Cannabis at UCalgary

How often are UCalgary students using cannabis?

69.7% Reported no cannabis use in the past 6 months

17.3% Used cannabis monthly or less

5.8% Used 2 - 4 times a month

3.5% Used 2 – 3 times a week

3.7% Used 4 or more times a week

Do you have more questions about lower-risk use of cannabis, or want help cutting back?

There’s support here on campus:

SU Wellness Centre
Medical, mental health and substance use support services are available to all UCalgary students.

Main Reception Line: 403.210.9355

Staff Wellness
Health and wellness support is available for faculty, post-doctoral scholars and staff.

Email: staffwellness@ucalgary.ca
Phone: 403.220.2918

If you choose to consume cannabis, there are ways to do it as safely as possible. This pamphlet contains lower-risk guidelines for cannabis consumption and information about laws and by-laws that could impact you.

Source: UCalgary Campus Experience with Cannabis Survey.
What are the laws?

Alberta Law

- Anyone 18+ can purchase from a licensed retailer
- You can buy or carry up to 30 grams (1.05 ounces) at a time
- Driving high is illegal and cannabis should be transported out of reach of anyone in a vehicle
- Four plants can be grown per household
- Edibles aren’t legal to sell
- Landlord/tenant agreements or condo bylaws may restrict cannabis consumption in rental units

In Calgary

- Recreational use of cannabis isn’t allowed in any public space, in vehicles or at cannabis retail outlets
- Medically authorized cannabis can be used in areas included in smoking and vaping bylaws
- Cannabis consumption is allowed on your private property

On Campus

- Recreational cannabis use isn’t allowed on campus - including residence, vehicles or facilities
- Medically authorized cannabis can be used in designated smoking areas
- If you have cannabis or cannabis accessories on campus, ensure they are stowed in sealed, scent-proof containers
- Growing, selling and advertising cannabis isn’t allowed on campus
- Read up on the UCalgary Cannabis Policy at ucalgary.ca/cannabis

Tips to reduce your risk when using cannabis

Planning to use cannabis? Here are some tips to reduce the risk of harm.

Look for lower-risk products

Cannabis products with higher THC are more likely to result in harms, while CBD can counteract some of THC’s adverse effects. Choosing products with a higher CBD to THC ratio reduces some risks.

Let the smoke out

Avoid “deep inhalation” or “breath-holding.” While these practices are meant to increase psychoactive experiences, they increase the amount of toxic material absorbed by your body.

Choose natural products

Compared to natural cannabis products, synthetic products can lead to severe health problems, and have resulted in deaths.

Occasional use is best

Daily cannabis use is linked to higher risk of health and social problems. Limit yourself to occasional use, like weekends or one day per week.

Wait a while before driving

Cannabis use causes impairment and increases your risk of being involved in an accident. Wait at least six hours after using before driving.

When to avoid using

If you or an immediate family member has a history of psychosis or substance use issues, you may have an increased risk of cannabis-related mental health concerns. Avoid using cannabis when pregnant.

Source: canada.ca/en/services/health/campaigns/cannabis/impairment

Methods of use

If you’re planning to consume cannabis, here’s some information about what you can expect. If you’re thinking about working, studying or driving, keep in mind functional impairment can last for 24 hours or longer after the duration of the initial high.

Smoking

There’s a variety of cannabis strains, concentrations and potency that can be smoked in joint form or using a pipe, bong or other accessories.

Onset: Within seconds
Duration of high: 1-3 hours

Vaping

The cannabis is heated at a lower temperature than burning, and the vapor is inhaled. Vaping creates less odor and smoke than smoking and potentially less toxins.

Onset: Within seconds
Duration of high: 1-3 hours

Edibles

Cannabis butter or oil is used as an ingredient in a variety of baked goods, beverages or candy. The effects last longer, and it can be hard to determine potency.

Onset: Up to 90 minutes
Duration of high: 4-6 hours

Tinctures

Tinctures are usually made by dissolving cannabis in alcohol. Specific concentrations are made and taken under the tongue.

Onset: 20-30 minutes
Duration of high: Several hours

Dabbing

Dabs are chemically concentrated products with high levels of THC. These can have stronger effects and more risks than other consumption methods.

Onset: Within seconds
Duration of high: 1-3 hours

Source: alberta.ca/cannabis-legalization.aspx.
Source: calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Cannabis.aspx.
Source: canada.ca/en/services/health/campaigns/cannabis/impairment