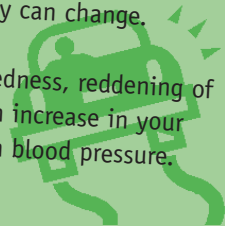


Know Cannabis

are you spending too much time, energy and money on weed?

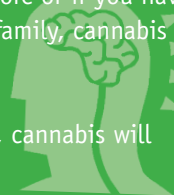
Physical

- Smoking cannabis over a long period may lead to lung problems as your lungs were not meant to take in hot, noxious gases.
- Getting stoned affects co-ordination increasing the risk of accidents.
- Cannabis impairs driving skills perceptions of distance and velocity can change.
Do not drive.
- Cannabis can cause tiredness, reddening of the eyes, dry mouth, an increase in your pulse rate and a drop in blood pressure.
- Appetite is increased.



effects.....| Mental

- Cannabis affects short term memory and ability to concentrate.
- Have you ever felt tense or agitated after smoking pot?
- Have you ever had uncontrolled thoughts or become confused after a joint?
- Some people experience unpleasant effects when they use cannabis, such as anxiety, panic attacks or paranoia depending on their mood and situation. Usually these symptoms stop once the cannabis has worn off.
- If you have had a mental health problem before or if you have a history of mental health problems in your family, cannabis can trigger serious mental health problems (such as schizophrenia).
- If you already have a mental health problem, cannabis will probably make your symptoms worse.



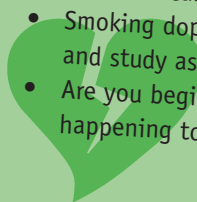
Debt

- One of the most common problems associated with cannabis is spending too much money on it!
- Do you spend more than you intended too? How much do you spend every week?
- If you feel it is too much, cut down, use less often and stop.



| Relationships

- Cannabis can make people boring, lifeless and isolated -
- Smoking dope all the time can lead to problems in both your personal life and study as you miss deadlines, achieve lower marks than you could do?
- Are you beginning to lack motivation and get up and go? If you feel this is happening to you, cut down, use less often and stop.



Some people smoke strong cannabis to take the edge off ecstasy.

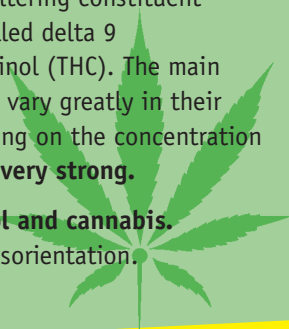
The combination of these two drugs may have a contradictory effect making you feel edgy and paranoid instead of calm.

Cannabis varies in strength

The major mind-altering constituent is a substance called delta 9 tetrahydrocannabinol (THC). The main types of cannabis vary greatly in their strength, depending on the concentration of THC. **Skunk is very strong.**

Don't mix alcohol and cannabis.

It can result in disorientation.



Cannabis and The Law

Ignorance is no defence in law : **Cannabis is not allowed on campus.** Those caught are subject to the student conduct regulations.

- **Cannabis is a Class C drug :**
Penalties = Possession : 2 years prison and/or a fine
Supply : 14 years prison and/or a fine
- If you have a drugs record obtaining a visa to travel to some countries may be difficult or denied.
- It can affect job prospects especially if you are studying health, education, accounting, law as employers check your criminal record.
- Cannabis can be detected in urine samples (the usual method of testing). Smoking a joint a couple of nights a week may take 21-28 days to clear the system. Heavy cannabis use can be detected for around 42-56 days after cessation.



For more help and information **National Drugs Helpline : 0800 776600**

Information and research about drugs **Drugscope : 020 7928 1211**

Legal and welfare advice and outreach work at dance events **Release 24 Hour helpline : 020 7729 9904**

www.knowcannabis.org.uk