

# INFORMATION SHEET – Cannabis

## Effects

- ◆ Depend on the drug (how strong/how much taken/how often/if smoked or eaten) the person (mood/personality/physical and mental health) and the setting (where you are/if you feel comfortable/if you're on your own etc)
- ◆ Hallucinogenic drug/relaxing/stimulating/can enhance mood/music/conversation/ideas

## Method of Use

- ◆ Usually smoked with tobacco/can be used in a bong or pipe/can be eaten.

## Risks

- ◆ Gives off more tar than an average cigarette when smoked - so cancer is a risk
- ◆ Eating it - much more powerful and uncontrollable
- ◆ Can aggravate lungs
- ◆ Can make you feel worse if you feel worried/depressed/anxious/ paranoid
- ◆ Can affect short term memory and school performance
- ◆ Dangerous to drive after using it
- ◆ Skunk and other forms of cannabis are much stronger
- ◆ Some people with mental health problems or anxiety can become very disturbed, in extreme cases can trigger psychotic episodes.

## Law

- ◆ As a Class B drug, the maximum penalty for supplying or producing cannabis is 14 years imprisonment and/or an unlimited fine.
- ◆ As a Class B drug, the maximum penalty for possession is five years imprisonment.
- ◆ Young people found in possession could be taken to the police station, parents/carers called. Any drugs will be taken off you.
  
- ◆ Will probably be legalised for medical use (on prescription from GP in tablet or spray form!)
- ◆ School policy (could be permanently excluded)

Further information go to [www.drugscope.org.uk](http://www.drugscope.org.uk)

# TEACHER DISCUSSION SHEET

## FOR USE WITH DVD CLIP

- ❖ Looked after by the Local Authority.
- ❖ Homeless or unstable housing.
- ❖ Involved in the criminal justice system.
- ❖ With drug or alcohol misusing parents/ siblings.
- ❖ Excluded from or non-attending at school.
- ❖ Difficult family circumstances. (including abuse)
- ❖ With physical / learning difficulties.
- ❖ Living in an environment with a high availability of drugs.
- ❖ Early first use of alcohol or drugs.

*Co-existence of more than one factor significantly increases overall risk.*

### Protective Factors

- ❖ Supportive family environment.
- ❖ Positive temperament/academic achievement.
- ❖ A caring relationship with at least one adult.
- ❖ External system of support which encourages positive values.