

CANNABIS »



WHAT IS IT?

- > **FROM:** PLANT SATIVA
- > **TYPE:** SEDATIVE WITH HALLUCINOGENIC EFFECTS
- > **LOOKS:** SOFT BLACK RESIN, FURRY GREEN LEAVES OR HARD BROWN LUMPS
- > **SMELL:** STRONG, MUSKY, SWEET & DISTINCTIVE
- > **WHAT GETS ME HIGH?** TETRAHYDROCANNABINOL (THC)
- > **TAKEN:** SMOKED, EATEN, VAPED
- > **KICKS IN:** DEPENDS - USUALLY WITHIN A FEW MINUTES SMOKED, UP TO AN HOUR EATEN
- > **LASTS:** DEPENDS - STRONGEST AROUND HALF AN HOUR WHEN SMOKED, A FEW HOURS WHEN EATEN






TYPES

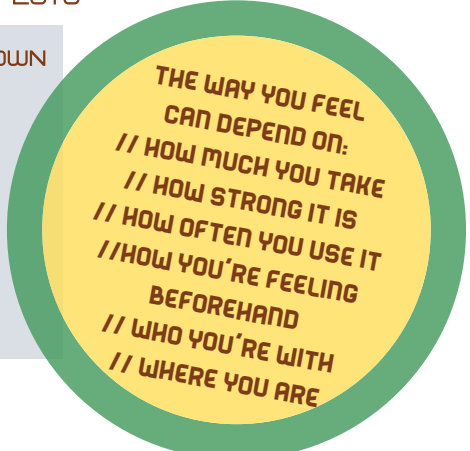
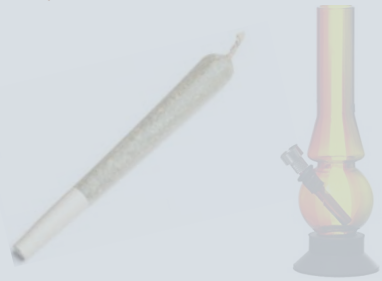
- WEED** » MOST COMMON - DRIED LEAVES & FLOWERING PARTS OF PLANT. LOOKS LIKE DRIED HERBS - BROWNISH GREEN IN COLOUR
- SKUNK** » VERY STRONG STRAINS OF WEED. OFTEN BRIGHT, PALE OR DARK GREEN IN COLOUR & COVERED IN TINY CRYSTALS
- HASH** » MADE FROM THE RESIN OF THE CANNABIS PLANT & CAN BE BLACK, BROWN, SOFT & SQUIDGY OR HARD
- CANNABIS OIL** » DARK, STICKY & HONEY COLOURED SUBSTANCE - MUCH LESS COMMON THAN OTHER TYPES.
- DAB/SHATTER** » HIGHLY CONCENTRATED FORMS OF CANNABIS EXTRACTED USING BUTANE THAT COME IN A SOLID FORM & CAN BE USED AS AN E-LIQUID IN VAPES

HOW IT'S USED

- SPLIFFS/JOINTS** » HAND ROLLING WEED WITH TOBACCO TO SMOKE AS A CIGARETTE, ROLLED CARDBOARD IN THE END IS CALLED A ROACH. USING ONLY WEED & NO TOBACCO MAKES A BLUNT
- BONGS** » VARIOUS TYPES WHICH CAN CONSIST OF GLASS, PLASTIC & METAL PARTS. THEY CAN BE BOUGHT OR MADE. WEED (SOMETIMES MIXED WITH TOBACCO) IS LIT IN A PIPE & THE SMOKE IS THEN INHALED THROUGH WATER VIA A LARGE TUBE
- EDIBLES** » WEED IS ADDED TO THINGS LIKE CAKE OR TEA. EATING HASH CAKES MAY RESULT IN YOU TAKING A LARGER DOSE THAN YOU INTENDED AS IT CAN TAKE LONGER TO KICK IN
- VAPING** » CANNABIS IS HEATED BY A VAPORISER, RATHER THAN BURNED. THIS IS BECOMING AN INCREASINGLY POPULAR METHOD BUT LITTLE IS KNOWN ABOUT THE LONG TERM HEALTH EFFECTS

HOW YOU'LL FEEL

- >> THINGS MAY LOOK, SOUND OR FEEL DIFFERENT, TIME MAY SEEM TO SLOW DOWN
- >> STONED - CHILLED OUT & RELAXED 
- >> HAPPY, CHATTY & GIGGLY
- >> REALLY HUNGRY 'THE MUNCHIES' 
- >> FAINT, LIGHTHEADED, DIZZY OR NAUSEOUS
- >> REALLY SICK 'A WHITEY' 
- >> ANXIOUS, CONFUSED OR PARANOID



IS IT ADDICTIVE?

