



**MY  
COURAGE  
IS INDIGENOUS.**

Our teachings guide me to make the right choices for me when it comes to cannabis.



First Nations Health Authority  
Health through wellness

[FNHA.ca/cannabis](https://fnha.ca/cannabis) #IndigenousStrengths



# MY PATIENCE IS INDIGENOUS.

Our teachings guide me to reflect on the benefits of waiting until I'm older before trying cannabis.



First Nations Health Authority  
Health through wellness

[FNHA.ca/cannabis](https://fnha.ca/cannabis) #IndigenousStrengths





# MY HEALTH IS INDIGENOUS.

Our teachings guide me to make choices  
around cannabis that are safer for my body  
and mind.



First Nations Health Authority  
Health through wellness

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# MY PROTECTION IS INDIGENOUS.

Our teachings guide me to understand the impact cannabis has on me and my baby when I'm pregnant or breastfeeding.



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# MY STRENGTH IS INDIGENOUS.

Our teachings guide me to acknowledge  
my own limits around cannabis.



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# MY LEADERSHIP IS INDIGENOUS.

Our teachings guide me to be a leader to my younger relations by modelling healthy choices when it comes to cannabis.



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**MY  
INSIGHT  
IS INDIGENOUS.**

Our teachings guide me to understand the risks of mixing cannabis with alcohol or other drugs.



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**MY  
WISDOM  
IS INDIGENOUS.**

Our teachings guide me to consider my safety and the safety of others by not driving after using cannabis.



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Health through wellness

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