

# Know your Rights

**18**

You must be 18 years old to purchase cannabis from the SQDC, though the CAQ may increase the age to 21<sup>1</sup>

It is illegal to purchase cannabis outside of the SQDC<sup>1</sup>



You may carry up to **30g** at any time<sup>1</sup>

If you are **under the age of 18** you can be fined **\$100** for carrying cannabis<sup>3</sup>

If you are **18+** and have **over 30g** of cannabis you may be fined **\$750** and **\$1500** for future offenses<sup>3</sup>



In **one home**, you may have up to **150g**. It must be **kept away from children**<sup>1</sup>

If you are caught driving under the influence, you may face a **\$1000** fine, **criminal record**, **license suspension**, and **possible jail time**<sup>1</sup>



# Know the Risks

Cannabis can cause **positive** short-term effects such as: **happiness, relaxation, and increased sociability**<sup>1</sup>



Cannabis can also cause **negative** short-term effects such as: **distorted perception, body tremors, and increased anxiety**<sup>1</sup>

Using cannabis **under the age of 25** has been shown to be associated with an increase of developing **depression** or **suicidality** in young adulthood<sup>2</sup>



If you are already experiencing **suicidal tendencies**, cannabis can increase this by **50%**<sup>2</sup>

Cannabis poisoning has been on the rise. Symptoms are: **elevated heart rate, high blood pressure, anxiety, vomiting, and psychosis**<sup>4</sup>



#### SOURCES

1. Accessed March 18, 2019: <https://encadrement.cannabis.gouv.qc.ca>
2. Accessed March 18, 2019: <https://jamanetwork.com/journals/jamapsychiatry/article-abstract/272957>
3. Accessed March 18, 2019: <https://montrealgazette.com/cannabis/faq-everything-you-need-to-know-about-legalized-cannabis-in-quebec>
4. Accessed March 18, 2019: <https://www.cbc.ca/news/canada/montreal/cannabis-quebec-paquet-control-1300483>