

# THE FACTS

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## Smoking Cannabis

Also commonly known as; Bud, Dope, Ganja, Grass, Hash, Marijuana, Pot or Weed.



We know you probably know this, but we'll go into it anyway:

- Commonly smoked by a Spliff or Joint, often rolled with tobacco
- Can be hidden in edible sweets, cakes, or brownies
- Or inhaled through Vapes, E-cigarettes, Bongs and Shishas



Better for you than normal cigs? We don't think so...

- Your mental health and wellbeing could seriously suffer, with an increase in anxiety, panic attacks, and depression
- When it's rolled with tobacco, you are more likely to develop an addiction to nicotine and become a long-term smoker
- With the potential of a criminal record, and your school work suffering from your mental state, your future job prospects will also suffer

What about CBD and THC? CBD (cannabidiol) and THC (tetrahydrocannabinol) are becoming increasingly popular in the UK. But just to note:

- Both impact a signalling system of your brain which affects your sleep, mood, memory and appetite
- Although both are Psychoactive, THC produces a "high" or sense of euphoria, and CBD doesn't



Where to seek help for yourself or a friend:

Talk to FRANK by texting 82111  
or visit [www.talktofrank.com](http://www.talktofrank.com)

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For information on smoking and  
how to quit, visit [ash.wales](http://ash.wales):

# Y FFEITHIAU

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## Ysmygu Cannabis

Gelwir hefyd yn gyffredin; Bud, Dope, Ganja, Grass, Hash, Marijuana, Pot or Weed.



Dyn ni'n gwybod eich bod chi'n gwybod hyn mae'n debyg, ond mewn iddo beth bynnag:

- Yn cael ei ysmygu'n gyffredin gan Spliff neu Joint, yn aml wedi'i rollo â thybaco
- Gellir ei guddio mewn melysion bwydadwy, cacennau, neu frownis
- Neu ei fewnanadlu trwy anweddwy, E-sigaréts, Bongs a Shishas



Gwell i chi na cigs arferol? Nid ydym yn meddwl...

- Gallai eich iechyd meddwl a'ch lles ddioddef yn ddifrifol, gyda chynnydd mewn gorbryder, pyliau o banig, ac iselder
- Pan gaiff ei rollo â thybaco, rydych chi'n fwy tebygol o ddod yn gaeth i nicotin a dod yn ysmygwr hirdymor
- Gyda photensial cofnod troseddol, a'ch gwaith ysgol yn dioddef o'ch cyflwr meddwl, bydd eich rhagolygon swydd yn y dyfodol hefyd yn dioddef

Beth am CBD a THC? Mae CBD (cannabidiol) a THC (tetrahydrocannabinol) yn dod yn fwyfwy poblogaidd yn y DU. Ond dim ond i nodi:

- Mae'r ddau yn effeithio ar system signalau yn eich ymennydd sy'n effeithio ar eich cwsg, hwyliau, cof ac archwaeth
- Er bod y ddau yn Seicoweithredol, mae THC yn cynhyrchu ymdeimlad "uchel" neu ewfforia, ac nid yw CBD yn gwneud hynny.



Ble i ofyn am help i chi'ch hun neu ffrind:

Siaradwch â FRANK trwy anfon neges destun at 82111 neu ymweld [www.talktofrank.com](http://www.talktofrank.com)

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I gael gwybodaeth am ysmygu a sut i roi'r gorau iddi, ewch i [ash.wales](http://ash.wales):