

Chapter three

CANNABIS

Cannabis and related substances, including edibles and synthetic cannabinoids

Model lesson plan 3

Bitesize activities:

Cannabis choices scenarios

Cannabis emoji quiz

Factsheets/ worksheets

The negative effects of cannabis on the body (blank and full versions)

Making choices sheet (blank and full versions)

Cannabis, Cannabis products and the Law

3. CANNABIS - MODEL LESSON PLAN

This selection of activities explores cannabis, the different types of cannabis, the potential effects on health and the law relating to cannabis in the UK.

AGE RANGE: 13-15

LENGTH: 50 minutes



talkabouttrust.org/resources/schools/dane-model-lesson-3-cannabis/

LEARNING OBJECTIVES:

- Explore the different types, strengths and risks of cannabis products and synthetic cannabis (Spice)
- Learn about what cannabis can do to a young person's body and mental health short and long term
- Consider the difference between medicinal cannabis and street cannabis
- Think about the law surrounding cannabis supply and possession

INTENDED LEARNING OUTCOMES:

Students will be able to:

- Recognise the different types, strengths and risks of cannabis products and synthetic cannabis (Spice)
- Understand what cannabis can do to a young person's body and mental health short and long term
- Know the difference between medicinal cannabis and street cannabis
- Understand the law and cannabis possession and supply
- Know where to go for more information and support

RESOURCES REFERENCED WITHIN THE POWERPOINT:

1) The negative effects of cannabis

talkabouttrust.org/resources/schools/negative-effects-of-cannabis-blank/

talkabouttrust.org/resources/schools/negative-effect-of-cannabis-full/

2) Making Choices

talkabouttrust.org/resources/schools/making-choices-blank/

RESOURCES:

- Details of where students can go for support for cannabis-related concerns both within school and locally.

PREPARATION:

Identify any local sources for help, advice and support and add to the penultimate slide.

For Activity 3, Choose either Option A) Conscience alley whole class activity OR Option B) The Making choices activity.

Hide the slides from the option you are not using from the powerpoint

For option A) read the instructions for Conscience Alley (p20). Decide on a question and 3 decision choices for the Making choices sheet. E.g., Will I accept the offer of some cannabis. The decision choices could be: 1) Walk away, 2) be assertive and refuse, 3) make an excuse.

3. CANNABIS - MODEL LESSON PLAN

ICEBREAKER: (5 mins)

Class activity

Use quick fire questions to establish the level of knowledge on cannabis. (See the stand up sit down instructions on [page 21](#))

Quick fire questions on cannabis

Stand up and then sit down if you agree with the statement/ think the answer is yes

- You think you know the difference between THC and CBD?
- You've seen an influencer promoting cannabis products recently?
- You think you know the effects of using alcohol and cannabis together?
- All forms of cannabis have the same effects on a person.
- You think you know if cannabis is an 'upper' or 'downer'.

CANNABIS - THE FACTS (10 mins)

Outline key information about cannabis, the main chemicals in cannabis, the differences between medicinal and street cannabis and the most common types of cannabis.




Cannabis

Cannabis (also known as marijuana, weed, pot, bud, dope or grass) is the most widely used illegal drug in the UK.

- It is a 'Class B' middle risk substance.
- It can come as soft black resin, furry green leaves or hard brown lumps.
- Cannabis can look very different depending on its type – but it all comes from cannabis plants.

Cannabis


How much do you know? TRUE OR FALSE



Street cannabis is the same as medical cannabis

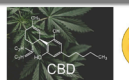
What is in cannabis?

CBD and THC – both are found in cannabis



Tetrahydrocannabinol (THC)

- the ingredient in cannabis that is psychoactive (gives a 'high'). This is the illegal part of the plant.
- can lead to mind altering effects such as panic and paranoia.
- Skunk may contain three times as much THC as weed.



Cannabidiol (CBD)

- non-psychoactive (doesn't give a high).
- may help in micro doses with anxiety, depression, and seizures.
- Found in CBD oils and products.
- isn't addictive, but can still have side effects, e.g., feeling sick, tired and/or bad tempered.

