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
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.