

First-Time Cannabis Checklist

Fill in the circles that apply before your first-time cannabis consumption

1

I have selected a method of consumption that is right for me.

Whether it be inhalation, ingestion, topicals, or sublingual, I have selected a method that aligns with the desired effects of my consumption.

2

I have selected a strain that will provide me with my desired effects.

Each strain contains a varying amount of THC and CBD, so it is important to know how the potency of those cannabinoids when selecting a strain to achieve the desired results.

3

I have considered how the setting I am consuming in will impact my experience.

There is no one setting that will fit every customer, so there are many factors that create a pleasurable and desired experience for the user that need to be considered when deciding where they want to consume.

4

I have thought through the purpose of my consumption.

Whether it be recreationally, medically, or religiously/spiritually, it is important to consider the purpose of your consumption. Different cannabis products and consumption methods result in different outcomes for every individual, so knowledge of the potential effects of certain products, combined the intent of your consumption, helps you select products that will allow you to have the experience you desire.



Ava, a nug novice, completed this checklist before consuming.

Flip to complete checklist >

Feeling Ready to Consume?

Fill in the circles that apply before your first-time cannabis consumption

5



I am aware of what to do if I feel the effects of overconsumption.

If you start to feel any adverse effects, remember that they will only last a maximum of 2-3 hours for inhalation methods, and 4-6 hours for edibles. They will subside and you will be okay.

6



I have considered the 'start low go slow' method of consumption.

Start with lower dose and potency cannabis products, wait for the duration of the onset time to analyze its effects on the body, and then make the decision on whether to consume more. This method serves as a harm reduction technique to avoid any adverse reactions and the risk of overconsumption.

7



I have planned ahead for transportation home.

Studies have shown that cannabis can affect your cognitive and motor performance, and impair your ability to drive. Alternate ways of getting home include having a designated driver, calling a taxi or ride share, using public transit, or planning for an overnight stay.

8



I have someone I can talk to if I have questions or concerns about my consumption.

Make sure you have someone you trust to discuss your cannabis consumption with who can provide you with support if you need it. For research-based, stigma-free information about cannabis consumption visit our website.



Spencer, a calculated consumer, is now feeling ready to consume for the first time!

Download Digital Checklist Here!