STREET CANNABIS CONTAINS BOTH THC & CBD


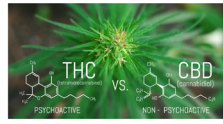

MEDICINAL CANNABIS IS HIGH IN CBD

N.B. The Food Standards Agency (FSA) says that healthy adults should limit their intake of CBD products to 10mg per day, which equates to 4 or 5 drops of 5% CBD oil, due to liver and thyroid damage from excess use

What's the difference between medicinal cannabis and street cannabis?

Medicinal cannabis (from a doctor) is high in cannabidiol (CBD) whereas street cannabis is high in the psychoactive tetrahydrocannabinol (THC).
CBD and THC don't have the same effects.


Micro dosing Medicinal CBD can help with anxiety, depression, and seizures but lots of CBD products are falsely marketed on social media and online and can contain harmful substances

The most common types of cannabis

Resin

- a compressed solid made from the resinous parts of the plant



Weed/ grass

- made from drying out the leaves and flowering parts of the cannabis plant.
- can look like dried herbs and is usually brownish-green in colour.



Skunk

- green in colour and can be covered in tiny crystals.
- strong smelling.
- very strong - contains much more harmful THC than weed
- more addictive.



The most common types of cannabis

Synthetic Cannabis (Spice/ Black Mamba/ K2)


- Made from chemicals sometimes mixed with plant matter so it looks like weed.
- Packaged in small, often colourful sachets.
- Has very high levels of harmful THC and so is linked to higher risk of paranoia and psychosis.
- Extremely addictive, can have unpredictable side effects.
- Can cause chest pains and damage to the heart.
- Effects are not like cannabis.



The most common types of cannabis

Cannabis edibles are food products that contain THC. They are illegal, but are available in many different forms, including cakes, sweets, chocolates and drinks. They do not have the smell or appearance of cannabis and can also contain other illicit substances.


Smoking Cannabis	Edibles
<ul style="list-style-type: none"> • Cannabinoids are inhaled into the lungs and pass rapidly into the bloodstream, peaking in about 10 minutes and wearing off in a couple of hours. 	<ul style="list-style-type: none"> • Easier to consume • Longer to take effect • Risk of consuming too much, due to the delayed effect • Can take hours to digest and the effects may peak 2-3 hours after consumption and persist for around 6 hours



Sneaky THC laden products

- THC products come in many forms
- 'Edibles' such as jelly sweets, gummies, chocolate bars, drinks
- Other products include oils, sprays, vapes, cigarette papers
- THC products are not legal in the UK.
- THC products are mostly sold via social media illegally and may also contain dangerous chemicals or allergens

In the US, the FDA warns of the psychoactive and intoxicating effects of THC products (2022) due to THC hospitalisations



3. CANNABIS - MODEL LESSON PLAN

ACTIVITY 1: CANNABIS AND ITS EFFECTS (10 mins)

As a class, go through the quiz questions and answers related to cannabis and its effects. Ask students to work in pairs or small groups.

Cannabis and its effects
How much do you know? TRUE OR FALSE

- Cannabis makes people eat more
- Cannabis makes users feel relaxed
- The effects of cannabis are temporary
- Using cannabis can affect someone's mental health

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The answers to the 'true' or 'false' questions are on the powerpoint notes.

Cannabis and its effects

The effects of cannabis vary from person to person. Someone might

- feel chilled out, relaxed and happy.
- find that colours may look more intense and music may sound better
- Get hunger pangs ("the munchies")
- get the giggles or become more talkative
- time may feel like it's slowing down.

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Ask students to fill in the blank version of the negative effects of cannabis on the body sheet and go through the completed version.

THE NEGATIVE EFFECTS OF CANNABIS ON THE BODY

IMMEDIATE

- tired/ sleepy
- clumsy
- hungry
- anxiety/ panic attack
- sweaty and dizzy
- impulsive
- sick
- sore eyes and throat
- driving unsafe

LONG TERM

- addiction
- demotivated
- difficulty learning
- breathing problems
- mental health issues
- forgetful

the talkabout trust | Life-Staff.org | Instagram | TikTok | ALCOHOL + OTHER SUBSTANCES

Optional - Film clip

Watch the short film that explains the effect of cannabis on the teenage brain.

The effects of cannabis on the teenage brain

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Outline how THC in cannabis 'steals' dopamine – the 'happy hormone' from a person's brain to give them a temporary high. That's why someone will feel low after use, especially if they are a regular user.

