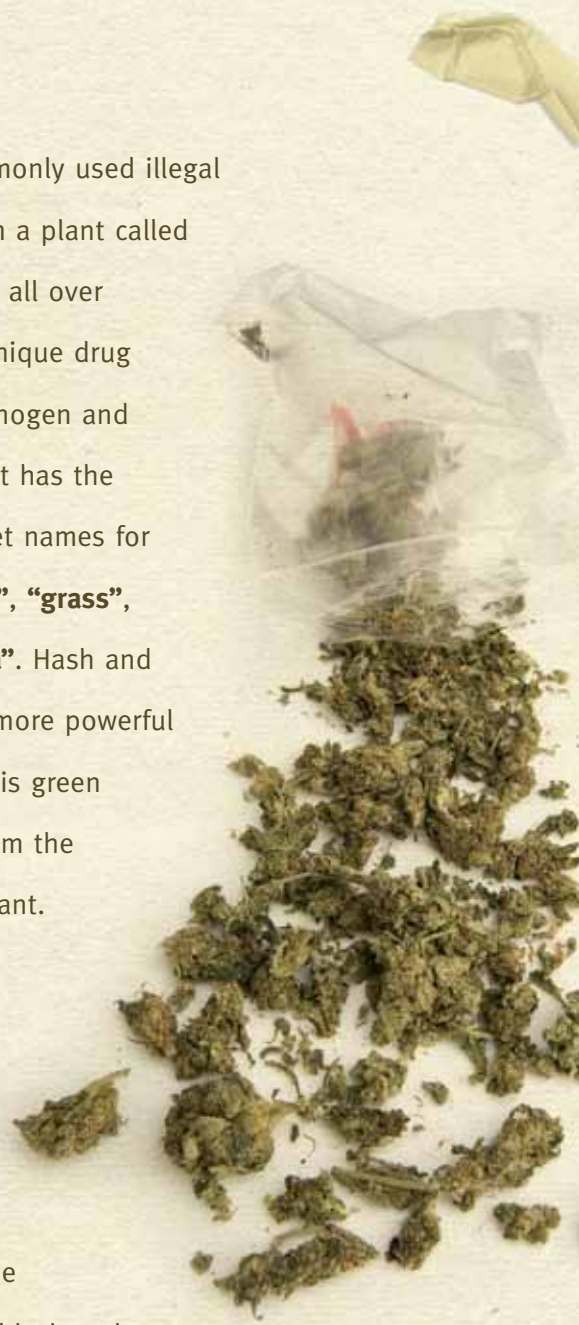


Cannabis is the most commonly used illegal drug. Cannabis comes from a plant called “cannabis sativa”; it grows all over the world. Cannabis is a unique drug that belongs in the hallucinogen and depressant categories, as it has the effects of both. Some street names for cannabis are “pot”, “weed”, “grass”, “hash”, “smoke” or “ganja”. Hash and hash oil tend to be much more powerful than marijuana. Marijuana is green or brownish and comes from the flowers on the cannabis plant. The flowers are dried and usually rolled in a “joint” (like a cigarette) and then smoked. Hashish (hash) is made from the dried resin at the top of the plant. It is often brown or black and “chunky looking”. Hash oil is made from hashish. It is sticky oil that can be brown, black, red or clear.

