IN CONCLUSION...

The concept of “fun” has an important place in the lives of human beings.

Pleasure is not limited to cannabis use. It can be experienced in many ways, since there are innumerable sources of pleasure in life.

Varying and diversifying one’s sources of pleasure helps create a balanced, satisfying life.

If you are wondering about the role cannabis plays in your life and want to talk about it, feel free to reach out to us.

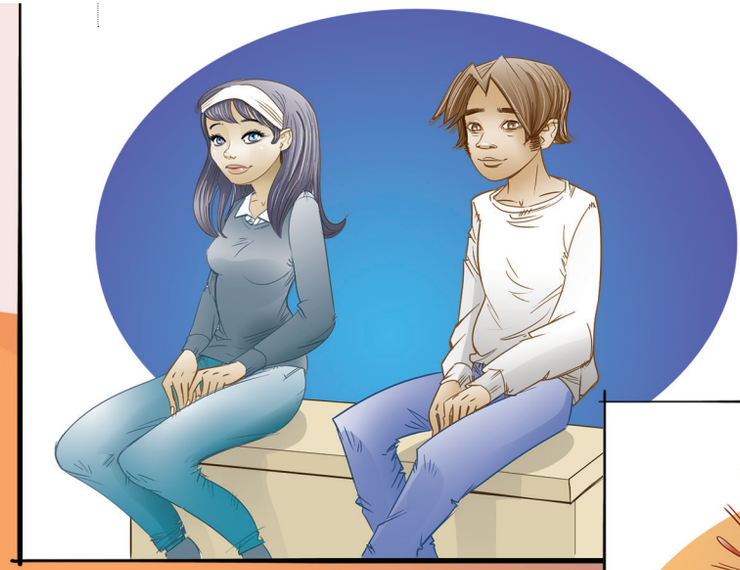
We’ll be happy to discuss it with you.

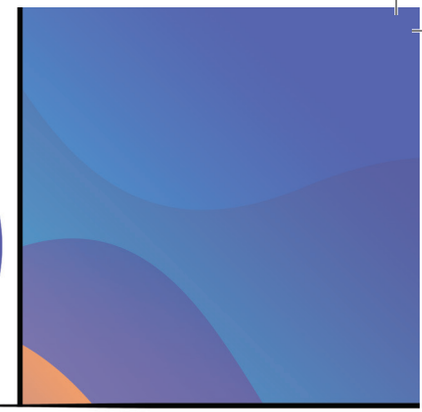


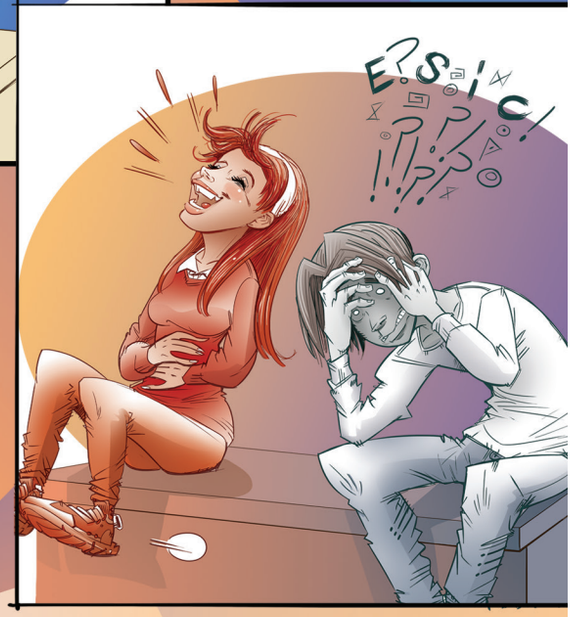
Tangage

819 324-2261

tangage.ca |







Not all highs are fun.

Why not?

E = S x I x C

EFFECT = SUBSTANCE x INDIVIDUAL x CIRCUMSTANCES

WHAT IS YOUR HIGH?	WHAT?	WHO?	WHERE?
	QUANTITY QUALITY HOW	STATE OF MIND HEALTH	WHEN WITH WHO WHY

tangage.ca

Not all highs are fun.

WHY NOT?

It is difficult to accurately predict the effect of a psychoactive substance, such as cannabis. The sensations and lived experience after using can be very different from one person to the next. In fact, the law of effect can lead to many different outcomes. It's the characteristics of the factors – and how they are combined – that determine the result.

WHAT IS THE LAW OF EFFECT?

E=SIC

It is a law that helps us understand that the use of cannabis, or any other psychoactive substance, involves three variables that can influence the effects felt by the user.

WHAT ARE THE VARIABLES?

S = SUBSTANCE

Several characteristics of the SUBSTANCE will influence the effect felt by the user:

- Cannabis is a disruptor of the central nervous system. **The drug type** is an important variable in the equation. The effect of cannabis will differ from the effect of another substance, such as alcohol, which is a depressant.
- The most common effects in cannabis use are feelings of euphoria, relaxation, altered perceptions and general physical/mental lethargy.
- The **quantity, concentration, and type of product** will have an impact on effects.
- Added to these is the **method of consumption** – inhalation versus ingestion plays a part in the speed and duration of effects.
- The **combination of two substances** (example: alcohol and cannabis) also contributes to the effects and will increase the risks associated with use.

I = INDIVIDUAL

Several factors relating to the INDIVIDUAL will impact the effects: weight, height, age, physical health, mental health, mood and tolerance level

C= CIRCUMSTANCES

Several aspects of the CIRCUMSTANCES will influence the effects:

- Place, time, reason for use, the presence (or absence) of trusted individuals, etc.

! From one use to the next, these variables interact with each other and influence the outcome/effects.

Now that you have a better grasp of the law of effect of cannabis use, it is possible to make choices that will mitigate negative consequences, even though risks are never completely eliminated.

WAYS TO REDUCE RISKS:

- Take the time to get all the information you can about cannabis;
- Use it as rarely as possible and allow time between each use;
- Choose legal products so that you know their ingredients and opt for products with the lowest THC levels;
- Use one substance at a time in small doses and avoid mixing different substances;
- Store cannabis products in a secure place out of reach of children;
- Arrange for travel options for occasions when you know there will be substance use and for safe transport home rather than driving a motor vehicle;
- Particular caution is recommended for youths ages 25 and under, those who have a genetic predisposition to mental health problems, and pregnant women. Cannabis is not recommended for use during pregnancy.

For more information about lower-risk use, visit the Lower-risk cannabis use section on the Quebec government website.