

# Cannabis: Information for Parents and Guardians

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Cannabis is now legal for those 19 years of age and older; however, legalization of cannabis does not make it safe or healthy.

## Know the Law

- In Ontario, it is illegal for youth under the age of 19 years to grow, possess, buy, sell, or share cannabis.
- Penalties for youth and adults who give or sell cannabis to minors include fines and jail time.
- Strict rules are in place for drug-impaired driving.
- You cannot smoke or vape cannabis at school, on school grounds, and all public areas within 20 metres of these grounds.

Resources:

- Ontario's new rules for Cannabis legalization - [Ontario.ca/Cannabis](https://www.ontario.ca/cannabis)

## Know the Drug

### Main ingredients

THC (tetrahydrocannabinol) and CBD (cannabidiol).

- THC is psychoactive and acts on the brain to create a "high" feeling.
- CBD is not psychoactive and being studied for medical uses.

Higher levels of THC increase the risk of psychosis. Adults should choose products with lower levels of THC.

**How it is used:** smoked, vaporized (vaping) through a bong, pipe or e-cigarette, mixed in food or drink, heated and inhaled (dabbing) as oil, wax, or in a form called shatter made from resin or hash.

Resources:

- Know the drug, Know your loved one, Know the risks - [MYCannabisIQ.ca](https://www.mycannabisiq.ca)

## Know the Risks

- Cannabis use can affect brain development and functioning in areas that are important for thinking and emotional processes.
- The brain continues to develop until age 25. Younger users are at higher risk.
- Not using cannabis is the best way to avoid effects on health.

### Cannabis use at an early age and regularly (every day) can:

- Impair cognition and emotions.
- Increase the likelihood of developing health, educational and social problems.
- Increase the chance of becoming addicted.
- Increase the chance of experiencing psychosis and schizophrenia.
- Teens with a personal or family history of mental health problems should avoid using cannabis.
- Like alcohol, cannabis impairs everyone's ability to drive.

Resources:

- Know the drug, Know your loved one, Know the risks - [MYCannabisIQ.ca](https://www.mycannabisiq.ca)

## Start the Conversation

To help prevent or delay the use of cannabis among teens and youth, parents should have open, honest and informed discussions about the risks of drug use.

Resources:

- Cannabis Talk Kit: Know How to Talk with Your Teen  
[bit.ly/drugfreekidsCanada](https://bit.ly/drugfreekidsCanada)
- Talking Pot with Youth  
[bit.ly/TalkingPotYouth](https://bit.ly/TalkingPotYouth)

