

DID YOU KNOW: CANNABIS

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT... CANNABIS IS NEW ZEALAND'S MOST POPULAR ILLEGAL DRUG?

BUT ONLY 3% OF SECONDARY SCHOOL STUDENTS SAY THEY USE IT ON A WEEKLY BASIS.

HOW IT WORKS

CANNABIS IS A DEPRESSANT AND CAN BE PHYSICALLY AND PSYCHOLOGICALLY ADDICTIVE.

WHEN CANNABIS IS SMOKED THE ACTIVE CHEMICAL THC GOES INTO THE LUNGS, IS ABSORBED INTO THE BLOODSTREAM AND CARRIED TO THE BRAIN. THE EFFECTS START WITHIN MINUTES AND CAN LAST FOR HALF AN HOUR OR MORE.

CANNABIS IS TAKEN TO THE BRAIN IN A DIFFERENT WAY WHEN EATEN. THIS MEANS IT CAN BE HARDER TO KNOW HOW STRONG THE EFFECTS WILL BE, AND THE EFFECTS CAN LAST FOR LONGER, WHICH CAN BE AN UNPLEASANT EXPERIENCE.

CANNABIS AFFECTS DIFFERENT PEOPLE IN DIFFERENT WAYS.

SOME PEOPLE FEEL RELAXED, LIKE LISTENING TO BOB MARLEY AND GET THE MUNCHIES.

SMOKING A LOT OF CANNABIS CAN AFFECT YOUR HEALTH, MAKE IT HARDER TO CONCENTRATE, LEARN, PLAY SPORTS OR FIND WORK.

OTHERS CAN FEEL PARANOID, DEPRESSED AND CONFUSED, WITH A HIGHER RISK OF TRIGGERING MENTAL ILLNESS AND SEEING, HEARING OR FEELING THINGS THAT AREN'T THERE.

SO, REMEMBER TO

- STOP IF YOU START TO FEEL UNWELL OR UNCOMFORTABLE
- DON'T SMOKE AND DRIVE
- ALWAYS LOOK OUT FOR YOUR MATES

WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797



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