

Your Brain & Body Deserve a Safe Ride: Don't Drive High

Did You Know?



BRAIN FUNCTION

- Slows your reaction time and decision-making.
- Impairs memory, focus, and coordination—skills you need to drive safely.



PHYSICAL EFFECTS

- Changes in vision, balance, and motor control.
- Drowsiness or dizziness can make even familiar roads dangerous.



HEALTH RISKS

- Increased risk of accidents leading to serious injuries or death.
- Cannabis can affect heart rate and blood pressure—stressful in emergency situations.



PROTECT YOUR HEALTH

- Wait until the effects wear off before driving.
- Plan a safe ride home—sober friends, family, or rideshare.
- Avoid being in a car with someone who's high.

Be a Health Influencer

Making safe choices shows you care about your **brain, body, and friends**.
Set the trend: stay cannabis-free behind the wheel.



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VISIT: [HELPGUIDETHRIVE.ORG](https://helpguidethrive.org)