STUDIES ARE ONGOING BUT CURRENTLY CANNABIS ISN'T THOUGHT TO BE PHYSICALLY ADDICTIVE - YOUR BODY DOESN'T NEED IT

HEAVY, REGULAR USERS CAN DEVELOP CRAVINGS & FIND IT HARD TO NOT USE THE DRUG

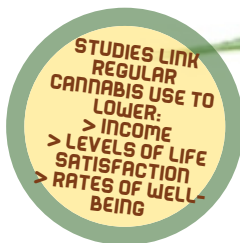
PEOPLE CAN DEVELOP A PSYCHOLOGICAL DEPENDENCE - YOU THINK YOU NEED IT AS YOU'VE FORMED A HABIT

PEOPLE OFTEN USE TOBACCO IN JOINTS & BONGS - TOBACCO CONTAINS NICOTINE WHICH IS PHYSICALLY ADDICTIVE, SO IT MAY BE NICOTINE THAT YOU ARE CRAVING

SOME PEOPLE REPORT WITHDRAWAL SYMPTOMS WHEN QUITTING SUCH AS BEING IRRITABLE, FEELING SICK, FINDING IT HARD TO EAT, LOW MOOD, SWEATING, SHAKING & DIARRHOEA

CANNABIS >>

BE AWARE OF THE RISKS...



SOCIAL IMPACT

CANNABIS IMPACTS THE PART OF THE BRAIN USED FOR REMEMBERING & LEARNING NEW THINGS - REGULAR USE BY YOUNG PEOPLE (WHILST YOUR BRAIN IS STILL DEVELOPING) HAS BEEN LINKED TO POOR EXAM RESULTS, REDUCED CONCENTRATION & PROBLEMS WITH ATTENTION. THOSE WHO USE CANNABIS ARE MORE LIKELY TO BE EXCLUDED FROM SCHOOL

CANNABIS CHILLS YOU OUT - REGULAR USE CAN LEAVE YOU FEELING LETHARGIC & UNMOTIVATED - MAKING IT HARDER TO GET UP FOR WORK, COLLEGE OR SCHOOL OR TO JOIN IN ACTIVITIES YOU ENJOY



BEING STONED IMPAIRS YOUR JUDGEMENT & COORDINATION - INCREASING THE RISKS OF ACCIDENTS & INJURY. YOU MAY MAKE DECISIONS YOU WOULDN'T WHEN YOU'RE SOBER & CAN BE VULNERABLE TO EXPLOITATION (PEOPLE USING YOU)

PEOPLE AROUND YOU MIGHT WORRY ABOUT YOUR CANNABIS USE - THIS MIGHT LEAD TO ARGUMENTS WITH FAMILY OR FALLING OUT WITH FRIENDS, WHICH COULD LEAVE YOU FEELING ISOLATED

CANNABIS IS ILLEGAL & THOSE WHO USE IT ARE MORE LIKELY TO BECOME INVOLVED IN CRIME OR GET IN TROUBLE WITH THE POLICE. REGULAR USE CAN BE EXPENSIVE & SOME PEOPLE SHOPLIFT OR START SELLING WEED TO PAY FOR WHAT THEY USE



IMPACT ON YOUR MIND

- >> LACK OF MOTIVATION TO DO STUFF
- >> DISTURBED SLEEP & LOW MOOD
- >> INCREASED MOOD SWINGS & PARANOIA
- >> CONFUSION & PSYCHOLOGICAL DISTRESS
- >> FORGETFULNESS & TROUBLE REMEMBERING THINGS
- >> INCREASED ANXIETY, PANIC, ANGER OR EVEN AGGRESSION
- >> HARDER TO CONCENTRATE & LEARN NEW THINGS
- >> SEEING OR HEARING THINGS THAT AREN'T THERE (HALLUCINATIONS)
- >> TRIGGER A SERIOUS RELAPSE FOR PEOPLE WITH PSYCHOTIC ILLNESSES LIKE SCHIZOPHRENIA

EFFECTS CAN LAST FOR DAYS & MIGHT ONLY SETTLE DOWN IF THE PERSON STOPS USING - SOMETIMES IT DOESN'T SETTLE DOWN EVEN THEN

