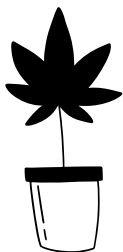


CANNABIS ADVICE

Cannabis comes from the cannabis plant and contains two main mood-altering chemicals with opposite effects:



THC (Tetrahydrocannabinol): The psychoactive ingredient responsible for the 'high.' Higher levels of THC can increase the risk of paranoia, anxiety, and dependency.

CBD (Cannabidiol): A non-psychoactive compound that is legal in the UK and widely sold as food supplements or oils. CBD can help reduce symptoms of depression, anxiety, and psychosis but may cause mild side effects, such as dry mouth or drowsiness.

RISKS OF TODAY'S SUPER-STRONG CANNABIS

Modern cannabis has changed significantly, with THC levels now reaching up to 15% (compared to 5% in the past) and less CBD, making it stronger, less predictable, and more addictive.

This increased potency:

- Raises dependency and addiction risks.
- Intensifies paranoia, anxiety, and mood swings.
- Unpredictable effects, especially for inexperienced users.

HOW IS IT CONSUMED?

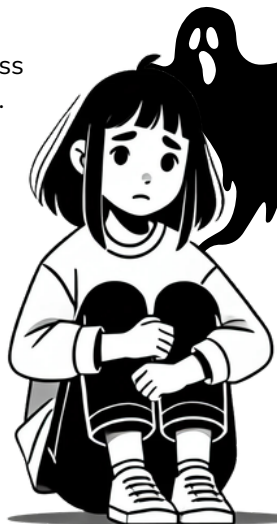
Cannabis is no longer limited to smoking. Young people are using it in various ways, each carrying unique risks:

NATURAL CANNABIS

- The traditional leafy, tobacco-like form of cannabis.
- Usually mixed with tobacco, increasing the risk of nicotine addiction alongside cannabis dependency.
- Modern 'home-grown' cannabis often contains more THC and less CBD, making it stronger, less predictable, and more addictive.

RESIN / HASH / DABS

- Concentrated forms of cannabis.
- Modern production methods have made these products up to four times more psychoactive than before, with significantly less CBD.



EDIBLES

What are they? Cannabis-infused sweets, chocolates, cookies, drinks, and other food items. Often designed to look like well-known brands, making them appealing to young people.



How do they work?

- **Delayed onset:** Effects take 30 minutes to 2 hours to start and peak at 4 hours.
- **Potency:** The effects last up to 12 hours, with residual effects lingering for up to 24 hours. One sweet can contain 10-15mg of THC, while an average joint contains 12mg.
- **Edibles are more potent** and longer-lasting than smoking or vaping due to how the body processes THC.



SYNTHETIC CANNABINOIDS (E.G. SPICE, BLACK MAMBA, K2)

What is it? Lab-made compounds that mimic THC but are far more harmful and unpredictable. Often sold as a powder, liquid for vapes, or sprayed onto plant material or paper. There is no safe way to take synthetic cannabinoids, as even small amounts can be fatal.

Effects include:

- Reduced consciousness.
- Cardiac arrhythmias, chest pain, and seizures.
- Hallucinations and panic attacks.



WHAT YOU NEED TO KNOW?



Most cannabis users **mix it with tobacco**, raising the risk of nicotine addiction.



More and more users are **vaping** or swallowing **cannabis edibles**



Vaping or **eating** cannabis can have stronger effects due to delayed impact, high THC levels, or synthetic cannabinoids.



THC vapes have a **smell**, but it's much less strong and lingering than smoked cannabis.

SIGNS OF CANNABIS USE?

PHYSICAL SIGNS

Bloodshot Eyes: Commonly caused by cannabis use due to expanded blood vessels.

Tiredness: Increased sleepiness or lethargy.

Poor Coordination: Clumsiness or difficulty with motor skills.

Increased Appetite: A sudden craving for food, also known as “the munchies.”

Distinctive Odour: A sweet, smoky smell on clothes or in personal spaces.

BEHAVIOURAL SIGNS

Lack of Focus/Motivation: Struggling with responsibilities or losing interest in tasks.

Secretive Behaviour: Avoiding details about activities or whereabouts.

New Social Circles: Spending time with new friends and distancing from old ones.

Mood Swings: Irritability, anxiety, or sudden emotional changes.

Loss of Interest: Disengagement from hobbies or once-loved activities.



A criminal record for using or selling cannabis can affect job prospects and ability to take trips aboard

LONG-TERM EFFECTS OF THC USE



Prolonged use can affect memory, focus, and learning.



Withdrawal symptoms include irritability, insomnia, and cravings.



Increased likelihood of anxiety, depression, or psychosis in some users.



Regular smoking of cannabis can lead to respiratory issues and damage to lung health.

CANNABIS AND VAPING

More young people are vaping cannabis due to its discreet nature.
Of the young people who vape everyday:



have tried using
cannabis in their vapes



of vapers use cannabis
in their vapes.



of secondary school
students (Years 7-11)
have tried cannabis.

NOT ALL VAPES ARE EQUAL...

Untested and illegal products can contain high levels of THC or other contaminants.

46%

of suspicious vapes
tested in Wales
contained synthetic
cannabinoids



REPORT CHEAP ILLEGAL TOBACCO OR ILLEGAL VAPES ANONYMOUSLY

Report here: noifs-nobutts.co.uk



NEED HELP?

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

MORE INFO ON SMOKING



ash.wales