

How can I reduce risks from cannabis use?

If you do choose to use cannabis, the following can help you reduce the risks of negative consequences:

- Consume it less frequently and in lower concentration
- Obtain it from a reputable source where it has been lab tested for contaminants and potency
- Avoid smoking or vaping
- Do not drive while using cannabis or under the influence of cannabis

What about Spice/K2/Synthetic cannabis?

- This is a compound that is man-made to imitate THC.
- Synthetic cannabis is **not legal**.
- It has been shown to have significant health consequences including **death**, even when used infrequently in small quantities.

GreenlightLB serves those who live, work, and play in Long Beach through being an unbiased and trusted resource for health and safety information related to cannabis, and by ensuring that everyone can make informed decisions about cannabis use.

FOR MORE INFORMATION

City of Long Beach
Dept. of Health and Human Services
Cannabis Education Program

2525 Grand Ave.
Long Beach, CA 90815
562.570.4207

www.longbeach.gov/cannabisedu



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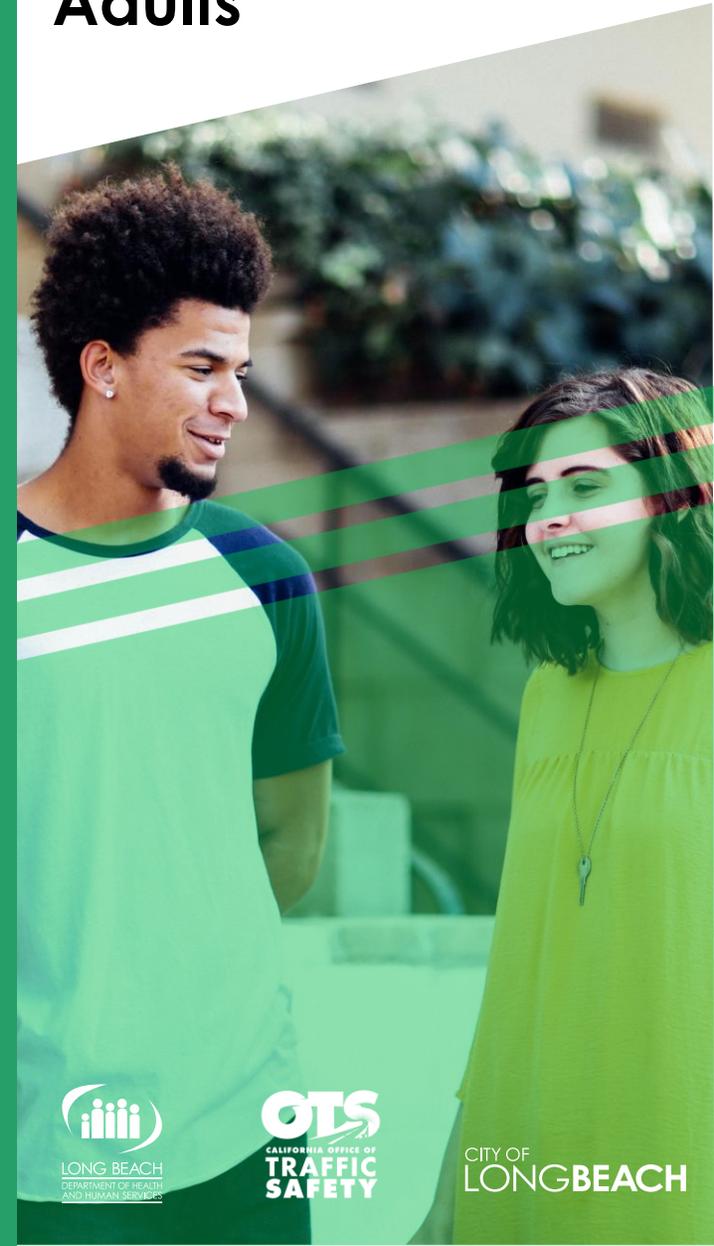
This information is available in alternative format by request at 562.570.4207. For an electronic version of this document, visit our website at www.longbeach.gov/cannabisedu

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Information For Youth and Young Adults



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Why should I care?

- It is **not legal** to use, carry, possess, grow, or process cannabis unless you either: (1) have a doctor's recommendation and are 18 years or older, or (2) are 21 years or older.
- Many studies suggest that using cannabis frequently and in high doses could have long-term health consequences. Since brains develop through 25 years of age, the younger a person is, the more likely they are to see negative health outcomes from use.
- Being high can affect short-term attention and concentration, which could lower academic achievement over time. A common woe of adults who used cannabis when they were younger is how much time they feel was wasted while being high.
- The younger you are when you start using cannabis or any other substance, the more likely you are to struggle with addiction later in life.

Everyone around me is using cannabis. What should I do?

It can be difficult to be different. Here are some things to keep in mind:

- Fewer of your peers use cannabis regularly than you think (in 2016, less than 7% of 12-17 year olds say they have used cannabis), and of those who do, many report using cannabis primarily to fit in. Be confident in your choices, and you may find many of your friends feel more comfortable following your example than you expect!
- Practice how you'll respond in a situation where you may be expected to use cannabis or other substances. You could say that you have a sports game or big test coming up, or that you're afraid your parents would find out and disapprove.

What if I use cannabis to help with anxiety or pain or other conditions?

- There is some evidence that compounds in cannabis may help alleviate pain and some other ailments, but we don't have enough evidence to confirm the long-term health outcomes associated with cannabis use. Everyone must weigh the possible short-term benefits against the potential long-term risks.
- We do know that cannabis use before complete brain development (around 25 years) can have lasting negative effects. We also know that cannabis can exacerbate existing mental health conditions or cause pre-disposed conditions, like anxiety, PTSD, or schizophrenia, to emerge.
- If you are using cannabis or any other substance to cope with anxiety, social anxiety, PTSD, depression, or similar issues, call The Warm Line (1-888-488-9777) or text the Crisis Text Line (741741) to talk and find out where you can get help.
- If you are using cannabis to help with physical pain, discuss with your doctor whether this is the best way to treat your pain.

How do I know what's right for me?

Everyone must make *their own* choice about whether to use cannabis or other substances.

- Not everyone will react the same way to cannabis. What makes one person feel good can make another feel bad. How you respond to cannabis depends on your biology, the potency of the cannabis, your previous experience with the drug, how it is used (smoking vs ingesting), and whether other substances are used at the same time.
- Cannabis can exacerbate existing or cause emergence of pre-disposed mental health conditions. If you or any of your family members have anxiety, PTSD, or schizophrenia, you should not use cannabis.

I think I used too much cannabis, what should I do?

- No *adult* death has been confirmed to be caused directly by cannabis poisoning.
- For adults, if you think you may have consumed too much cannabis, the best thing to do is relax and wait in a safe place for the drug to leave your body.
- If your discomfort becomes so intense that you think you need medical attention, ask someone to take you to the emergency room or dial 9-1-1. Do **not** try to drive yourself.
- If you think a child is suffering from cannabis poisoning, take them immediately to the nearest emergency room or dial 9-1-1.