THC can stay in the brain for up to 3 months. This means that if someone is smoking weed at the weekend, they are still accumulating higher and higher levels of THC and this will prevent their dopamine levels (in effect their 'happy') to come back up to normal.

Cannabis, anxiety and low mood

Within three weeks of regular use, cannabis can cause tiredness, lack of motivation, sleep problems and alternate feelings of high and then lows (ups and downs). A high will always be followed by a longer low.

THC can stay in the brain for up to 3 months. This means that if someone is smoking weed at the weekend, they are still accumulating higher and higher levels of THC and this will prevent their dopamine levels (in effect their 'happy') to come back up to normal.

Prolonged use can lead to anxiety, sleep loss, feeling paranoid and for some psychosis.

Did you know that...
THC literally steals dopamine – your 'happy hormone' from your brain to give you a temporary high.
That's why someone will feel low after use, especially if they are a regular user.

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Ask pupils to take a couple of minutes to think about what things could genuinely help with sleep or feelings of anxiety... Discuss, and go through the positive options.

Some people say they use cannabis to self-medicate to help with sleep or poor mental health

What are more effective ways of REALLY helping with sleep or anxiety?

- Phone and device routine
- Go out every day – walk
- Listen to a podcast
- Avoid too much caffeine
- Breathing tools
- Eat well
- Stay hydrated

See good sleep advice on life-stuff.org/mental-health/sleep/

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The long term effects of cannabis

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.

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3. CANNABIS - MODEL LESSON PLAN

ACTIVITY 2: MORE ABOUT CANNABIS (10 mins)

Ask students to work in pairs or small groups to discuss and answer the questions on the slide

Take a few minutes to write down some answers or discuss the following questions

1. Why do you think most young adults choose not to use cannabis?
2. Why do you think cannabis products are getting stronger and more addictive?
3. Compared to 10 years ago, why do you think that more people are ending up in treatment because of cannabis use?

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Go through the answers to each question

Why do you think street cannabis products are getting stronger and more addictive?

- Dealers want people to get addicted
- Because it gives people more of a high
- Dealers can sell more
- Dealers can make more money

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Why do you think most young adults choose not to use cannabis?

- because it's illegal
- they don't like the taste
- they might get caught up in gangs or with dangerous people
- they're worried about the side effects
- they can't afford it
- they're worried it might trigger a panic attack or psychosis

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Compared to 10 years ago, why do you think that more people are ending up in treatment because of cannabis use?

The many forms of cannabis and especially skunk and shatter/dab are getting stronger and more harmful and addictive. They have higher levels of the chemical THC which can trigger psychotic episodes and paranoia.

94% of police seizures were high-potency cannabis in 2018 compared to 51% in 2005.

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ACTIVITY 3: RESISTING PEER PRESSURE (15 mins)

Choose either Option A) Conscience alley whole class activity OR Option B) The Making choices activity.

OPTION A Conscience alley

As a class, use the Conscience Alley activity to practise resisting peer pressure (See page 22).

Conscience alley
Practising resisting peer pressure

- Aisha is at the party and a boy asks her to sit down with him. He is smoking cannabis and offers some to Aisha.
- Samir is in the park with a group of friends and one of the boys, who Samir doesn't know well asks if he wants to try some cannabis for free. The boy says that Samir could try it out at home before his parents get back from work.

There's always a choice, make sure you keep you and your friends safe!

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OPTION B Making choices

This is an example scenario of a rehearsal strategy that allows students to think through the long term consequences of a snap decision. It is a realistic situation that a teenager may face.

As a facilitator, you may choose to give the three choices, or allow the students to come up with their own, depending on their ability and maturity.

This activity, that can be completed as individuals or in small groups, allows discussion around cannabis and the law, driving under the influence of drugs, how cannabis slows down reactions, coordination and responses.

The activity highlights the importance of friends supporting each other and keeping each other safe.

Individually or in pairs, complete the sheet, having been set the question and 3 decision choices.

Making choices

QUESTION: A group of friends have agreed to get the bus home together after a party, but someone who has been smoking cannabis offers them a lift - should they take it?

