



## Did you know?

Harm reduction meets people where they are. It's an evidence-based and non-judgemental approach when working with people who use substances.

Harm reduction is not an abstinence-based framework, instead, it looks to support people who might choose to use substances and helps them to incorporate safer methods of use into their lives.

# 10 Harm Reduction Tips

- 1 Check in with yourself**  
Before you use cannabis, check in with yourself. How are you feeling at this moment?
- 2 Don't use alone**  
Make sure to use cannabis with someone else or be with a buddy who isn't using.
- 3 Choosing your source**  
Choose your source, or where you buy your cannabis, with care.
- 4 Start small**  
Wait to feel the effects before using more.
- 5 Take your time**  
There's no need to rush!
- 6 Stick to one substance**  
It's best not to mix substances like alcohol and cannabis.
- 7 If you're going anywhere, get a ride**  
Remember, even if you feel like you're okay to drive, take that extra precaution.
- 8 Take care of yourself**  
E.g. have water on hand.
- 9 Know the laws**  
You have rights as a user but be aware of the rules.
- 10 If you're starting to feel paranoid, focus on your breath**  
Try a grounding technique and some positive self-talk.