

If you are thinking about using edibles...



# CHEW ON THIS!



## Edibles can be risky

Regular use (especially when you're young) can affect your brain, mental health, and lead to addiction.



## Start low, go slow

Too much THC can cause bad reactions like anxiety, vomiting and paranoia.



## Smoking and eating weed are different

It takes longer to feel high from edibles than from smoking. It can take up to 4 hours to feel the full effects of edibles.



For more information, go to: **[talkingaboutweed.ca](https://talkingaboutweed.ca)**

If you need help **Call Poison Control 1-800-268-9017 or 911**