THOUGHTS

YOU GET TO CHOOSE FROM A RANGE OF ALTERNATIVES

CHOICE 1: Accept the lift

OR CHOICE 2: The friends decide the lift but not the driver's head home

OR CHOICE 3: The driver persuades the other to leave the car and get the bus home with them

POSSIBLE CONSEQUENCES - A NUMBER OF THINGS THAT MIGHT HAPPEN:

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3. CANNABIS - MODEL LESSON PLAN

Making choices

Example scenario
QUESTION: A group of friends have agreed to get the bus home together after a party, but someone who has been smoking cannabis offers them a lift. Should they take it?

PROS: It's good to help with the system and be part of the group. If you don't get home, it's a bit of a hassle. It's a bit of a hassle to get home. It's a bit of a hassle to get home.

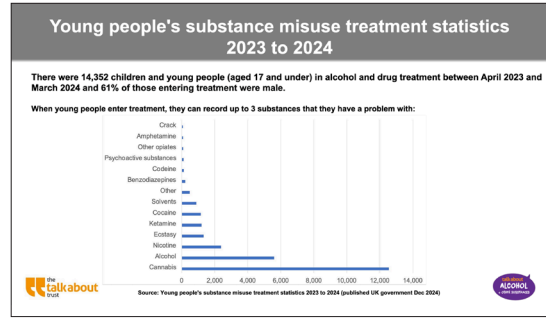
CONS: There are the risks of drugs. It's not safe to drive a car after smoking cannabis. It's not safe to drive a car after smoking cannabis.

YOU GET TO CHOOSE FROM A RANGE OF ALTERNATIVES:

CHOICE 1: Accept the lift. **OR CHOICE 2:** The friends decline the lift but let the driver leave home. **OR CHOICE 3:** The friends persuade the driver to leave the car with them and they all get the bus home with them.

POSSIBLE CONSEQUENCES: A NUMBER OF THINGS THAT MIGHT HAPPEN:

- The night goes well as they all get home safely and no one has any problems.
- The night goes well as they all get home safely, but the driver who offered the lift has a problem with the car.
- The night goes well as they all get home safely, but the driver who offered the lift has a problem with the car and the friends who got the lift have a problem with the car.
- The night goes well as they all get home safely, but the driver who offered the lift has a problem with the car and the friends who got the lift have a problem with the car.



CANNABIS AND THE LAW (10 mins)

Cannabis and the law

How much do you know?

- It's legal to smoke cannabis.
- It is safe to drive a car after smoking cannabis.
- If people smoke their own cannabis in your home, you aren't doing anything illegal.
- Splitting cannabis with friends doesn't count as dealing.

Cannabis and the law

Cannabis is a Class B drug. Possession of it is illegal with a maximum sentence of 5 years in prison. It is illegal to supply it to others.

It's illegal to drive after using cannabis. Drug driving can lead to a driving ban, 6 months in prison and a criminal record. Causing death under the influence of drugs could lead to life imprisonment.

For under 18s, the police can take a sample of your urine to see if you've been using drugs. A second offence might mean a fine or up to 3 years in prison and an extended ban.

Police can issue a warning or a fine if you're caught with cannabis or give a formal warning or caution. If cannabis is found with someone else, they may be offered treatment or up to 5 years in prison and an extended ban.

The maximum penalty for supply or production of cannabis is Class B (up to 14 years in prison, an unlimited fine, or both). Cannabis is illegal to supply with a warning if they give someone or have it around with them. Splitting cannabis with friends is also treated as supplying.

Cannabis and the law

So why is cannabis legal in some countries?

- Nowhere in the world is cannabis legal for under 18s because of all the evidence of the harm it does to young people's brains.
- And legal only means safer, not safe, because at least the strength of THC and CBD are known, and it isn't contaminated with other substances. But of course, no drug is risk-free, including medicines.
- There are different reasons for legalisation in different countries. In the US it's mostly legalised for financial reasons because of the tax revenue it brings in. This means high-strength THC products aren't regulated.
- In Canada, the legalisation was more to limit damaging THC levels and to control the quality of supply, but the black market is persisting because of all the red tape around producing legal weed.

Is cannabis safe?

Which two substances cause young people most harm/problems?

Most young people choose not to use cannabis, or only use it occasionally. However,

- In 2021/2022, cannabis was the most common substance (87%) for under 18s needing treatment for substance misuse.
- 46% had problems with alcohol, 12% reported a problem with nicotine use, 8% said they had a problem with cocaine and 5% ecstasy (MDMA).
- Remember that some people can be dependent on more than one substance.

