

Cannabis



Big Guide to Cannabis

The Law Cannabis is a CLASS B drug

Possession: Up to 5 years in prison and/or an unlimited fine
Supply: Up to 14 years in prison and/or an unlimited fine

Some nicknames for cannabis are: Weed, Pot, Skunk, Bud, Spliff, Joint and there are many more. In fact, there are over 1000 nicknames for cannabis.

What Does It Look Like?

Cannabis can usually be found in 3 different forms;
Herbal – Dried green plant material
Resin – Solid black/brown lump
Oil – Dark brown sticky liquid



How Is It Used?

Cannabis is usually smoked, in what is known as a spliff, joint or zoot, and often mixed with tobacco. Cannabis can also be eaten, often mixed within baking mixtures and different forms of food and drink (usually known as edibles). Cannabis can also be vaped using a ready-made cannabis or THC vape oil. There are even expensive devices which can vaporise the flower itself.

Edibles

Edibles refer to any edible food or drink containing cannabis or THC. Edibles can come in many different forms; brownies, gummies, sweets, lollipops, chocolates, teas, soft drinks etc. Edibles can vary a lot in strength and so the effects can vary too. Higher strengths (especially THC%) will increase the risk of any negative effects. The effects of consuming edibles are unpredictable and it's very easy to consume too much. Edibles take longer to take effect, as it needs to be metabolised first, this makes it harder to determine how 'high' someone will be and for how long. Edibles can often contain unknown substances, including synthetic cannabinoids, increasing the likelihood of negative things happening. **Edibles which contain THC are still ILLEGAL!**



Effects of Cannabis

The effects can vary every time someone uses cannabis. There are many factors that can play a part in the way cannabis affects someone including; age, gender, surroundings and mood.

- 'High'
- Chilled Out / Relaxed
- Red & Bloodshot Eyes
- Lethargic / Tired
- Dizziness
- Giggles / Talkative
- Increased Appetite
- Slower Reactions
- Impaired Coordination
- Hallucinations
- Paranoia
- Anxious / Worried
- Impaired Judgement
- Memory Loss
- Unmotivated
- Difficulty Concentrating



- Using too much or high strength cannabis increases the risk of a 'whitey' (going pale, feeling dizzy, being sick and passing out).
- Using cannabis regularly can trigger & increase the risk of mental health issues such as; depression, psychosis & schizophrenia.
- Smoking can cause wheezing, breathlessness, sore throats, coughs and can make asthma symptoms worse. Long term smoking can increase the risk of smoking related illnesses to the lungs, heart, mouth & throat and is believed to increase the risk of some cancers .

Where to get help?

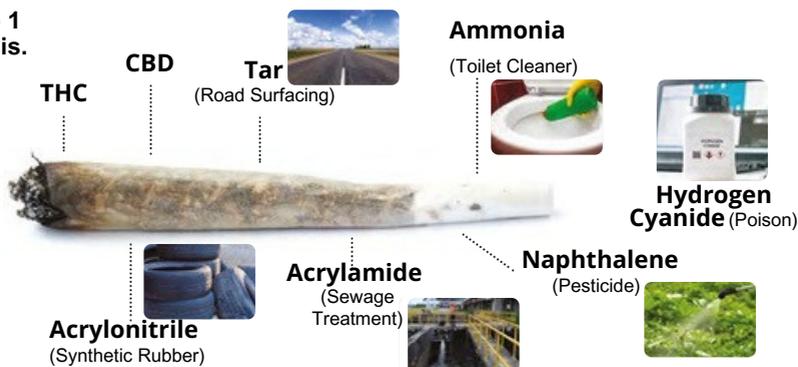
If you or a friend needs help or for more information:
Log on: www.ourguideto.co.uk
Text: 07781 472 746
Email: dqa1000@hotmail.com



5 Fascinating Facts!

A joint can vary in size, typically containing between 0.25 to 1 gram of cannabis. A joint often contains a mixture of cannabis and tobacco.

What's in Cannabis?



There are around 400 chemicals within the average cannabis plant. The main 2 active ingredients being;

Tetrahydrocannabinol (THC) – Mainly responsible for the 'stoned' and 'high' feeling but also causes paranoia, memory loss and increased risk of mental health issues.

Cannabinol (CBD) – Tends to reduce the 'high' and is said to have medicinal properties.

What is Medicinal Cannabis?

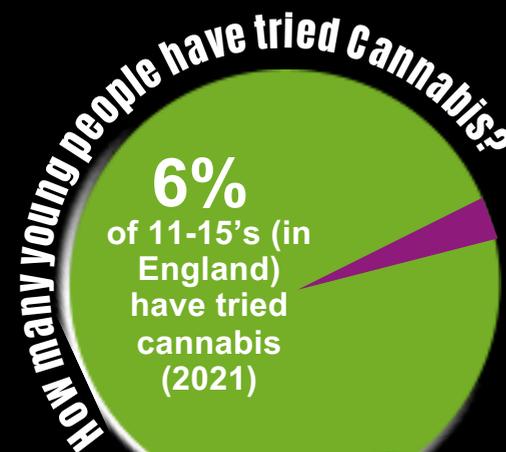
Medicinal cannabis is a term given to any sort of cannabis-based medication. Specific medicinal cannabis products are available on prescription in the UK, however can only be prescribed by certain specialist licensed doctors for the treatment of MS, epilepsy and severe nausea from chemotherapy.

Some products which claim to be medicinal cannabis, such as CBD oil, can be bought legally online, in pharmacies and in health shops. They can come in many forms; creams, food supplements, vitamin tablets etc. There is no guarantee these products are of good quality and offer any health benefits.

Cannabis clinics have seen a rise in popularity recently, particularly online, which offer medicinal cannabis products. These clinics offer treatment additional to the illnesses listed above; including chronic pain, mental health conditions, stomach conditions (e.g. Crohn's disease) amongst many others.

Although medicinal cannabis is legal in the UK, there are questions around the morality of cannabis clinics as it is often an expensive process and medicinal cannabis can be prescribed for illnesses where there is little to no research on the benefits of its use.

Cannabis that makes you stoned and medicinal cannabis are not the same thing!



Mixing Cannabis & Alcohol

Using cannabis and alcohol together increase the risk of an accident occurring, it's 16 times higher than using alcohol or cannabis alone.

Drug Driving

Driving whilst under the influence of cannabis is **ILLEGAL!** Driving when stoned or high doubles the risk of having a serious or fatal car crash.



Mental Health

Regular cannabis use, especially when young and when the brain is still developing, increases the risk of developing a mental health illness.

Drug Convictions

Having a drug conviction can lead to a lot of complications. It can stop access to certain countries, to certain jobs and even appearing on television.