IMPACT ON YOU BODY

- >> BLOODSHOT EYES
 - >> TIREDNESS & LACK OF ENERGY
 - >> DIZZINESS, NAUSEA OR SICKNESS 'A WHITEY'
 - >> INCREASED APPETITE AFTER USE 'THE MUNCHIES' - ALTHOUGH SOME PEOPLE REPORT A LOSS OF APPETITE WHEN NOT USING
 - >> LUNG PROBLEMS SUCH AS WHEEZING, COUGHING, CHEST INFECTIONS & MAKING ASTHMA WORSE
 - >> INCREASED HEART RATE & DECREASED BLOOD PRESSURE - WHICH IS PARTICULARLY HARMFUL FOR PEOPLE WITH HEART PROBLEMS
- SMOKING WITH TOBACCO CAN;
- >> CAUSE ORAL, THROAT & LUNG CANCER & HEART DISEASE
 - >> AFFECT FERTILITY & YOUR ABILITY TO HAVE CHILDREN & INCREASE THE RISK OF YOUR BABY BEING BORN SMALLER THAN EXPECTED

THE LAW

CANNABIS IS A CLASS B DRUG - IT'S ILLEGAL TO HAVE FOR YOURSELF, GIVE AWAY OR SELL.

- >> POSSESSION CAN GET YOU UP TO 5 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH
 - >> SUPPLYING SOMEONE ELSE - EVEN YOUR FRIENDS - CAN GET YOU UP TO 14 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH
- IF CANNABIS IS BEING SOLD UNDER YOUR ROOF THE POLICE COULD PROSECUTE YOU
- >> DISCRETIONARY WARNING SCHEME - IF YOU'RE CAUGHT WITH A SMALL AMOUNT OF CANNABIS THAT YOU ADMIT IS FOR PERSONAL USE, HAVEN'T BEEN IN TROUBLE BEFORE & CO-OPERATE WITH THE POLICE WITHOUT AGGRESSION THEY MAY CHOOSE TO ISSUE YOU WITH THIS WARNING ON THE STREET - IT WILL BE RECORDED BUT YOU WON'T HAVE A CRIMINAL RECORD
 - >> FIXED-TERM FEE NOTICE - IF YOU'RE CAUGHT WITH CANNABIS A SECOND TIME, THE POLICE CAN ISSUE AN ON-THE-SPOT FINE FOR £80. IF YOU PAY WITHIN 21 DAYS, THERE'S NO CRIMINAL RECORD.
 - >> IF YOU'RE CAUGHT A THIRD TIME YOU'LL BE ARRESTED & TAKEN TO THE POLICE STATION

CANNABIS >>

YOU CAN'T TELL BY LOOKING OR SMELLING CANNABIS WHETHER THERE'S A BALANCE OF CBD & THC IN IT BUT IN GENERAL SKUNK HAS LESS CBD THAN REGULAR WEED



THC & CBD

THE HALLUCINOGENIC EFFECTS OF CANNABIS ARE MAINLY DUE TO A COMPOUND IN CANNABIS CALLED **THC** (TETRAHYDROCANNABINOL)

THE OTHER IMPORTANT COMPOUND IN CANNABIS IS **CBD** (CANNABIDIOL)

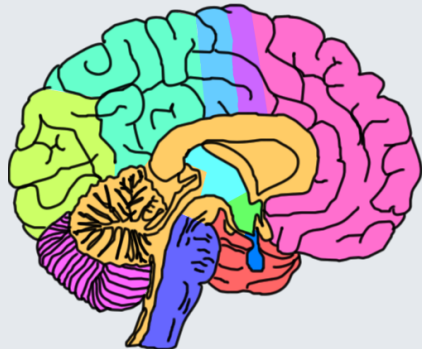
SKUNK & OTHER FORMS OF STRONG CANNABIS CONTAIN HIGH LEVELS OF THC BUT VERY LITTLE, OR NO, CBD

IT'S THOUGHT THAT CBD CAN **BALANCE OUT** SOME OF THE EFFECTS OF THC AND MAKE USERS LESS LIKELY TO FEEL ANXIOUS & PARANOID

SKUNK'S STRENGTH & SPEED CAN SOMETIMES CATCH OUT INEXPERIENCED USERS. MANY REPORT THAT THE 'STONED' EFFECT CAN COME ON RAPIDLY & BE DISABLING. THE RESULTS CAN BE QUITE DRAMATIC, INCLUDING ANXIETY ATTACKS

