

WHAT IS CANNABIS

There are thousands of strains of cannabis, each with different origins, effects, taste, colour, smell and flavour profiles.



SATIVA strains originated in South America, the Caribbean, Africa and Thailand. These strains tend to grow taller than indicas, are lighter in colour and take longer to flower.



INDICA strains originated in the Middle East and Asia. Compared to their sativa counterparts, indica plants are shorter and bushier and have more compact flower structure.



HYBRID strains typically provide a mixture of sativa and indica traits and characteristics.



CANNABINOIDS are chemical compounds that interact with receptors in the brain and body to produce an array of effects. Two of the most popular cannabinoids are **THC** and **CBD**:

- **Tetrahydrocannabinol (THC)** is responsible for the way your brain and body respond to cannabis, including the high and intoxication. The potency (concentration or strength) of THC in cannabis is often shown as a percentage of THC by weight (or by volume of an oil).
- **Cannabidiol (CBD)** Unlike THC, CBD does not produce a high. There is some evidence that CBD may lower some of the effects of THC. Products that are lower in THC and higher in CBD are generally suggested for those new to cannabis.



CANNABIS EXTRACTS can be more potent than regular cannabis flower or oil. Cannabis extracts are refined from the cannabis flower into the essential oil and cannabinoids.

Extract can be used in vape cartridges to inhale, in creams and salves (topicals), capsules, sprays, food and drinks (ingestible).

CONSUMPTION METHODS



INGESTION: Eating or drinking cannabis gel caps, oil or baked goods is slower to take effect and can have less predictable effects. You are exposed to fewer chemicals if you eat or drink cannabis when compared to vaping or smoking.



VAPORIZING FLOWER: Inhaling the vapour of heated ground cannabis flower through a vaporizer has an effect similar to smoking or burning cannabis. The THC and CBD compounds vaporize and the cannabis is not combusted.



VAPING EXTRACTS: A vaping device heats a liquid cannabis extract liquid into a vapour, which then turns into an aerosol and inhaled.

The vaping liquid contains cannabis extracts that are dissolved in a liquid mixture. This mixture is typically propylene glycol and/or glycerol (vegetable glycerin).

It is important to know that vaping does have health risks and that the potential short- and long-term effects of vaping remain unknown. If you are concerned about the health risks related to vaping, consider not using cannabis extract vaping products.

Illegal cannabis vaping devices are not quality-controlled and may be contaminated.



SMOKING: Smoking ground cannabis flower is commonly done in a joint, pipe or bong. Smoking cannabis has more immediate effects though the consumer is exposed to more harmful chemicals from burning cannabis and the combustion may mask some terpene flavours.



TOPICALS are cannabis-infused lotions, balms, and oils that are absorbed through the skin, hair or nails. They should not be used in eyes or on damaged skin. Ingredients, equivalency and other important product information is listed on the product label for your safety.

EFFECTS OF CONSUMING CANNABIS

Cannabis affects everyone differently. A strain or amount that works for one person might be the wrong strain or amount for someone else.

The most common effect of cannabis use is called the high, a sensation similar to liquor intoxication. Some users feel calm, relaxed and talkative. Colours may appear brighter and sound may seem more distinct. Appetite often increases. Users may misjudge the passage of time so minutes seem like hours.

Some effects of cannabis use can be negative. Some negative effects are impaired judgement, difficulty speaking, muscle twitching, changes in blood pressure, confusion, visual hallucinations, loss of touch with reality and vomiting.

Health Canada warns that *“Using cannabis or any cannabis product can impair your concentration, your ability to think and make decisions, and your reaction time and coordination. This can affect your motor skills, including your ability to drive. It can also increase anxiety and cause panic attacks, and in some cases cause paranoia and hallucinations.”*

There is no standard waiting time to drive after using cannabis. If you use cannabis, don't drive impaired and never get into a vehicle with an impaired driver.

MEDICAL AND NON-MEDICAL CANNABIS

Both medical and non-medical cannabis products may contain THC and/or CBD. Although medical and non-medical cannabis products are similar, the products fall under different laws and a different set of rules.

Retail staff at non-medical cannabis stores are not authorized to give medical advice. If you want information on using cannabis for medical reasons, speak to a physician or someone legally authorized to give medical advice.

Yukon's Cannabis Control and Regulation Act applies to non-medical cannabis only. For information about how to access medical cannabis visit www.canada.ca/en/health-canada/topics/cannabis-for-medical-purposes.html.

You can find more consumer information on cannabis at yukon.ca/cannabis.

If you require advice on using cannabis for medical reasons, please speak to a physician or someone legally authorized to give medical advice.

THE MORE YOU KNOW

- Keep cannabis away from anyone under 19.
- In Yukon, purchase non-medical cannabis legally through licensed retailers or online at CannabisYukon.org.
- Public consumption of cannabis is not allowed.
- Do not cross any international border with cannabis, including products with only CBD and no THC.
- Never drive under the influence of cannabis or any drug. Take a break and wait.
- Don't mix alcohol and cannabis. Mixing cannabis and alcohol can have unpredictable effects.

TO LEARN MORE:

CannabisYukon.org

Yukon.ca/cannabis

IF YOU DECIDE TO TRY CANNABIS:

START LOW.

Start with a little cannabis with balanced THC and CBD percentages until you know how it will affect you. You may choose to have more cannabis later, but once consumed it may take up to 24 hours for the effects to pass.

GO SLOW.

When inhaling cannabis by vaping or smoking, it can take a few minutes to fully feel the effects and up to 2 hours if you eat or drink cannabis. When in doubt, wait before taking more.

CANNABIS 101

A SHORT INTRODUCTION
TO NON-MEDICAL
CANNABIS IN YUKON



CANNABISYUKON.ORG

KEEP IT LEGAL

Adults who are 19 years or older are able to:

- Possess up to 30 g of legal dried cannabis or the equivalent in public. Edibles, extracts and topicals have the equivalency amount listed on the label.
- Give up to 30 g of legal cannabis to other adults.
- Purchase non-medical cannabis products from a licensed cannabis retailer or online at CannabisYukon.org.
- Grow up to four plants per household.
- Make cannabis food and drinks at home.

It is illegal to provide non-medical cannabis to anyone under the age of 19 and for anyone under the age of 19 to possess any amount of non-medical cannabis in Yukon.

It is illegal to drive while impaired by alcohol, cannabis or other intoxicants.

When traveling within Canada, learn and follow the cannabis laws of each province or territory.

You cannot cross Canada's international borders with cannabis. Even if a product contains only CBD and no THC, it is still regulated as cannabis.

If you decide to try cannabis, no matter how you consume, consider reviewing the *Lower Risk Cannabis Use Guidelines for Canada* at: CannabisYukon.org/cannabis-and-your-health