Start low and go slow
If you've never used cannabis before, start low and go slow until you know how it will affect you. This is especially important when experimenting with edibles and concentrates. Remember, edibles take longer than smoking or vaping cannabis to kick in. Look for products with lower THC levels and wait to see how it affects you before consuming more.

For reference, flower usually contains 10-30% THC while concentrates commonly contain 60-90% or more. If you choose to use, go with products that are within your limits, and always follow the guidelines and directions provided on the original packaging.

Avoid mixing cannabis with alcohol and other substances
Using one substance at a time is more likely to result in the experiences you want to have. Mixing two or more substances can make it challenging to predict what is going to happen or how you will be affected. Additionally, two or more substances used together can result in harmful side effects. Play it safe by only using one substance at a time.

Wait before engaging in activities that may put you at a higher risk
It has been suggested to wait at least 3-6 hours after vaping or smoking and 6-8 hours after consuming edibles before engaging in higher risk activities like driving, skiing, or swimming. These times may vary depending on your tolerance and use. In some cases you may need to wait longer.

Use with people you trust
Using cannabis with people you know, trust and feel comfortable with is more likely to result in a positive experience. And if help is needed, there is someone else present to get help. Think about ways you can say “no” in case you ever feel pressured to use more than you are comfortable using. For example, you could say, "No thanks, I need to drive home later." or "I'm going to start with this and see how it goes."

Reduce your frequency
Like other substances, frequent use of cannabis can increase your tolerance, which means it may take more to achieve the same effect. Using cannabis less frequently has also been shown to lower the risk of dependency, negative mental health symptoms and long-term health effects.