable character makes it easy for consumers to carry them outside their homes.



- ⌚ Onset Edibles are usually felt after approximately 15 to 45 minutes from consumption time.
- ⌚ Duration Effects last 5-8 hours.



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Our Partners



About us.

This project seeks to understand how young people in Canada are engaging with public education information about cannabis, and to use that information in collaboration with our partners to create more effective, stigma free, honest public education materials.

"Though you may know a lot about cannabis, there is always more to learn. Visit our website for stigma free info to help ensure you achieve your desired outcome when consuming cannabis."

Quinn,
The Budtender



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Many individuals use cannabis to help manage symptoms of mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and addiction.



Every consumer's body digests **THC** and **CBD** differently, so it is important to consider how the method of consumption and contents of the cannabis product you're consuming can significantly impact the psychoactive effects of the cannabis, and your experience.

What is Cannabis Use Disorder (CUD)?

Cannabis Use Disorder (CUD) is a very rare condition, affecting only 9% of cannabis consumers. While the risks are low, it is still important to be aware of how prolonged frequency and increased amounts of cannabis consumed can lead to dependency issues.



What is Cannabis Withdrawal Syndrome (CWS)?

Cannabis Withdrawal Syndrome (CWS) causes side effects due to decreased cannabis use that negatively impacts daily functioning, but is **non-life-threatening**.



You know your body best, so pay attention to its reaction to cannabis to ensure you are consuming in a way that is minimally harmful to you.



Why is important to be mindful of the frequency of your consumption?

Frequency of consumption can be a contributing factor to dependency, changes to the brain, mental health problems, and respiratory issues.

It's evident frequent consumers can reduce harms associated with cannabis consumption.

As well as monitoring the potency of cannabis products you're consuming.

Being aware of and minimizing your frequency of consumption can also potentially help.

Is there a relationship between cannabis use and mental health?

Both mental health issues and cannabis use are often influenced by additional environmental and genetic factors. Studies have shown that genetic predisposition to these conditions, combined with regular cannabis consumption, can increase the risk of developing some mental disorders. However, most individuals who use cannabis will not develop a mental health condition as a result of their use.

How can I reduce harm when smoking cannabis?



Avoid deep inhales

For those who prefer smoking dried flower, it is suggested that consumers avoid holding their breath for long durations as this increases the inhalation of tar and other toxic substances.



Duration

Some studies have proposed that the duration of inhalation has minimal impact on the amount of THC absorbed.

Why should you clean your bong?



Bongs should be cleaned regularly to prevent buildup of bacterial growth that may increase the likelihood of developing lung infections, as well as to prevent transmission of illnesses from one consumer to another. Visit our website or ask your local budtender for recommendations on proper bong cleaning practices.

CAN YOU MIX OTHER SUBSTANCES WITH CANNABIS SAFELY?

While mixing cannabis with alcohol may not lead to major health issues, mixing it with other substances (eg. Prescription and illicit drugs like opiates and cocaine) may have more severe impacts on your health. It is important to be aware of your tolerance and how your body reacts to each substance, as well as how these substances interact with cannabis inside the body, before you decide to consume them together. Consult your doctor if you're unsure of how cannabis can impact the effects of prescription medications.