PLENARY: (5 mins)

Briefly recap what has been covered in the lesson using the Learning Objectives.

Signpost students to staff in school and external agencies where they can go for additional support around vaping issues.

Promote sources for further information and support.

ASSESSMENT FOR LEARNING: (5 mins)

WHAT CAN YOU REMEMBER?

CAN YOU.....

- Name two new things you've learnt about cannabis today
- Name one key difference between medicinal cannabis and street cannabis
- Give an example of how cannabis can affect reactions and coordination
- Name the hormone that is affected by cannabis use that makes us feel good/happy/rewarded

Ask students to:

- Name two new things you've learnt about cannabis today
- Name one key difference between medicinal cannabis and street cannabis
- Give an example of how cannabis can affect reactions and coordination
- Name the hormone that is affected by cannabis use that makes us feel good/happy/rewarded

3. CANNABIS - BITE SIZE ACTIVITIES

Cannabis choices scenarios, bite size activity

This selection of activities explores the Law relating to cannabis and cannabis products.

AGE RANGE: 13-15

ACTIVITY LENGTH: 25 minutes



talkabouttrust.org/resources/schools/bite-size-cannabis-choices-scenarios/

PREPARATION:

Identify any local sources for help, advice and support and add to the penultimate slide. Have copies of cannabis and the law fact sheets available in slide or paper form to refer to. Have copies of cannabis and its effects fact sheet or slide available to refer to

Decide whether to use option A) Conscience alley or option B) The Making choices sheets.

For option A) read the instructions for Conscience Alley (p22).

For option B) print off blank 'Making Choices' worksheets for students

Decide on a question and 3 decision choices for the Making choices sheet. E.g., Will I accept the offer of some cannabis. The decision choices could be: 1) Walk away, 2) be assertive and refuse, 3) make an excuse.

LEARNING OBJECTIVE:

- explore how to stand up to peer pressure, support friends and be confident in making decisions that are in our best interests.

LEARNING OUTCOMES:

- understand how choices about drug use can have implications for individuals and those around them.
- know ways to resist peer pressure and to make decisions to avoid risks due to drug use.

RESOURCES REFERENCED WITHIN THE POWERPOINT:

1) Making Choices

talkabouttrust.org/resources/schools/making-choices-sheet-blank/

ACTIVITY: RESISTING PEER PRESSURE (15 mins) - Choose either option A) Conscience alley OR option B) The Making choices sheets.

Option A) Conscience alley

Conscience alley
Practising resisting peer pressure

Yes No

- Aisha is at the party and a boy asks her to sit down with him. He is smoking cannabis and offers some to Aisha.
- Samir is in the park with a group of friends and one of the boys, who Samir doesn't know well asks if he wants to try some cannabis for free. The boy says that Samir could try it out at home before his parents get back from work.

There's always a choice, make sure you keep you and your friends safe!

As a class, use the conscience Alley activity to practise resisting peer pressure. (Further information is on the slide notes).

Option B) Making Choices

This is an example scenario of a rehearsal strategy that allows students to think through the long term consequences of a snap decision. It is a realistic situation that a teenager may face.

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This activity, that can be completed as individuals or in small groups, allows discussion around cannabis and the law, driving under the influence of drugs, how cannabis slows down reactions, coordination and responses. The activity highlights the importance of friends supporting each other and keeping each other safe.

Individually or in pairs, complete the sheet, having been set the question and 3 decision choices.

QUESTION: A group of friends have agreed to get the bus home together after a party, but someone who has been smoking cannabis offers them a lift - should they take it?

THOUGHTS

YOU GET TO CHOOSE FROM A RANGE OF ALTERNATIVES:

CHOICE 1: Accept the lift.

OR

CHOICE 2: The friends decline the lift but let the driver head home.

OR

CHOICE 3: The friends persuade the driver to leave the car and let the rest of the group get the bus home with them.

POSSIBLE CONSEQUENCES - A NUMBER OF THINGS THAT MIGHT HAPPEN:

Example scenario

QUESTION: A group of friends have agreed to get the bus home together after a party, but someone who has been smoking cannabis offers them a lift - should they take it?

THOUGHTS

YOU GET TO CHOOSE FROM A RANGE OF ALTERNATIVES:

CHOICE 1: Accept the lift.

OR

CHOICE 2: The friends decline the lift but let the driver head home.

