

KNOW THE *laws*



19+ to buy, possess or grow

If you are under 19, it is illegal to buy, possess or grow cannabis in Prince Edward Island.



Cannabis possession

Adults 19+ can carry up to 30 grams of dried cannabis or equivalent in public. There are no limits on how much is allowed in your home (except for number of plants).



Cannabis use at home, not in public

It is illegal to use cannabis in public spaces. Adults 19+ can use cannabis in a private home or yard with the owner's permission. If you are renting, check with your landlord.



Never use cannabis and drive

It's illegal to drive while impaired. You cannot use cannabis in any vehicle.



Four plants per house - max.

Your household may grow up to four plants at one time, regardless of stage of growth. Some conditions apply. If renting, you need written permission from your landlord.



No sharing with minors

It is illegal to share cannabis with minors. You can share cannabis with adults 19+.



Stash your stash

In your vehicle, cannabis must be kept away in a sealed container. At home, cannabis must be stored safely away from children.

If you choose to use cannabis and experience severe symptoms, such as disorientation, shaking, shortness of breath, paranoia, hallucinations, and/or vomiting, seek immediate medical assistance.

Call 9-1-1 right away to save a life or report a crime.

Call 8-1-1 for non-emergency health information.

Call Addiction Services toll-free 1-888-299-8399 to get help with addiction.

For the information you need about cannabis, visit

JUSTTHEFACTSPEI.CA

19+? UNDER 25?

Read up
BEFORE YOU
light up

Spoiler Alert: Just because the legal age for recreational cannabis use is 19+ doesn't make it safe for everyone to use. In fact if you are under 25 you are more at risk. Know the risks. Make an informed decision.

**JUST
THE
FACTS**

KNOW THE HEALTH & SOCIAL *risks of cannabis*

SHORT-TERM RISKS:

- Anxiety, fear or panic, and psychotic episodes.
- Confusion and fatigue.
- Impaired ability to pay attention, concentrate, and remember.
- Impaired perceptions, physical coordination, and slower reaction times.

How long the impairing effects of cannabis last depends on how it's consumed (smoked, vapourized, ingested) and how much is consumed, but the effects can last for at least six hours or longer after use.

Chill **OUT**
OR
stress **OUT**

While some say weed helps them relax, cannabis can also cause feelings of anxiety, fear and panic.

WAIT UNTIL LATER IN LIFE TO *use cannabis*

UNDER *25?*

Using pot, particularly frequent and heavy use, puts you at greater risk of...

- Disruption of normal brain development, which is underway until age 25.
- Poor performance in school and increased risk of dropping out.
- Mental health problems, such as anxiety, depression, psychosis and schizophrenia.
- Addiction and dependence.

WHAT IF
YOU CAN'T
quit
GETTING *lit*

1 in 6 cannabis users under 25 will develop an addiction.

OTHER LONG-TERM RISKS:

- Lowering your ability to concentrate, think and make decisions, and remember.
- If smoked, chronic bronchitis, lung infections, chronic cough.

IF I CHOOSE TO USE, HOW CAN I *reduce my risk?*

- Start with a small amount, with a low amount of THC, and see how it affects you before trying any more.
- Limit use. Use only occasionally (for example, one day a week).
- Keep it separate. Mixing alcohol and cannabis can lead to greater impairment.

WEED AND WHEELS
DON'T *mix*

DRIVING AND CANNABIS

Drivers who use cannabis are more likely to get into an accident than drivers who don't use and drive. When you're high, your reflexes are slower, your judgement is blurred, you may be sleepy, you may panic or hallucinate.

\$1000+ driving prohibitions can apply if convicted for impaired driving.

0 tolerance for drivers under 22 & novice drivers.

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