

# TRUE OR FALSE EMOJI QUIZ - CANNABIS QUESTIONS

1. It's legal to smoke cannabis



7. Most young adults don't smoke cannabis



2. Cannabis makes you eat more



8. The effects of cannabis are temporary



3. It is safe to drive a car after smoking cannabis



9. Street cannabis is the same as medical cannabis



4. If people smoke their own cannabis in your home, you aren't doing anything illegal



10. Using cannabis can affect your mental health



5. Splitting cannabis with your friends doesn't count as dealing



11. Cannabis is much stronger than 5/10 years ago



6. Cannabis makes you feel relaxed.



12. Cannabis comes in many different types and strengths.



## TRUE OR FALSE EMOJI QUIZ - CANNABIS ANSWERS

### 1. It's legal to smoke cannabis

**False.** Cannabis is a Class B drug. If someone is caught in possession of cannabis, it's likely they'll get a caution. A second offence will probably result in a final warning and a fine or if the person is under 18, a referral to the Youth Offending Team. For a third offence, they are likely to be arrested and charged; the maximum penalty is five years in prison and an unlimited fine.

### 2. Cannabis makes you eat more

**True.** Some people feel hungrier when they've been smoking cannabis – it's called 'the munchies'. It happens because people become more aware of their senses when they have used cannabis.

### 3. It is safe to drive a car after smoking cannabis

**False.** Cannabis slows down (depresses) co-ordination, balance and motor skills so that driving a car (or riding a bike) can become dangerous. It's illegal to drive if someone has illegal drugs in their blood. The police can stop drivers and ask them to do a 'field impairment assessment' if they think they're on drugs – like asking someone to walk in a straight line. They can also use a roadside drug kit to screen for cannabis and cocaine.

If someone is unfit to drive because of taking drugs, they'll be arrested and will have to take a blood or urine test at a police station. They could be charged if the test is positive for drugs.

### 4. If people smoke their own cannabis in YOUR home, you aren't doing anything illegal

**False.** Allowing anyone to take drugs in your house is illegal and the home owner could be prosecuted. This is also true for clubs, in cars & at parties.

### 5. Splitting cannabis with friends doesn't count as dealing

**False.** This is classed as dealing. Some one would also risk being charged with dealing if they grow cannabis at home or carry a large amount with them. The maximum penalty for dealing is 14 years in prison, plus an unlimited fine.

### 6. Cannabis makes you feel relaxed, happy and mellow

**False.** Cannabis can make someone feel relaxed, happy and mellow, but it can also make people feel sick, panicky, anxious and paranoid. The more regularly someone takes cannabis, the more they will need to take to 'get high' and the 'lows' afterwards get worse. Sleep, motivation and concentration are affected too.

### 7. Most young adults don't smoke cannabis

**True.** If people around you smoke cannabis, then it seems to be normal and what everyone else is doing, but just 1 in 3 young people have tried cannabis on occasions and very few choose to take cannabis/skunk/weed regularly. Not even 1 in 10 smoke cannabis regularly.

### **8. The effects of cannabis are temporary.**

**False.** Some people think that weed only changes the user's feelings and behaviour for a short period of time. In reality, cannabis can change the way people feel or behave long-term, affecting learning and memory. As a result, people who abuse or use cannabis a lot may struggle with names and faces, memory and motivation. Even if someone stops drug use, the damage can be permanent.

### **9. Street cannabis is the same as medical cannabis**

**False.** Street cannabis contains tetrahydrocannabinol (THC), the ingredient in cannabis that is psychoactive (gives a 'high') which can lead to mind altering effects such as panic and paranoia. Skunk and Spice may contain three times as much THC as weed.

Medicinal cannabis only has cannabidiol (CBD) which is non psychoactive (doesn't give a high) and may help with anxiety, depression, and seizures. It isn't addictive but can still have side effects (e.g. feeling sick, tired and/or bad tempered).

Street cannabis contains both THC and CBD.

### **10. Using cannabis can affect your mental health**

**True.** Cannabis high in THC can trigger paranoia and psychosis in some people. Some think cannabis can help with anxiety and depression, but regular use can make mental illness worse.

### **11. Cannabis is much stronger than 5/10 years ago**

**True.** Street cannabis is getting stronger and more addictive. In 2018, nearly all police seizures were high strength cannabis, compared to 50% in 2005.

### **12. Cannabis comes in comes in many different types and strengths**

**True.** It can be in the form of hashish, which is made up of the resin of the plant (using solvents), or grass made from the dried leaves and flowers of the plant (looks like dried herbs). Skunk is much stronger. It can be difficult to tell what you're getting and Spice is made from chemicals sometimes mixed with plant matter (often packaged in small, colourful sachets).