Remember that every form of cannabis use poses risks to your health. The only way to completely avoid these risks is by choosing not to use cannabis.

### Know the risks
Cannabis contains hundreds of chemicals. The two with the most known effects on the brain and body are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is responsible for intoxication (also known as “high”). Unlike THC, CBD does not produce a high or intoxication and may counteract the effects of THC.

### If you are over 19 and under age 25
Your brain continues to develop until around age 25. Emerging evidence suggests that THC in cannabis may affect your brain development. Early cannabis use increases the risk of affecting the developing brain and so initiating cannabis use later in life may help to lower these risks. More frequent and heavy consumption can increase the risk of negative effects on your physical and mental well-being, even beyond the age of 25.

### If you are pregnant or breastfeeding
THC and CBD can be passed to a fetus or newborn through blood or breast milk. Cannabis use during pregnancy has been linked to lower birth weights and developmental effects in newborns. Since there is no known safe amount of cannabis to use during pregnancy or breastfeeding, the safest approach is to not use cannabis.

### If you have children at home
Emerging evidence suggests that children, teens, and pets are especially vulnerable to the effects of cannabis. In order to protect them from accidental poisoning, securely store cannabis products so that they can’t be accessed by children, teens, and pets. Learn talking to children about cannabis at a young age. Early use may cause irreversible harm, including mental health and education problems, it may also increase the risk of injuries, psychoses, schizophrenia, or substance use problems.

### If you drink alcohol
Alcohol and cannabis taken together can multiply the effects of intoxication, increasing your risk of injury or harm. Avoid combining alcohol and cannabis, especially in safety-sensitive situations.

### If you drive
The THC in cannabis can affect your reaction time, decision-making skills, and ability to judge distances. Drug-impaired driving is illegal in BC. As with alcohol, please plan a safe ride home before using cannabis products.

---

### Start low, go slow
Always use cannabis in a safe place with people you trust. Use a small amount of low THC product to start, and choose products with higher levels of CBD.

<table>
<thead>
<tr>
<th>Activity</th>
<th>When you might feel effects</th>
<th>How long effects might last</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking / vaping*</td>
<td>Seconds to minutes</td>
<td>Up to 6 Hours +</td>
</tr>
<tr>
<td>Ingesting (buds, capsules)</td>
<td>30 minutes – 2 hours</td>
<td>Up to 12 hours +</td>
</tr>
</tbody>
</table>

*Smoking cannabis is not recommended. Smoking cannabis may increase the risk of developing respiratory infections or chronic cough. Do not smoke or vaporize cannabis in the presence of children.

---

### MYTH BUSTER
It is a myth that cannabis use causes short-term or chronic disorders. Continued, frequent use can lead to physical dependency and cannabis use disorder. You may be at a higher risk if you have a history of mental illness or other types of mental disorders. If you or someone you know is worried about cannabis use, consult your doctor.
Plant Anatomy

Cannabis is a broad term used to describe various products derived from the leaves, flowers, and resin of the Cannabis sativa and Cannabis indica plants, or hybrids of the two.

Flower (Bud)
Carrying the highest concentration of active compounds, such as cannabinoids and terpenes, the flower is the female reproductive organ of the cannabis plant. It is the part of the plant that is most often used by humans.

Bract
Originating at the stem, this flowering leaf surrounds the seeds and becomes part of the flower as it matures.

Fan leaves
Fan leaves do not contain cannabinoids but are responsible for collecting sunlight and water for food energy.

Stem
Providing structure and support for the leaves and flowers, the stem is the transportation network for fluids and nutrients. It is the hub of production for new plant tissue.

Cola
Tight clusters of flowers grow together to form a cola. The main cola is located at the top of the plant.

Calyx
Containing the pistils, stigma and trichomes, the calyx is a thin layer of cells that protects the seeds. It is the first part of flower to develop.

Sugar leaves
Part of the flower, sugar leaves are small leaves that are coated in cannabinoid- and terpene-rich trichomes.

Pistil
Responsible for the collection of pollen from a male cannabis plant, the pistils are the highly visible hair-like filaments that range in colour from white to burnt orange.

Stigma
Acting as a sticky trap to receive the pollen that initiates seed production, the stigma is the receptive area of the pistil.

Trichomes
Named after the Greek word for ‘hair’, the floral’s strand-like translucent glands produce resinous chemicals such as cannabinoids and terpenes—an essential part of the plant’s biological defences.
CANNABIS: AN INTRODUCTION

Plant Types

Generally known by its Latin name, Cannabis sativa, cannabis has historically been thought of as consisting of at least two types, Indica and Sativa, which are believed to differ in terms of places of origin, height, and leaf shape. Hybridization and other selective breeding has made it more difficult to generalize about these groups in terms of effects; however, there are recognized differences between the two types.

