



Orientation to Ontario

CANNABIS LAWS AND REGULATIONS IN CANADA

It is legal to use cannabis in Canada. The Ontario Government has rules in place to keep people safe when buying and consuming recreational cannabis. You must be 19 and older to buy, use, possess, and grow recreational cannabis and can possess a maximum of 30 grams of dried cannabis (or equivalent) in public at any time bought online by the Ontario Cannabis Store (OCS) or at a Gaming Commission of Ontario (AGCO) licensed store. You can smoke and vape cannabis wherever the smoking of tobacco is permitted. It is illegal to transport cannabis across Canada's national borders. Your municipalities may have bylaws to regulate the use of cannabis locally. To learn more visit canada.ca

The cannabis plant is comprised of a stem, leaves, and buds. Cannabis has many other names including marijuana, weed, dope, and pot that most often refer specifically to the buds and products created from the bud. There are different cannabis plant types including Sativa, Indica, Ruderalis, and Hybrids, which are marketed as having different physiological effects. Cannabis has over 100 chemical compounds called cannabinoids that interact with the human endocannabinoid system to produce a broad range of physiological effects. The two most commonly known active ingredients are:

- **CBD (cannabidiol):** most known for analgesic, anti-inflammatory, and anti-anxiety properties without the intoxicating effects.
- **THC (delta-9 tetrahydrocannabinol or d-9-THC):** most known for its intoxicating effects (gets you "high") and some therapeutic uses.

There are four basic methods of cannabis consumption:

- **Inhalation:** It is the most common way people consume cannabis. Includes smoking using a hand pipe, bong, vaporizer, joint, or hookah.
- **Oral-Mucosal:** The product (most commonly a tincture) is applied under the tongue or sprayed into the mouth and absorbed.
- **Ingestion:** Ingesting cannabis in the form of a food or beverage item. These edible products contain active cannabinoids.
- **Topical:** Cannabis products are applied and absorbed through the skin using a thick oil extract with active cannabinoids.

Cannabis Act

The use of cannabis for recreational purposes became legal in Canada on October 17, 2018. The Cannabis Act creates a strict legal framework for controlling the production, distribution, sale, and possession of cannabis across Canada. To learn more visit <https://laws-lois.justice.gc.ca/eng/acts/C-24.5>

Cannabis plant and products

Cannabis refers to the plant *Cannabis sativa* and has many forms from hash to hemp oils.

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To learn more, read the Canadian Public Health Association's Cannabasics factsheet at cpha.ca/sites/default/files/uploads/resources/cannabis/cannabasics-2018-fact-sheets-e.pdf

Driving and cannabis

Never drive after using cannabis. Driving a vehicle while you're impaired by cannabis is illegal and dangerous. This includes cars, trucks, boats, snowmobiles, and off-road vehicles.

Ontario has a zero-tolerance law. Just like alcohol, you are not allowed to have any cannabis in your system (as detected by a federally approved drug screening device) if you are driving.

Police have tools and tests to detect impaired drivers, including roadside drug screening equipment and sobriety tests. If a police officer finds that you are impaired by cannabis (or any other drug or alcohol) you will face serious penalties, including:

- license suspension
- financial penalties
- vehicle impoundments
- criminal record
- jail time
- lose your status in Canada

Repeat offenders face longer suspensions and additional consequences such as mandatory education and treatment programs. To learn more visit ontario.ca/page/cannabis

DID YOU KNOW?

Individuals who act outside of the law can face criminal charges under the federal Cannabis Act. As a result, permanent residents might lose their status, and temporary residents may not be able to enter or stay in Canada. Find out more about the penalties at canada.ca

