

If you are thinking about using edibles...



MUNCH ON THIS!

Start low, go slow • If you take too much...



Get Safe



Stay calm
and don't
overthink



Stay with
a buddy



Drink water
and eat
a snack



Get help...



Look out for
your friends



For more information, go to: **talkingaboutweed.ca**

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