



UNDERSTANDING CANNABIS AND ITS EFFECTS

ACTIVITY PACK

BEHIND THE HEADLINES

A headline is a short, attention-grabbing sentence that gives an idea of what a news article is about. **Good headlines:**

- Are specific (not too general or vague)
- Make people curious (but don't exaggerate or mislead)
- Use interesting wording to catch attention

EXAMPLES

Weak Headline: "Cannabis is not safe." (Too vague – doesn't explain why or what aspect is unsafe.)

Example of a Strong Headline: "More Teens Are Trying Cannabis – But Do They Know the Risks?" (Makes the reader want to find out more.)

STEP 1: CREATE HEADLINES

- Imagine you're a journalist. Write three headlines about cannabis based on what you've heard, seen online, or think people believe.
- Think like a journalist! If you saw your headline on social media or in the news, would you want to read the article?

HEADLINE 1:

HEADLINE 2:

HEADLINE 3:



STEP 2: FACT-CHECK YOUR HEADLINES

- Listening to the next slides, check if your headlines are true, false, or misleading.
- If they are false or misleading, explain why.
- If they are true, explain why they are important to know.

Example Headline Rewrites: "Vaping Cannabis Is Harmless!" → "Think Vaping Cannabis Is Safe? Here's What You Need to Know!"

HEADLINE 1:

HEADLINE 2:

HEADLINE 3:

CASE STUDY INVESTIGATION

INSTRUCTIONS

Your task is to analyse your given case study and answer:

- What happened?
- What choices were made?
- What were the short-term and long-term effects?
- Could they have made a different choice?

Present your case to the class.



KONA (14)

THE SCHOOL STRUGGLER

Kona started smoking cannabis at weekends with his older brother and his mates. He thought it helped him feel more relaxed, but now he's struggling to concentrate in school. He finds it harder to keep up with his lessons, and his predicted GCSE results have dropped. He used to play football for his local team but has started missing training sessions. His teachers have noticed, and his parents are concerned about his lack of focus and motivation.

- How has cannabis affected Tom's school life and motivation?
- What might happen if Tom continues using it?
- What advice would you give Tom?



AMINA (15)

FACING LEGAL CONSEQUENCES

Amina was caught vaping cannabis oil in the school toilets with her friends. She assumed it wasn't a big deal because "everyone does it," but the school has a strict no-drugs policy. Now she has been excluded for a week, and her parents are furious. She's also worried that this incident could impact her college applications. On top of that, she has been warned by police that if she is caught in possession of cannabis again, she could face a Youth Caution or Youth Conditional Caution, which could appear on future enhanced DBS checks. If she had been caught with a larger quantity, she could have faced a criminal record for possession of a Class B drug, affecting future employment opportunities. Some of her friends think it was unfair, but others have started avoiding her, worried about getting in trouble themselves.

- What are the legal and educational consequences Amina is facing?
- Could she have avoided this situation?
- What should Amina do now?



JAKE (16)

MENTAL HEALTH STRUGGLES

Jake has been vaping cannabis most nights because he says it helps him sleep. At first, it made him feel chilled out, but now he feels jumpy and paranoid even when he hasn't vaped. He avoids crowded places, feels anxious about social situations, and worries that people are talking about him. He's also started missing sixth form lessons and putting off assignments. His best friend has noticed he's not himself, but Jake brushes it off and says he's fine.

- How has cannabis affected Jake's mental health and social life?
- Could Jake be experiencing withdrawal symptoms?
- What could help Jake break this cycle?



EMMA (13)

EDIBLES GONE WRONG

Emma was at a sleepover when a friend offered her a homemade cannabis brownie. She didn't think much of it because "it's just food, right?" Half an hour later, she still didn't feel anything, so she ate another piece. Then, all of a sudden, she started feeling dizzy, confused, and sick. Her heart was racing, and she started to panic. She ended up having to call her mum to come and pick her up early. She was embarrassed and scared, and the next day she felt awful.

- Why was Emma's experience so overwhelming?
- What should she have known before trying edibles?
- How can she make a different choice next time?

THE CONVERSATION

Write a realistic response to your friend's text message. Think about:

- How to explain the facts without sounding bossy.
- How to challenge myths they believe.
- What advice you'd really give a mate.

Yo, we're thinking of trying weed this weekend. It's just a vape, so it's not like smoking, right? 🧑🏻💨

I heard edibles hit different tho—might be kinda fun. What do you think? 🍪👁️

Also, is it actually addictive? Everyone says it's chill. Lmk what you think?



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vaping? Help Me Quit Wales
supports anyone age 12+**

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