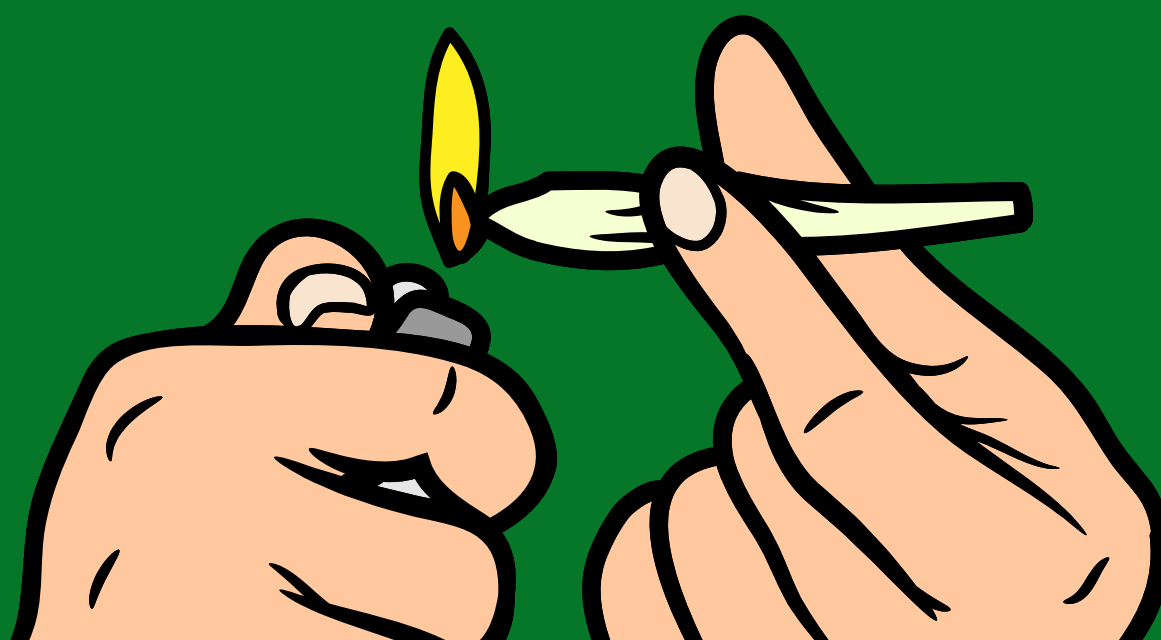


UNDERSTANDING CANNABIS AND ITS EFFECTS





WHERE DO YOU HEAR MOST INFORMATION ABOUT CANNABIS?

Friends?
Social media?
News articles?
Movies & TV?

How do you know what's true? 🤔





WRITE YOUR OWN HEADLINES

Think about what people say about cannabis.
It can be serious, dramatic, or something
you've heard before.

Write 3 headlines on your worksheet



WHAT'S IN CANNABIS?



THC TETRAHYDROCANNABINOL ILLEGAL IN THE UK

The part of cannabis that causes a 'high'.

Can affect memory, focus, & mood.

High THC can increase paranoia & anxiety.



CBD (CANNABIDIOL) LEGAL IN THE UK

Non-psychoactive (won't get you high).

Used in some medicines & supplements.

Can help with pain & anxiety (but only in medical doses).



MODERN CANNABIS IS STRONGER THAN BEFORE!

THC levels used to be 5%
Now they are as high as 15-20%.

Less CBD, making it more unpredictable.

