

Cannabis Facts, Honestly



What Your Feed Gets Wrong About Weed

There's a lot to know about weed today, and what's on your social feed often isn't the whole story. But, take a step back. What are you reading and from where?

A lot of what gets posted online is trying to sell something, not help you choose what's best for you. Here are a few things to remember as you scroll:

- Who shared the information – and who do they work for?
- Look for sources backed by scientific evidence.
- Watch out for posts that sound too good to be true.

Sticking to the facts can help you make choices that help protect your health and future.

The Legal Reality

Adult-Use (recreational) weed is legal for adults 21 and older in NYS.

Your Brain Is Still Developing



Your brain keeps developing until about age 25. Using weed while your brain is still developing may affect:

- Memory
- Focus
- Learning
- Mental health
- Relationships with others
- Feelings



You May See People Online Using Weed

Using too much weed quickly can lead to anxiety, paranoia, nausea, and other symptoms. It is safer to **start low and go slow.**

Edibles, like gummies, can take longer to work than smoking or vaping. Sometimes it can take **up to 4 hours** to feel the full effects. Taking more because you "don't feel anything yet" is one of the most common ways you can end up feeling too high or "greening out."

Drive Safely



Driving while impaired is illegal and unsafe. Weed slows reaction time and makes it harder to focus. Never consume weed before or while driving, or take a ride from someone who has. Plan ahead for a sober ride or use public transportation.

TIP: Some families pick a code word or phrase to text a trusted adult when they need help, like a safe ride home.

Signs Weed Use May Be a Problem

When someone keeps using weed, even when it causes problems in their life, they could be experiencing **Cannabis Use Disorder**.

This real, diagnosable condition is more common for people who start young. Here are the signs:

- Trouble stopping or reducing use, even when you want to
- Spending a lot of time using weed
- Craving weed regularly
- Losing interest in hobbies or activities you used to enjoy because of weed
- Using it causes problems at home, school, or with friends
- Using weed in unsafe situations, like before or while driving
- Needing more to feel the same effects

Have Questions?



Talk with Someone You Trust

Talking with someone you trust can help. Reach out to a parent, caregiver, coach, teacher, school counselor, or another trusted adult.

Need help now?

988 Suicide & Crisis Lifeline
Call or text **988** or chat online at **988lifeline.org**
Free. 24/7. Confidential.

Feeling stressed or overwhelmed?

Go to **bewell.ny.gov**
Access quick tools to calm your mind, manage stress, and sleep better.

Worried about substance use — yours, a friend's, or family member's?

Call **1-877-8-HOPENY** or text **HOPENY (467369)**
No-cost, judgment-free support anytime.



Greening out or used too much weed? Used it by mistake?

Call the Poison Center for help: **1-800-222-1222**.
Dial 911 if there's a medical emergency.



Interested in learning more about weed?

Get the facts. Make informed choices.
Scan QR code or visit:

cannabishonestly.org



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