

Five Golden Rules

(The best way to avoid the most trouble)

Don't smoke in a car. The smell of cannabis emanating from a car is the single most common way people get busted. In fact, it is safest to keep it in the trunk, out of sight in an odor-proof container, such as a glass jar or an oven roasting bag. Don't use car ashtrays to hold your roaches or pipes.

Don't sell cannabis; every customer is a potential narc or snitch, and the penalties for sales are very serious.

Don't grow it unless you are in a state that allows it for medical purposes. Stay within legal limits and keep the plant count as low as possible.

Don't smuggle. Getting caught crossing international borders creates more serious problems than it's worth.

Don't share with minors; cannabis is for adults. See above.

Corollary # 1: Don't break more than one law at a time. For example, if you are driving with cannabis in your car, make sure your lights are working on your vehicle and your registration is up to date. You have a legal right to possess a firearm, but not if "illegal drugs" are on your property; that can add years to a prison sentence.

Corollary # 2: Don't ship cannabis through the mail, FedEx or UPS (this can lead to federal charges even within the same state.)

Drug Testing Tips

It is important for cannabis consumers to be able to work and support themselves and their families, just like everyone else. Drug testing is morally offensive, job-based discrimination, since it judges a person by the content of their urine and not on work performance. Pre-employment drug testing prevents many, hard-working cannabis consumers from joining the workforce. While it is best to refuse or avoid a drug test whenever possible as a matter of principle, for some people, there seems to be little option.

If you are facing a pre-employment urine test, abstain from using cannabis for as long as possible (1-5 days for occasional users, 1-3 weeks for regular users, 4-6 weeks for heavy users). Flush your system by drinking lots of water or liquids and urinating as often as possible during that time period. You can use a home drug testing kit to check if the metabolites have exited your body..

Do not submit the first urine of the day. Take a Vitamin B12 or multi-B complex to add color to your pee. You may want to check into other products to help you pass a drug test, if necessary, but be careful not to dilute or contaminate the specimen you turn in.

Now, go and pursue that career. Join us in demanding "impairment" testing in place of drug testing. It's only fair.

How to Use Cannabis Responsibly and Safely



Cannabis Consumers Campaign

www.cannabisconsumers.org

What is responsible, adult use?

Responsible cannabis consumers come from all walks of life and are good, contributing members of society. We are able to use cannabis without problems in social settings or at home for relaxation, medical or spiritual purposes, sensory and creativity enhancement among other personal reasons. When integrated into a healthy, balanced and responsible lifestyle, cannabis is a positive and highly beneficial part of our lives. Like anything else, however, too much of a good thing can be misused or abused.

Since our goal is to attain the equal rights we deserve, it is important to dispel the negative myths and stereotypes associated with pot use. If consumers want cannabis legal, we must show that it can be used with a minimum of harmful effects and that it has a positive influence, overall.

The Cannabis Consumers Campaign is dedicated to dispelling the false and destructive myths about marijuana and replacing them with an accurate picture of people like you, who show that it can be used responsibly and safely.

Adults need to be mindful about their use in order to maintain a good relationship with it and stay out of trouble.

Consider the following:

Responsible use tips / avoiding misuse and abuse:

- 1** Be aware of your set and setting, and whether or not it is appropriate to use cannabis there.
- 2** Know how cannabis affects you, and know your limits. If it makes you tired or distracted, don't use it if you need to be alert and focused.
- 3** Do not use the excuse that you are "too high" to get things done, or blame pot for not achieving your goals, or for a lack of self-control. If you are, assess how you are using it. If it gets in the way of fulfilling obligations and responsibilities to yourself and your loved ones, don't use it until after you have completed these tasks (or don't use it at all. It's not difficult to stop, as cannabis is not physically addictive like alcohol and tobacco.) Cannabis is a great reward at the end of the day for a job well done, when it's time to relax. Some prefer to use it only on weekends or on special occasions.
- 4** Don't use before work or school, unless you have a valid medical reason to do so. Employers have the right to expect their employees not to be high, stoned or drunk on the job, so it is fair to be expected to conform to reasonable workplace standards. What you do on your own time is another matter. College students need to concentrate and study at school and while doing coursework. It's best

to hold off until your work is done..

- 5** Don't drive or operate vehicles while impaired. Wait at least 15 minutes after smoking before getting behind the wheel. Perform a sobriety test on yourself by standing on one leg to test your balance to determine if you are impaired or not. Don't drink and smoke pot before driving; alcohol impairs skills and judgment; smoking cannabis does not sober you up.
- 6** Respect others: Do not smoke in designated non-smoking areas.
- 7** Be aware that cannabis can have a synergistic effect with other drugs, so take care and be informed about possible contraindication if you are taking other any other drugs.
- 8** Listen to and consider the advice and constructive criticism of others. If you are exhibiting behaviors that make others uncomfortable, you may need to reassess your usage.
- 9** Educate yourself about your rights, health risks, laws, and consequences of using. With the exception of medical use in some states, cannabis is still illegal and penalties can be harsh.
- 10** Use by minors is generally inappropriate and should be discouraged unless there is a valid medical reason. If an adult is found by authorities to have given cannabis to minors, it can lead to other serious ramifications. www.cannabisconsumers.org