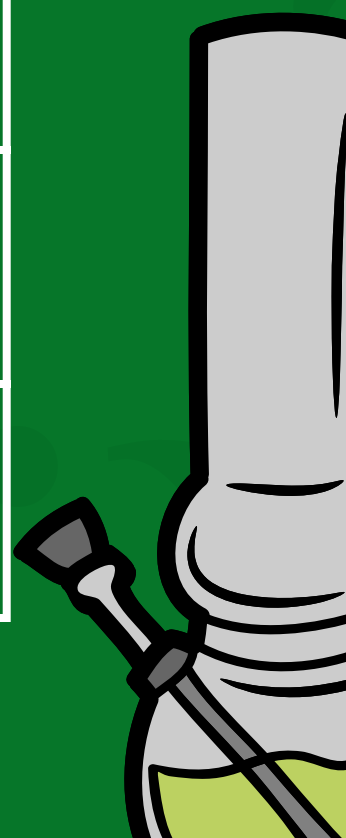
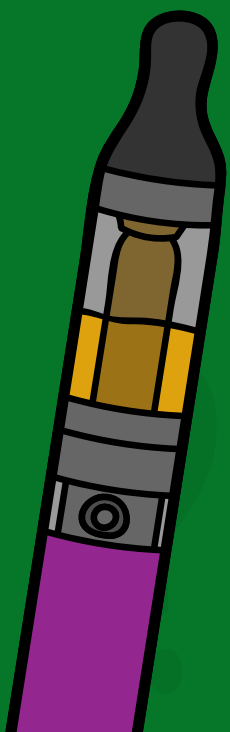
More addictive & intense effects.



HOW ARE PEOPLE USING IT?



Type	How It's Used	Key Risks
Weed (Dried Leaf/Bud)	Smoked in joints, pipes, or bongs.	Hard to control dose, lung damage if smoked.
Resin / Hash / Dabs	Resin/Hash: Crumbled & smoked. Dabs: Heated & inhaled as vapour.	Higher THC, stronger effects, lasts longer.
Edibles (Sweets, Chocolates, Drinks)	Eaten or drunk	Easy to take too much, effects last up to 12+ hours.
Vapes & Oils	Heated in vapes.	High THC, hard to dose, causes paranoia & anxiety.
Synthetic Cannabis (Spice, K2, Black Mamba)	Sprayed onto plants & smoked or vaped.	Extremely dangerous, can cause seizures, heart issues, or death.






SHORT-TERM EFFECTS

- Memory loss & slow thinking
- Feeling dizzy, anxious, or paranoid
- Lack of focus & poor coordination
- Increased heart rate & 'munchies'





LONG-TERM EFFECTS

- Weaker memory & poor focus in school
 - Higher risk of mental health issues (anxiety, psychosis)
 - Respiratory problems (if smoked)
 - Addiction – withdrawal symptoms when stopping
- 



LEGAL RISKS

- Getting caught with cannabis = a criminal record.
 - Can affect job chances & travel (some countries ban entry for drug offences).
- 



FACT CHECK

If your headline was correct →
Explain why it's important.

If your headline was misleading →
Rewrite it with the facts.





BE A DETECTIVE

You are detectives investigating a real-life case.
Someone has used cannabis - what happens next?

Each group gets a case file.
Your job? Figure out the consequences.





Kona (14): Struggles at school after using cannabis at parties.



Amina (15): Gets caught and now has a criminal record.



Jake (16): Uses cannabis vapes, but experiences paranoia.



Emma (13): Tries an edible and feels sick and anxious.

HOW DID CANNABIS AFFECT THIS PERSON?

WHAT WERE THE SHORT-TERM VS. LONG-TERM EFFECTS?

COULD THEY HAVE MADE A DIFFERENT CHOICE?

HOW WOULD YOU REPLY?

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?





WRITE A REPLY

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.





PAIR & SHARE!

Check each other's message:

- Is it clear and convincing?
- Would it make someone think twice?
- What could be improved?



NEED HELP OR ADVICE?

For Cannabis Support | Dan247:

Freephone: 0808 808 2234 - dan247.org.uk

For Cannabis Support | Talk to FRANK:

Text: 82111 - www.talktofrank.com

For Quitting Smoking | Help Me Quit:

Text: HMQ to 80818 - helpmequit.wales



For more information on smoking or vaping visit: **ash.wales**