HOW IT WORKS

AFTER INHALING CANNABIS THE CHEMICAL THC PASSES INTO THE **BLOODSTREAM** & REACHES THE **BRAIN** WITHIN SECONDS



NEURONS IN YOUR BRAIN PROCESS INFORMATION & COMMUNICATE WITH OTHER NEURONS VIA **NEUROTRANSMITTERS** SO YOUR BODY CAN PERFORM VARIOUS FUNCTIONS

THC IS A FOREIGN CHEMICAL THAT CAN INTERFERE WITH NORMAL **BRAIN FUNCTIONING** AS IT **MIMICS** NEUROTRANSMITTERS THAT YOUR BODY MAKES ITSELF

THC BINDS TO **CANNABINOID RECEPTORS** IN DIFFERENT PARTS OF YOUR BRAIN - ALTERING HOW THEY WORK & HOW YOU FEEL AS FOLLOWS:

- HIPPOCAMPUS - **MEMORY** - WHY YOU MIGHT STRUGGLE TO REMEMBER WHAT YOU DID
- CEREBELLUM & BASAL GANGLIA - **CO-ORDINATION & MOVEMENT** - WHY YOU MIGHT HAVE ACCIDENTS & NOT FEEL IN CONTROL OF YOUR BODY
- AMYGDALA - **EMOTIONS** - WHY YOU MIGHT FEEL PARANOID OR ANXIOUS
- HYPOTHALAMUS - **APPETITE** - WHY YOU MIGHT GET THE MUNCHIES
- CEREBRAL CORTEX - **PERCEPTION & CONSCIOUSNESS** - WHY YOU FEEL STONED & MIGHT SEE OR HEAR THINGS THAT AREN'T THERE

THC ALSO CAUSES NEURONS TO **KEEP FIRING** WITHOUT A REST - THIS IS WHY YOU MAY FEEL LOST IN A **TRAIN OF THOUGHT** WHEN STONED

THC STIMULATES **DOPAMINE** REWARD PATHWAYS IN THE BRAIN - DOPAMINE MAKES YOU FEEL GOOD SO THIS IS WHY YOU ENJOY FEELING STONED

IS IT BECOMING A PROBLEM?

- I OFTEN FIND MYSELF THINKING ABOUT MY NEXT JOINT
- I'M SMOKING MORE THAN I USED TO
- I TRY TO GIVE UP BUT GET BACK ON IT AGAIN
- I'M LOSING INTEREST IN OTHER ACTIVITIES
- MY FRIENDS ARE USING WEED TOO
- I NEED TO SMOKE MORE TO GET THE SAME HIGH
- I GET EDGY WHEN I RUN OUT OF WEED
- I'M WORRIED ABOUT MY USE
- MY FRIENDS OR FAMILY ARE WORRIED ABOUT MY USE
- I'M BROKE BECAUSE I SPEND ALL MY MONEY ON WEED
- I'VE LIED ABOUT HOW MUCH I USE
- I'VE DONE THINGS I'M ASHAMED OF WHEN I'M WASTED

IF ANY OF THESE SOUND FAMILIAR IT MIGHT BE WORTH GETTING IN TOUCH

CANNABIS »



HARM REDUCTION

ONLY USE CANNABIS WHEN YOU'RE **FEELING HAPPY & RELAXED** - BE IN A **SAFE PLACE** WITH PEOPLE YOU'RE COMFORTABLE WITH

DON'T MIX WITH OTHER DRUGS OR ALCOHOL - IT INCREASES THE RISK OF A BAD EXPERIENCE OR THROWING A **WHITEY**

AVOID STRONGER FORMS OF CANNABIS LIKE **SKUNK** THAT HAVE MORE THC & LESS CBD - WHICH MAY MAKE YOU FEEL **PARANOID** OR **ANXIOUS**

AVOID USING **TOBACCO** IN BONGS AND SPLIFFS - **NICOTINE** IS HIGHLY **ADDICTIVE** & TAR DAMAGES YOUR LUNGS

AVOID HOLDING SMOKE IN YOUR LUNGS OR INHALING TOO DEEPLY. IT INCREASES INTAKE OF **TAR** WHICH **DAMAGES YOUR LUNGS** WITHOUT GETTING YOU ANY MORE STONED

