

# Cannabis True or False

|  | TRUE | FALSE |
|--|------|-------|
| Most young people are using cannabis or have at least tried it once.                 |      | ✓     |
| Cannabis can come in different strengths.  | ✓    |       |
| Cannabis can only be smoked.   |      | ✓     |
| Cannabis contains tar.   | ✓    |       |
| Cannabis affects someone the same every time they use it.                            |      | ✓     |
| Cannabis is addictive.   | ✓    |       |
| Cannabis does not cause mental health problems.                                      |      | ✓     |
| Cannabis can be prescribed by a doctor to be smoked for certain illnesses in the UK. |      | ✓     |
| Cannabis makes a person more alert and awake.  |      | ✓     |

**Most young people are using cannabis or have at least tried it once (FALSE):** Often young people feel pressured to use cannabis for many reasons, one being to “fit in as everyone does it”. This is not the case, in the UK only 6% of young people had used cannabis (Statista, 2023). Cannabis is also a very strong smelling drug, if one or two people are using it the smell spreads. People then assume there are lots of people using cannabis due to the strength of the smell.

**Cannabis comes in different strengths (TRUE):** The strength of cannabis can differ from batch to batch and also the type of cannabis which is being used. Because we can't be sure how strong cannabis is when used it can result in unpredictable effects.

**Cannabis can only be smoked (FALSE):** Cannabis is most commonly smoked but is used in other ways. Other uses of cannabis include; eating (edibles) in which cannabis is put into food such as sweets and cakes, vaping which THC or CBD is extracted from the plant and put into vape liquid.

**Cannabis contains tar (TRUE):** The cannabis plant does naturally contain tar. Tar gets into the body via the smoke created when the cannabis plant is burnt. Tar then sticks to a person's lungs and turns them black. Tar is the same substance used to make roads and playgrounds.

**Cannabis affects someone the same every time they use it (FALSE):** Cannabis actually affects a person differently every time they use it. This can be due to a number of factors including; its strength, the way it is used, how much is used and factors relating to the person themselves such as their mood.

**Cannabis is addictive (TRUE):** Cannabis is psychologically addictive meaning that your brain tells you that you want to do something over and over again. Psychological addiction is an emotional or mental dependence on the drug, this can lead to intense cravings and obsessive behaviour.

**Cannabis does not cause mental health problems (FALSE):** THC is the psychoactive (meaning it changes how the brain functions), part of cannabis which gets a person “high”. THC can negatively affect brain functioning, leading to existing mental health problems becoming worse or the development of mental health issues. Those under 25 are more at risk of developing mental health problems if using cannabis. This is as cannabis has been shown to affect normal brain growth and development.

**Cannabis can be prescribed by a doctor to be smoked for certain illnesses in the UK (FALSE):** Cannabis that is smoked will never be prescribed by a reputable doctor for any illness. This is as we know that smoking cannabis is extremely harmful for the lungs. Cannabis can be prescribed for 3 reasons under the NHS, these include; MS, severe epilepsy and extreme nausea from chemotherapy, none of these prescriptions will involve smoking cannabis.

**Cannabis makes a person more alert and awake (FALSE):** Cannabis is a depressant drug meaning it slows down the messages from your brain to your body. This slows a person down overall, this can result in them feeling tired and far too relaxed to a point it can become risky.