

WOLVES TRAVEL IN PACKS

Hey, wait
for me!



If you don't use **cannabis** you're part of the pack.

4 out of 5 Ontario students report not having used cannabis in the last year.

Using cannabis often can affect your:

- relationships
- physical and mental health
- ability to make good decisions

**Plus, if you're under 19,
it's still illegal.**

JOIN THE PACK. KNOW THE FACTS.
USE YOUR INSTINCTS.

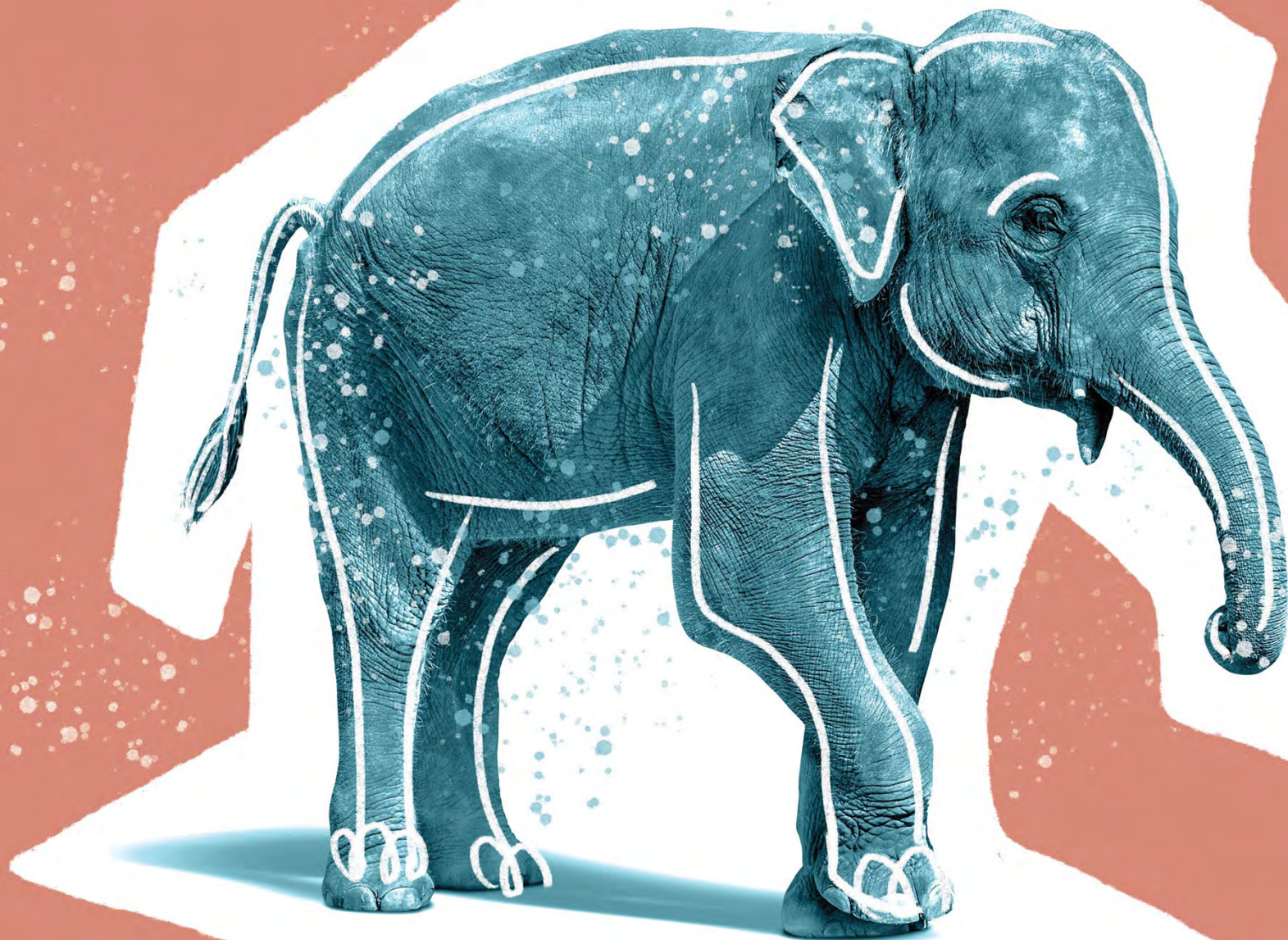


swpublichealth.ca/en/my-health/use-your-instincts.aspx

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**SOME ELEPHANTS
DO FORGET**

**What did
I come in
here for?**



Your brain works better without cannabis.