REMOVE STEMS, SEEDS & LEAVES - THE BULK OF THC IS IN THE **BUDS**

DON'T USE A CIGARETTE FILTER AS IT WILL FILTER OUT THC LEADING YOU TO **SMOKE MORE** TO GET THE SAME EFFECT

USE A **PLAIN CARDBOARD ROACH** AVOIDING PRINTED/PLASTIC COVERED MATERIALS WHICH CAN RELEASE **TOXINS** WHEN HOT

KEEP YOUR PIPES & BONGS **CLEAN** - IT'S BEST NOT TO SHARE EQUIPMENT WITH MATES. AVOID **PLASTIC BOTTLES & PIPES** AS THEY CAN RELEASE TOXIC FUMES

VAPORIZERS DON'T BURN CANNABIS - REDUCING DAMAGE TO **LUNGS**

DON'T USE EVERY DAY OR **RESTRICT USE** TO EVENINGS OR WEEKENDS WHEN YOU DON'T HAVE SCHOOL, WORK OR COLLEGE

DON'T DRIVE OR TAKE UNNECESSARY **RISKS**

LOOK AFTER YOUR MATES & **DON'T BE AFRAID TO CALL AN AMBULANCE** OR GET HELP IF YOU OR A MATE FEELS ILL OR IS HAVING A BAD TIME

MOTIVATE YOURSELF - LOOK AT THE GOOD & BAD THINGS ABOUT USING CANNABIS & MAKE A LIST. REMIND YOURSELF OF THE REASONS WHY YOU WANT TO CUT DOWN.

HAVE A PLAN - DO YOU WANT TO CUT DOWN OR STOP COMPLETELY? FOCUS ON YOUR GOAL & HOW YOU CAN ACHIEVE IT & REWARD YOURSELF EACH WEEK - MAYBE BUY SOME NEW CLOTHES WITH THE MONEY YOU SAVE BY NOT BUYING WEED

SMALL MANAGEABLE STEPS - CAN YOU DELAY HAVING YOUR FIRST JOINT OF THE DAY OR LIMIT USING TO THE EVENINGS OR WEEKENDS. HOW ABOUT THROWING YOUR BONGS AWAY OR ONLY BUYING A CERTAIN AMOUNT & NOT BUYING ANYMORE WHEN YOU'VE USED IT ALL

KEEP A RECORD - AS WELL AS KEEPING TRACK OF YOUR PROGRESS A DIARY CAN HELP IDENTIFY AREAS OF HEAVY USE WHICH MIGHT HELP YOU THINK ABOUT WHAT TRIGGERS YOU TO USE

AVOID RISKY SITUATIONS - IF GOING TO CERTAIN PLACES OR HANGING OUT WITH CERTAIN MATES MAKES IT MORE LIKELY YOU WILL USE TRY AVOIDING IT FOR A WHILE. IF YOU USE BECAUSE YOU FEEL STRESSED, SAD OR ANGRY LOOK FOR HEALTHIER WAYS TO DEAL WITH THOSE EMOTIONS.


COPING WITH CRAVINGS - CRAVINGS DON'T LAST VERY LONG, IF YOU CAN GET THROUGH THEM THE URGE TO USE WILL PASS. DISTRACT YOURSELF WITH ACTIVITIES YOU ENJOY OR TRY SOMETHING NEW - PUT OFF ACTING ON YOUR CRAVING, IT WILL GET EASIER EVERY TIME

WITHDRAWAL SYMPTOMS - YOU MIGHT NOT GET ANY BUT IF YOU DO THEY WON'T LAST LONG. TAKE CARE OF YOUR BODY BY EATING & SLEEPING WELL. EXERCISE IS GREAT FOR FILLING UP YOUR TIME & INCREASING FEEL GOOD CHEMICALS IN YOUR BRAIN.

HAVE A BACK-UP PLAN - BE PROUD OF ANY CHANGE YOU MAKE & DON'T BEAT YOURSELF UP IF THERE ARE BACKWARDS STEPS NOW & AGAIN. WORK OUT WHAT WENT WRONG & LEARN FROM IT. IT'S NOT EASY BUT YOU CAN DO IT!

DON'T DO IT ALONE - SPEAK TO FRIENDS & FAMILY ABOUT YOUR PLAN - MAYBE YOUR MATES WANT TO REDUCE TOO & YOU CAN ENCOURAGE EACH OTHER. WE ARE WITH YOU ARE HAPPY TO WORK WITH YOU TO HELP WITH ANY OF THE ABOVE - GET IN TOUCH

TIPS TO QUIT

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