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Drinking less is better

Did you know

Consuming **6+ alcoholic beverages per week** increases your risk of health issues, including cancers, heart disease, injuries, and violence.

Remember to measure **standard drinks** to keep track of your alcohol intake.

5% Alcohol
E.g. Beer, Cider, or Cooler

341ml (12 oz)

12% Alcohol
E.g. Wine

142ml (5 oz)

40% Alcohol
E.g. Liquor (Gin & vodka)

43ml (1.5 oz)

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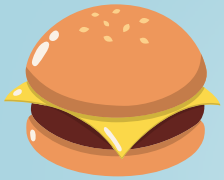
Space n' Pace

Your Night



8 PM

Eat food **before and while** drinking.

10 PM

Limit to **one standard** drink/hour.

11 PM

Sip your drink rather than chugging it.

12 AM

Alternate with **non-alcoholic** beverages.

1 AM

Stick to your **alcohol limits.**

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Want to avoid

having a bad trip?

When consuming edibles, remember that they are absorbed through the digestive system. This means, it takes longer to feel the effects. **Typically anywhere from 45 minutes to 3 hours.**

Be careful, as you may consume more than you intended!

Did you know

Your chances of experiencing cannabis-related psychosis are **higher if you have a family history of psychosis.**

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High Hopes, Safer Habits

Follow these harm reduction strategies to minimize cannabis-related risks!

Avoid

deep inhalation or breath holding.

Limit

cannabis use to **once a week.**

Look for

lower THC or higher CBD content.

Prevent

lung diseases by **avoiding cannabis.**

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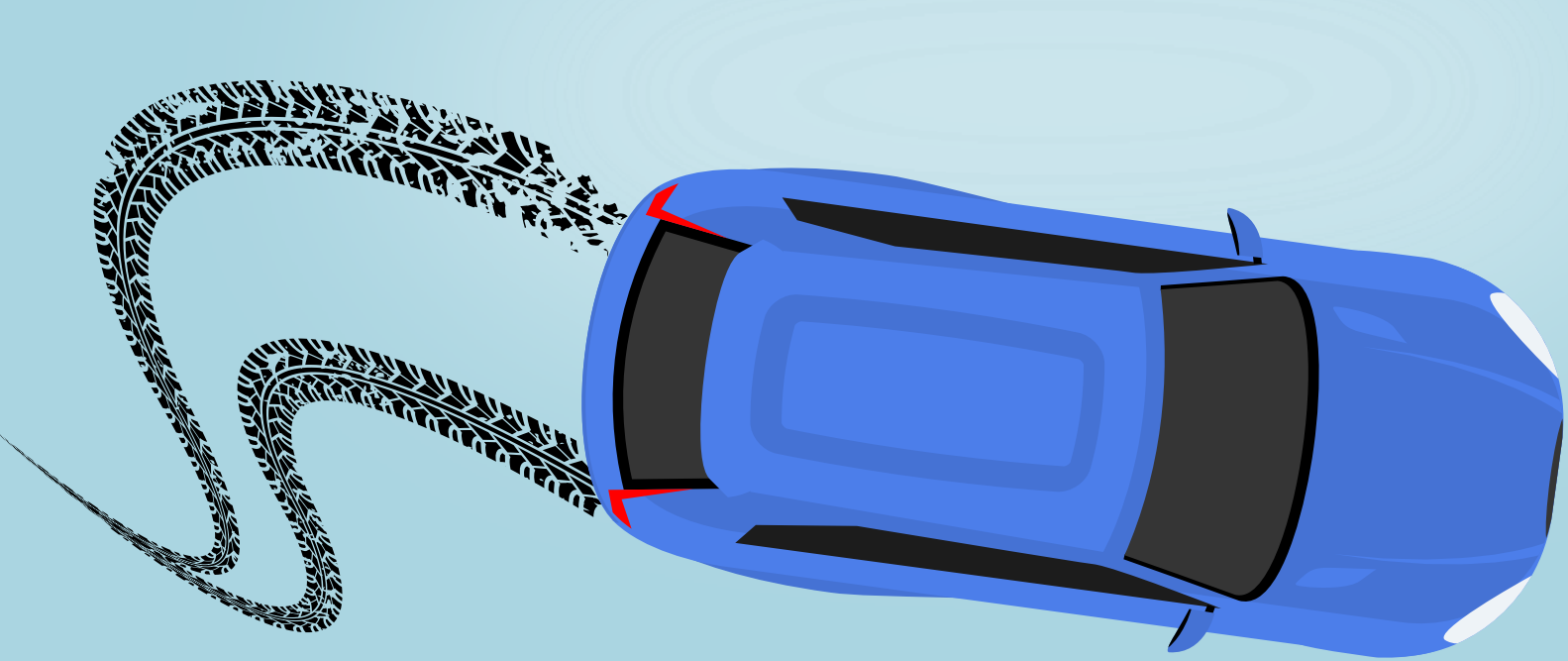
Don’t Drive

Under the Influence

Cannabis and alcohol impair your cognitive functioning. **Don’t drive high or intoxicated!**



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Helping a friend

who has consumed too much

What to do:

1) Stay with them and if needed, take them to a safe place.
2) If **conscious,** have them drink water and eat a snack.
3) If **unconscious,** put them in the recovery position.

If you need help call:

EFRT (On campus):

- Dial 88 on any campus phone
- (905) 522-4135 on your cell phone
- Push the button on a Red Assistance pole

Police/Ambulance (Off Campus): 911

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