

Cannabis



Cannabis that makes you stoned and cannabis that has medical uses are not the same!

Some nicknames for cannabis are: Blow, Skunk, Spliff, Cheese, Bud, Budha, Blueberry Kush, Dutch, AK47, Destroyer, White Widow

Nicknames can sometimes tell you how it may taste, smell or even how strong it may be. Nicknames can be very unreliable and are often changing.

WHAT DOES IT LOOK LIKE?

Cannabis can usually be found in 3 different forms; **Herbal** which looks like a dried green plant mixture, **Resin** which looks like a black/brown solid lump, **Oil** which looks like a sticky dark liquid.

HOW IS IT USED?

Cannabis is usually smoked in what is known as a spliff and often used with tobacco. One of the main problems with smoking cannabis is the effect it can have on your body. Smoking cannabis can give you problems with your mouth, throat and lungs and is believed to cause cancer.

Some people eat cannabis, which they believe is not as bad for you as smoking, but if you eat cannabis it can take a long time to have an effect and you never know how stoned you will be or for how long.

WHAT IS SKUNK ?

Most cannabis that is used within the UK is Skunk. Skunk refers to a range of stronger types of cannabis and is often grown indoors with the use of specialist equipment. It is grown and used for its higher concentrations of the main active ingredient, THC. The name refers to the pungent smell it gives off while growing.

SKUNK DOES NOT GROW 'NATURALLY' – IT IS OFTEN NOT EVEN GROWN IN SOIL!



WHAT'S IN IT ?

There are about 400 chemical compounds in an average chemical plant. The two main ones being tetrahydrocannabinol (THC) and cannabidiol (CBD).

THC is the main chemical which causes the feeling of being 'stoned' or 'high'. But it also causes some of the more negative effects such as paranoia, memory loss and the increased risk of mental illness.

CBD tends to reduce the 'high' and is more linked to the effects that medical researchers are interested in studying for the use as pain relief and as treatments for illnesses such as multiple sclerosis.

Royal College Psychiatrists 2015

More than half of its psychologically active chemical ingredients are absorbed into the blood when smoked.

These compounds tend to build up in fatty tissues throughout the body, so it takes a long time to be excreted in the urine.

This is why cannabis can be detected in urine up to 56 days after it has last been used.

Big Guide to... Cannabis

Over the past thirty years dealers and growers have bred and altered cannabis plants to make them stronger by increasing the THC and lowering the CBD.

The average THC content has risen from around 7-8% to around 12-14%.

Drugscope 2015

Where to get help?

If you or a friend needs help or for more information:
Log on: www.ourguideto.co.uk
Text: 07781 472 746
Tel: 0121 569 2201
Email: dqa1000@hotmail.com



The DECCA Team

DECCA (Drug Education, Counselling and Confidential Advice) are Sandwell's Young People's (18 & under) drug service.

Cannabis...

...Can affect people differently...

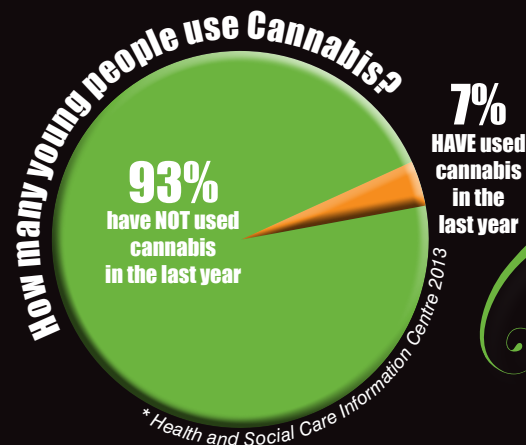
Some effects include:

- Being chilled out and relaxed
- More talkative and get the giggles
- Get hungry
- Red and bloodshot eyes
- Fall over and more likely to have an accident
- Act silly and do things they normally wouldn't
- Be sick
- Pass out
- Reactions slow down
- More vulnerable (helpless/at risk) and not aware of surroundings
- The effects can vary every time someone uses cannabis. There are many different factors that can play a part in how the drug affects someone.

Cannabis also affects people's mood, they may feel:

- Paranoid
- Anxious
- Can't be bothered, not motivated
- Can't concentrate or remember everything
- See or hear things that might not be there
- Depression
- Aggression
- The effects can vary every time someone uses cannabis. There are many different factors that can play a part in how the drug affects someone.

5 Fascinating Facts!



Young people and mental health

Cannabis has been linked with mental health problems. Regular cannabis use, especially when young, can lead to an increased risk of later developing a psychotic illness like schizophrenia.

Mixing Cannabis and Alcohol

Mixing cannabis with alcohol can have particularly serious consequences - the accident rate is 16 times higher than for cannabis or alcohol alone. (Talk to Frank)

Travel restrictions for drug convictions

Some countries will not allow you into their country with a drug conviction, these include USA and Canada, caught with possession can lead to hefty consequences.

What's in an average joint?

A joint can vary in size, typically containing between 0.25 to 1 grams net weight of cannabis (joints have been rolled with 2 or more pounds, but this is not a common practice). Tobacco may or may not be used in the rolling process.