OR

CHOICE 3: The friends persuade the driver to leave the car and let the rest of the group get the bus home with them.

POSSIBLE CONSEQUENCES - A NUMBER OF THINGS THAT MIGHT HAPPEN:

3. CANNABIS - BITE SIZE ACTIVITIES

Cannabis quiz

This quiz allows pupils to check their knowledge on cannabis.

AGE RANGE: 13-15

ACTIVITY LENGTH: 20 minutes



talkabouttrust.org/resources/schools/emoji-quiz-cannabis/

Work through the questions, discussing with the class. The answers are on the powerpoint notes.

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



3. CANNABIS - BITESIZE ACTIVITIES

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.

3. CANNABIS - BITESIZE ACTIVITIES

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 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).

The negative effects of cannabis on the body

IMMEDIATE

Workshop for immediate effects of cannabis. Includes a central human silhouette and seven rows of boxes with associated emojis.

- Row 1: [Sleeping Face emoji] [Empty box] [Smiling Face with Sweat Drops emoji]
- Row 2: [Bandaged Face emoji] [Empty box] [Smiling Face with Halo emoji]
- Row 3: [Crying Face emoji] [Empty box] [Smiling Face with Halo emoji]
- Row 4: [Winking Face with Tongue emoji] [Empty box] [Smiling Face with Halo emoji]
- Row 5: [Smiling Face with Halo emoji] [Empty box] [Smiling Face with Halo emoji]
- Row 6: [Smiling Face with Halo emoji] [Empty box] [Smiling Face with Halo emoji]
- Row 7: [Smiling Face with Halo emoji] [Empty box] [Smiling Face with Halo emoji]

LONG TERM

Workshop for long-term effects of cannabis. Includes a central human silhouette and six rows of boxes with associated emojis.

- Row 1: [Tired Face emoji]
- Row 2: [Smiling Face with Halo emoji]
- Row 3: [Confused Face emoji]
- Row 4: [Smiling Face with Halo emoji]
- Row 5: [Smiling Face with Halo emoji]
- Row 6: [Thinking Face emoji]

