

The 6Ds of Youth Cannabis Use

Protect your brain
Be smart about
cannabis use

FOR THOSE UNDER AGE 25, CANNABIS SLOWS
AND INTERFERES WITH BRAIN DEVELOPMENT

1

Don't Use

Not using cannabis is the best way to prevent the harmful effects of cannabis.



2

Delay Use

Wait as long as possible before using cannabis. Any delay in using cannabis reduces the potential for harm.



3

Decrease Use

Using cannabis less often will reduce the risk of harmful effects.



4

Don't Use & Drive

Avoid using before you drive to lower your chances of an accident and possible injuries or death.



5

Don't Smoke It

Vaporizing cannabis is easier on the lungs than smoking cannabis.



6

Don't Over-dose

The effects of edibles are delayed by 30-60 minutes. Edibles are the most common cause of cannabis overdose.

