

# Myth buster, True/ False Cannabis Quiz Instructions

**Overall aim:** to explore truths and myths around cannabis and assess the knowledge levels of the participants.

**In a group (approx. 10 people):**

Create enough space for the participants to be able to stand in a line with a TRUE sign at one end and a FALSE sign at the other. (The risk continuum cards can be used for this). Distribute the Myth buster cards to individuals in the group. Ask for the statements to be read out one at a time and, after each, ask the participants to move towards either sign or to stand somewhere in between, depending upon what they believe about the statement. Encourage a few participants to share their reasoning and discuss with the group, allowing the opportunity for anyone to move along the line if they've changed

their mind. Finally, give the answer and the explanation on the back of the statement.

**Individually:** Place the TRUE and FALSE signs on a table with the Myth buster cards in a pile face up. One at a time, read the statements and decide whether to place them on the TRUE or FALSE pile. Once all cards are completed, turn them over to read the answers and the explanation.

**In pairs or a small group:** As for the individual but discuss the statement on each Myth buster card in turn and explain why it's TRUE or FALSE.

**In a large group (15 + people):** Use the Myth buster cards in a Power Point format (available on the talkabouttrust.org website) or read each statement out and ask people to stand up if they think it's TRUE. As in the small group session, encourage discussion and follow this by reading the answer and explanation.



**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.



**Cannabis makes people 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 after using cannabis.



**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.





**If someone smokes their  
own cannabis at a friend's  
house, it's legal.**

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



**Splitting cannabis with  
friends doesn't count as  
dealing.**

**False.** This is classed as dealing. Someone 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.



## **Cannabis makes users feel relaxed**

**False.** Cannabis can make some people feel relaxed, happy and mellow, but it can also make them feel sick, panicky, anxious and paranoid. The more regularly a person 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.



**Most teenagers and young adults choose not to use cannabis/ weed/ dope/ spice/ cannabis edibles.**

**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.





**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 use cannabis a lot may struggle with names and faces, memory and motivation. Even if someone stops using, the damage may be permanent.



**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 is high in cannabidiol (CBD) which is non-psychoactive (doesn't give a high) and may help in micro doses with anxiety, depression, and seizures. It isn't addictive but can still have side effects (e.g., feeling sick, tired and/or bad tempered). The FSA says a maximum of 10mg a day (4 or 5 drops of 5% CBD oil) due to liver and thyroid damage from excess use.

Street cannabis contains both THC & CBD.



**Using cannabis can affect  
someone's 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 health worse as THC steals dopamine – the ‘happy hormone’ from the body to give a short term high, leaving someone feeling low afterwards.

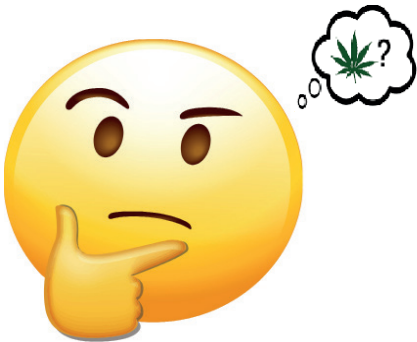


**Cannabis is much stronger  
than 5/10 years ago.**

**True.** Street cannabis is getting stronger and more addictive.

That's why in 2022, 87% of all under 18's needing treatment for substance dependency (nearly 12,000 young people) sought help due to cannabis.





**Cannabis 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/ Weed** made from the dried leaves and flowers of the plant (looks like dried herbs).

**Skunk** is much stronger and higher in THC.

**Cannabis Edibles** take longer have an effect so overdose is possible

**Spice** is made from chemicals sometimes mixed with plant matter (often packaged in small, colourful sachets). It has very high levels of harmful THC and so is linked to higher risk of paranoia and psychosis. It is extremely addictive and can have unpredictable side effects including chest pain.

Cannabis can be mixed with cheaper/ harmful cheaper products by dealers and suppliers