**Indica**
- Generally higher in THC, also contains CBD
- Often contains high concentrations of terpenes like myrcene
- Originated in present-day Pakistan and Afghanistan, particularly in the Hindu Kush mountains region

**Sativa**
- Generally lower in THC, sativa strains are bred for industrial hemp products such as paper or textiles
- Often high in terpenes like limonene
- Originated in present-day Southeast Asia, and equatorial regions in South and Central America

**Hybrid**

Most strains available today are hybrids, a genetic cross between indica and sativa plants. They are purpose-bred to yield specific characteristics from their parents.

**THC / CBD**
- Indica strains: Higher THC, lower CBD
- Sativa strains: Lower THC, higher CBD
- Hybrid strains: THC/CBD ratio varies

**Most Common Terpenes**
- Myrcene
- Linalool
- Limonene
- Pinene

**Know the Facts**

In Canada, it is illegal to produce or distribute products that contain synthetic cannabinoids. Cannabis products sold in BC Cannabis Stores are derived from cannabis plants. Health Canada warns that using any synthetic preparations of cannabis can put you at risk for severe health effects.
CANNABIS: AN INTRODUCTION

THC & CBD

Cannabis contains hundreds of chemical substances. More than 200 of these are known as cannabinoids, including THC and CBD, that are made and stored in the plant’s trichomes. Trichomes are tiny, clear hairs that stick out from the flowers and leaves of the plant.

Cannabinoids have effects on cell receptors in the brain and body and can change how these cells behave and communicate with each other.

THC

- The most researched cannabinoid
- Responsible for the high and intoxication
- THC may have therapeutic effects, but it also may have some harmful effects. Speak with your health care provider if you have questions about the effects of THC.
- The concentration of THC is shown as a percentage of THC by weight (or by volume in on all)
- THC concentration in dried cannabis ranges from 1.0-30%
- Cannabis that contains very low amounts of THC in its flowers and leaves (less than 0.3%) is classified as hemp

CBD

- CBD is another type of cannabinoid
- Unlike THC, CBD does not cause intoxication
- Certain evidence suggests that CBD may mitigate some of the intoxicating effects of THC on the mind, when it is consumed in cannabis that has a higher ratio of CBD to THC
- CBD is also being studied for its possible therapeutic uses such as treatment of inflammation and seizures

Myth vs Fact

Fact: Cannabis products can have a range of concentrations and affect you in different ways. If you are trying cannabis for the first time, do it in a safe place with people you trust. Health Canada recommends starting with a small amount of product that is low in THC with higher levels of CBD.

Did you know...

Cannabis may be consumed for a number of reasons. Effects of cannabis use may vary by individual. While cannabis may make you feel relaxed and happy, your body and brain may also experience effects that are negative, unpleasant, and unpleasant such as anxiety, paranoia, and panic attacks. If you have questions about using cannabis and its effects, speak with your health care provider.

BC CANNABIS STORES

learn more at bcweedstores.com
FIND YOUR WAY

Highly complex, cannabis contains hundreds of naturally occurring compounds that combine to create unique effects. There are several factors that may influence these generally expected effects.

Cannabis products may be loosely grouped into categories such as indica-dominant, sativa-dominant, hybrids of indica and sativa, and high-CBD which contain greater than four percent CBD by weight.

A PERSONAL EXPERIENCE

Remember, what works for others may not work for you. Educating yourself and cautious experimentation will help you find your way.

BC CANNABIS STORES

learn more at bccannabisstores.com

Everyone is different. Everyone is different. If different products do not work, start slow, or stop. Anyone under age 19 should consult products that have a higher CBD to THC ratio about that may reduce the risk of over-intoxication from THC.
INDICA-DOMINANT

Indica-dominant products may have a relaxing effect, but they could also result in over-sedation.

Remember, what works for others may not work for you. Educating yourself and cautious experimentation will help you find your way.

SATIVA-DOMINANT

Sativa-dominant products may be less sedating and may provide some users with a boost in energy.

Remember, what works for others may not work for you. Educating yourself and cautious experimentation will help you find your way.
FIND YOUR WAY
HYBRID

Hybrid products may have a combination of effects depending on the mix of indica or sativa in the source strain. Remember, what works for others may not work for you. Educating yourself and cautious experimentation will help you find your way.

FIND YOUR WAY
HIGH-CBD

Unlike THC, CBD does not produce an intoxication, and may give a number of people a relaxing, calming effect. It may have less adverse effects due to the apparent counteracting effects on THC. Remember, what works for others may not work for you. Educating yourself and cautious experimentation will help you find your way.

BC CANNABIS STORES
learn more at bccannabisstores.com

Everyone is affected differently by different products so it can vary from short to long, so some cannabis users should choose products that have a higher CBD to THC ratio that can help reduce the risk of over-intoxication from THC.