



CANNABIS

WHAT IS CANNABIS?

The most common types are grass and hash.

Grass (weed) is made from the dried parts of the cannabis plant. Hash is made from the resin of the plant.

Cannabis is usually smoked in a cigarette called a 'joint'. Cannabis can also be vaped and eaten.

EFFECTS

Cannabis affects people in different ways. It depends on how you're already feeling, how much you smoke and where and who you are with.

The effects range from feeling relaxed, happy and laid back to feeling sleepy, anxious and paranoid.

RISKS

You might find you can't work or study properly after using heavily the day before.

Cannabis, especially when smoked with tobacco can cause cancer and heart disease.

Some research suggests that if you have an underlying mental health problem or one that you may not know about, using cannabis may bring it on.

CANNABIS AND THE LAW

Cannabis is a Class B drug. It is illegal to possess, produce or supply the drug.

TOP TIP

If you feel bad when using cannabis, you should think about stopping. Give your mind and your body a break.