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## Things About...

# CANNABIS

The health risks of cannabis are greater for people under the age of 25 and for those who use it several days per week or every day.

Not using cannabis is the best way to avoid the negative health impacts.



The effects of cannabis can be felt within seconds to minutes of smoking, vaporizing or dabbing it and can last up to 24 hours. It can stay in your system for much longer.



While cannabis may make you feel relaxed and happy, you may also experience negative effects such as confusion, anxiety, fear, and impaired concentration and reaction time.



Cannabis use can affect your mental health, and may increase the risk of developing psychosis or schizophrenia, particularly in individuals who start using at a young age.



Smoke from marijuana cigarettes contains some of the same chemicals found in tobacco cigarettes, which are known to cause cancer.



Cannabis addiction is real. Individuals who use cannabis regularly can develop a tolerance, leading to increased use and psychological dependence.

We look forward to welcoming you to our smoke-free campus in the fall 2021.



**SMOKE-FREE  
CAMPUS**

Fall 2021

Visit [uwindsor.ca/smokefreecampus](http://uwindsor.ca/smokefreecampus) for more information, resources and supports.

Sources listed online.

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