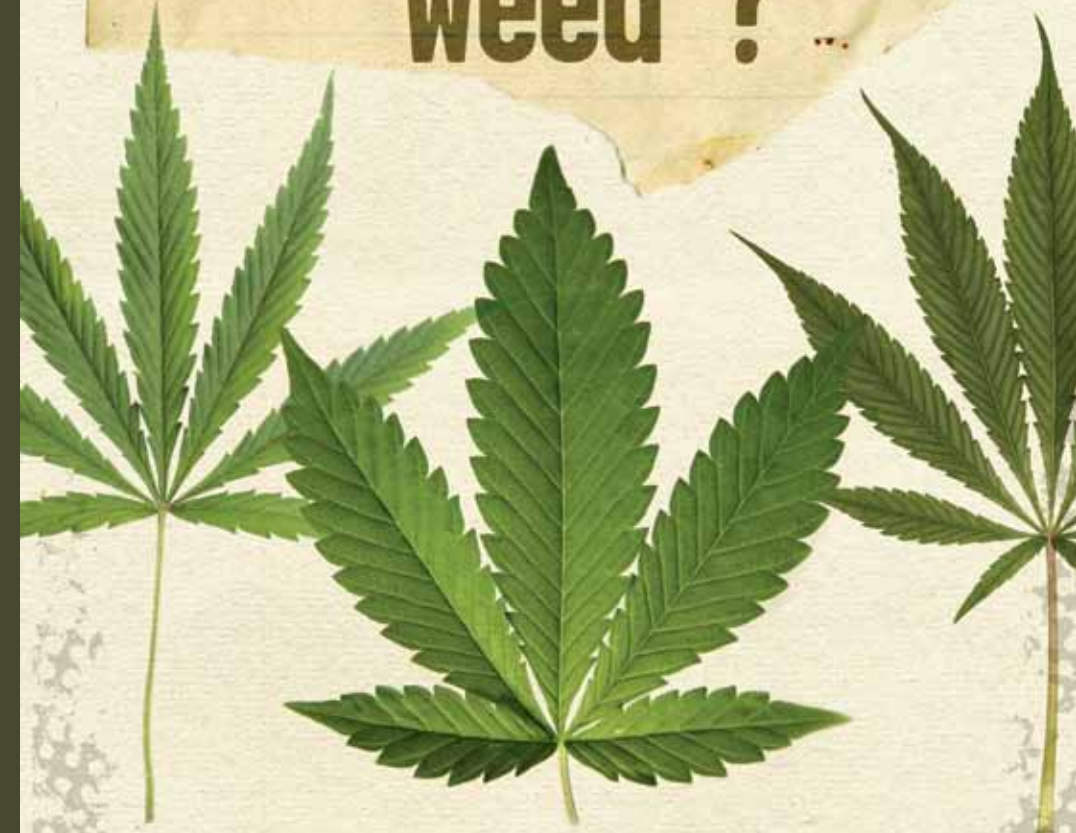


SOURCES:

- The 2002 Advisory Council on the Misuse of Drugs Report on Cannabis
- Australian National Council on Drugs
- B.C. Drug Information Council
- Canada Safety Council
- Canadian Centre on Substance Abuse (CCSA)
- CanWest News
- CBC News
- Health Canada
- Reuters Health
- Vancouver Sun

order code DR143
healthysask.ca

Do you
know about
“Weed”?



Saskatchewan
Ministry of
Health

Effects...

Using cannabis (marijuana, hash, hash oil) can cause:

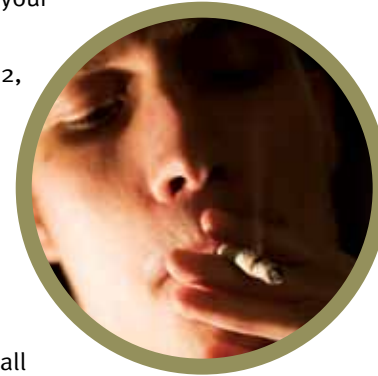
- intoxication
- mood swings
- chronic bronchitis
- red/glazed eyes
- anxiety
- lung cancer
- low grades at school
- depression
- brain damage
- relationship problems
- memory and concentration problems
- behaviour issues
- sleep problems
- dependence



Harms...

Did you know:

- Smoking three cannabis joints is like inhaling the same amount of toxic chemicals as a whole pack of cigarettes. It is true; cannabis smoke contains seven times more tar and carbon monoxide than cigarette smoke.
- Using cannabis and alcohol together is far more dangerous than using them separately. The intoxicating effects of both drugs used at the same time increases your impairment. Cannabis interferes with your ability to vomit, so you become more susceptible to alcohol poisoning. In this case, 1 + 1 does not equal 2, but more like 3 or 4.
- Cannabis smokers usually hold their breath four times longer than someone smoking a cigarette. This gives the smoke more time for the extra fine particles to deposit in the lungs.
- Cannabis affects different people in different ways. Some people can become very impaired using a small amount. Traces of cannabis can stay in the body for weeks, well after the 'high' has worn off.
- Studies have shown that heavy cannabis users may be altering their brain chemistry. In youth, the area of the brain affected by cannabis is still developing, which makes it vulnerable to damage.
- Using cannabis during pregnancy may affect the baby. Research suggests a link between a mother's use of cannabis during pregnancy, and learning problems in children.
- A chemical found in cannabis is "tetrahydrocannabinol", or THC, for short. Many current users consume the flowering heads of the plant where the THC concentration is highest.
- Marijuana is a mixture of more than 425 chemicals that convert to over 2,000 when smoked. Many of these are toxic and include pesticides and fungicides absorbed by the plants, which are passed on to users.
- It is a criminal offence in Canada to import, export, grow, possess, sell or give away any form of cannabis.



How will I know that I have a problem?

- ✓ You want to get high before or while you are at school.
- ✓ You are spending a lot of your money on marijuana.
- ✓ You can't remember things.
- ✓ You have ended the relationships you had with those friends who won't get high.
- ✓ You feel sad or angry when you are not high.
- ✓ You are smoking alone.
- ✓ You are getting high in the morning.
- ✓ You are driving while high.
- ✓ You have stopped doing a lot of things that you liked to do in the past.
- ✓ Getting high is interfering with your obligations at home, work or school.
- ✓ You are constantly waiting to get high.

Who can I contact if I have a problem?

Go online to www.healthysask.ca. Click on:

- 'Services for Youth' (top right-hand side), then
- 'Drinking and Drugs-You Can Get Help', then
- 'Local Services- Contact Information' or
- 'Local Alcohol and Drug Services', then 'Directory of Alcohol and Drug Treatment Services'.

You can also contact Addiction Services in your area.