**Regular cannabis use can make it harder
to do well at school or on the job.**

**Delaying cannabis use can
benefit:**

- memory
- learning
- intelligence

**Plus, if you're
under 19,
it's still illegal.**

**STAY SHARP. KNOW THE FACTS.
USE YOUR INSTINCTS.**

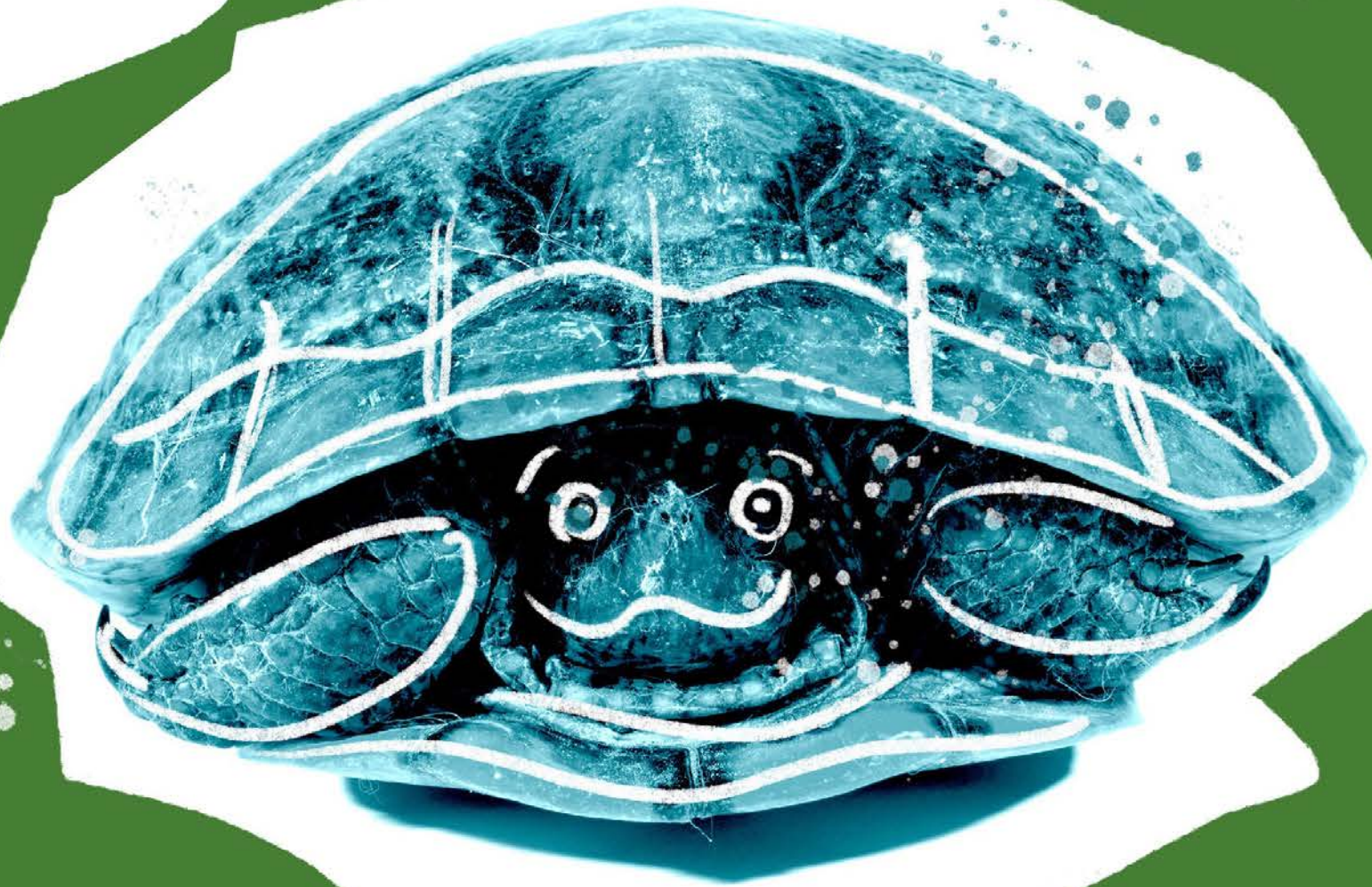


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A TURTLE'S
SHELL IS THEIR
PROTECTION

No need
to worry.
I'm good!



Shield your mental health by not using cannabis.

Young people who use cannabis
often are at increased risk of:

- depression
- anxiety
- psychosis

Plus, if you're
under 19,
it's still illegal.

PROTECT YOURSELF. KNOW THE FACTS.
USE YOUR INSTINCTS.



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OWLS WATCH AND
LISTEN BEFORE
THEY MAKE
A MOVE



The glasses
are just for
fashion.

**Be sure to check your point
of view about cannabis.**

Make health choices using facts not beliefs.

It is safer not to use cannabis,
but if you choose to use, look
into ways to reduce risk to
your brain and body.

Plus, if you're
under 19,
it's still illegal.

**BE WISE. KNOW THE FACTS.
USE YOUR INSTINCTS.**



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