



Cannabasics

Harm Reduction



While the research is still evolving concerning the potential harms associated with cannabis consumption, the likelihood of developing a problematic relationship with cannabis (Cannabis Use Disorder or CUD) depends upon four factors:

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LENGTH AND INTENSITY OF CONSUMPTION

longer, more intense consumption increases risk

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POTENCY OF THE PRODUCT

consuming high levels of THC is more addictive

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INDIVIDUAL FACTORS

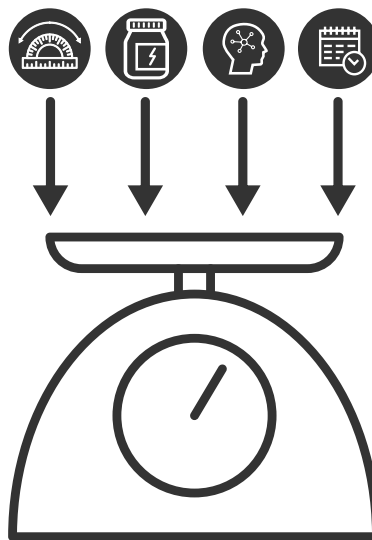
genetic factors or individual vulnerabilities, such as personality or experiences of trauma, can impact whether a person experiences harms

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AGE OF INITIATION

people who begin to consume cannabis at a young age (under 16 years old) at a high frequency are at greater risk



The physical harms of cannabis can be greatly reduced by practicing basic harm reduction methods, such as those included in:

[Canada's Lower Risk Cannabis Use Guidelines](#)

[Here to Help's Safer Cannabis Use](#)

[Take Care with Cannabis from Vancouver Coastal Health](#)

[Pregnancy Info](#)