The negative effects of cannabis on the body

IMMEDIATE



disrupted sleep



clumsy



hungry



anxiety/ panic attack



sweaty and dizzy



impulsive



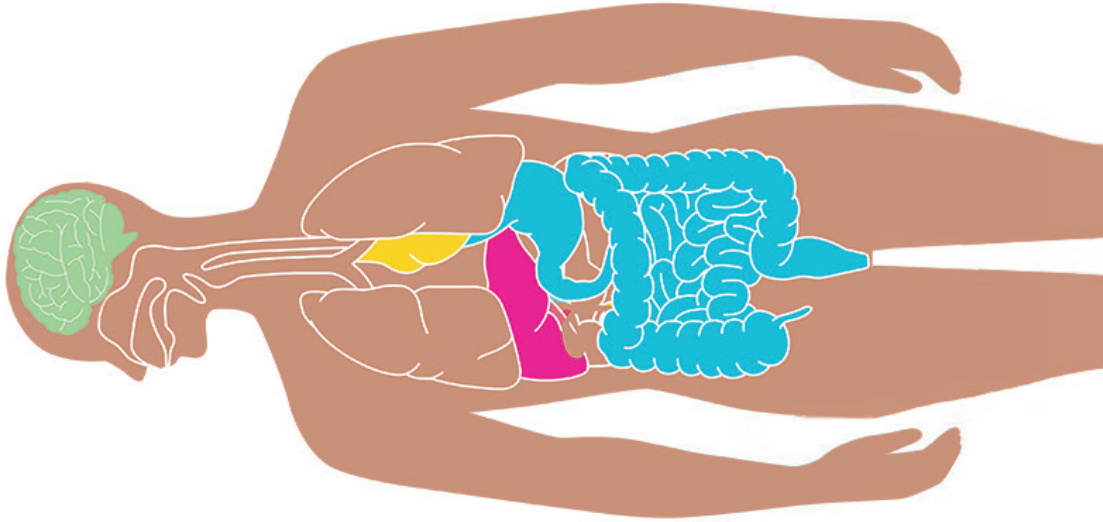
sick



sore eyes and throat



unsafe driving



LONG TERM



addiction



demotivated



difficulty learning



breathing problems



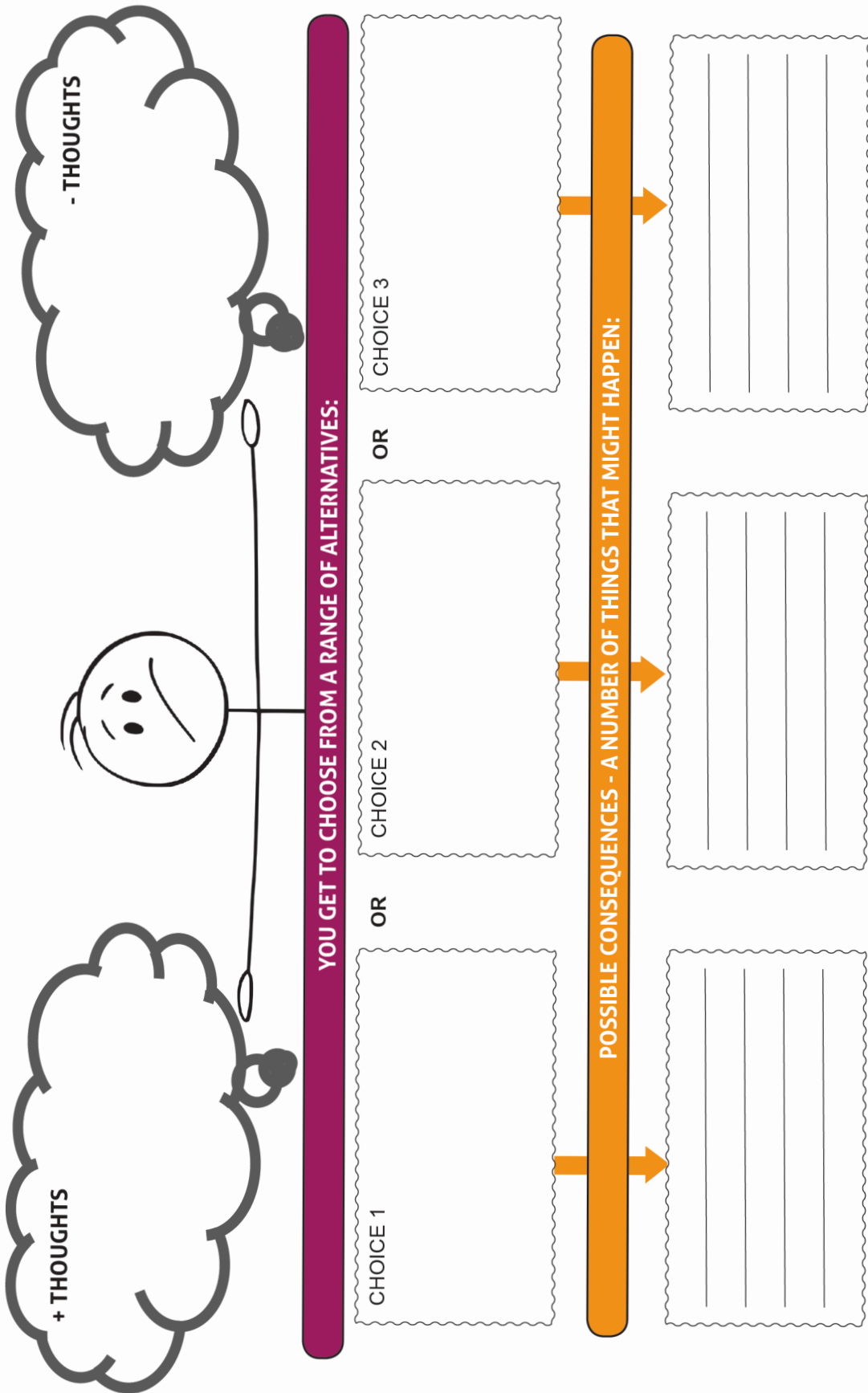
mental health issues



forgetful

3. CANNABIS - WORKSHEETS AND FACTSHEETS

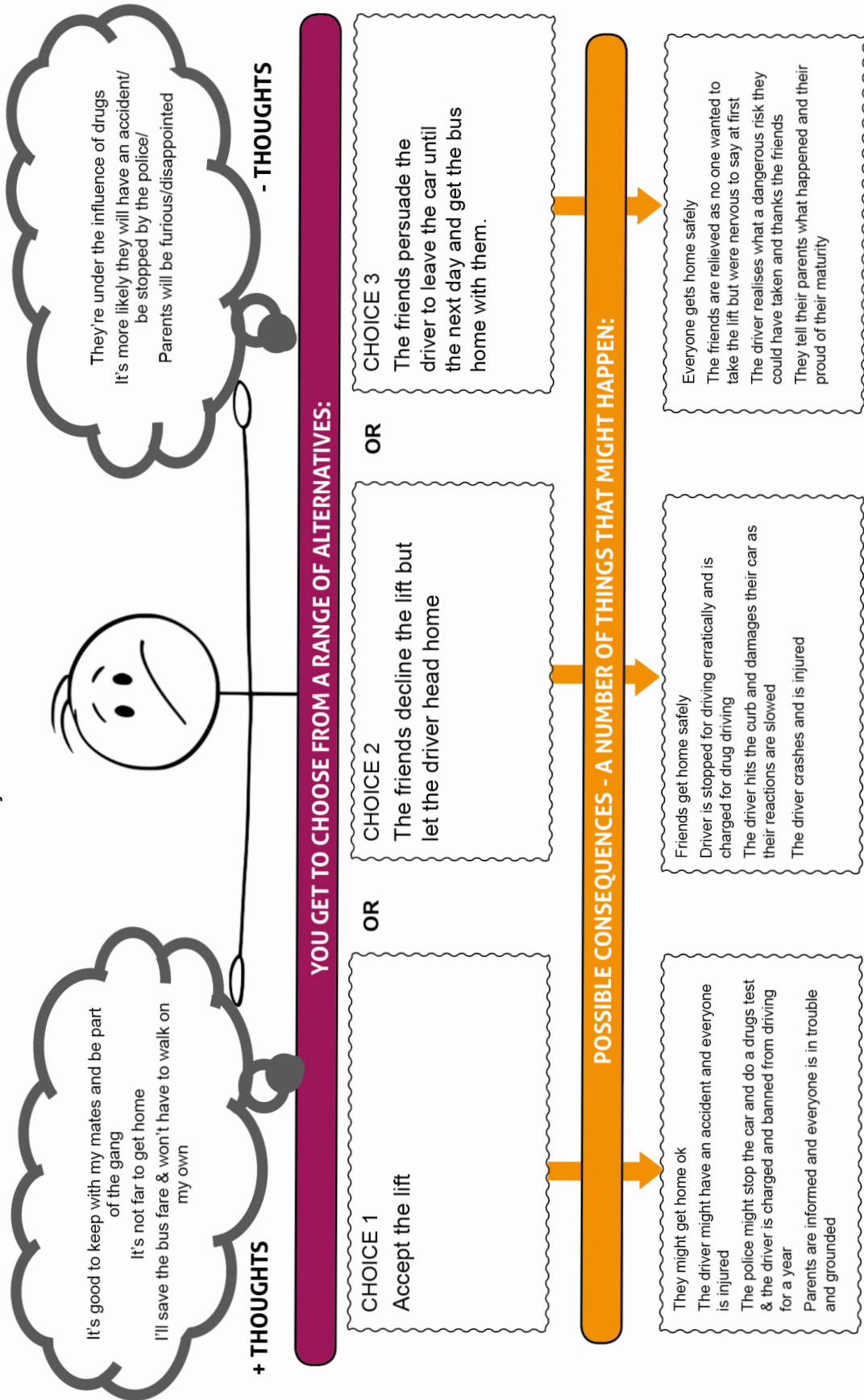
QUESTION: A group of friends have agreed to get the bus home together after a party, but someone who has been smoking cannabis offers them a lift - should they take it?



3. CANNABIS - WORKSHEETS AND FACTSHEETS

Example scenario

QUESTION: A group of friends have agreed to get the bus home together after a party, but someone who has been smoking cannabis offers them a lift - should they take it?



3. CANNABIS - WORKSHEETS AND FACTSHEETS

Cannabis and cannabis products and the Law



Possessing cannabis, a Class B drug, is illegal, and those caught with it can face penalties depending on the quantity and circumstances. Penalties can range from fines to up to 5 years in prison.

Someone caught with a small amount of cannabis for personal use may receive a warning or an on-the-spot fine of £90. Harsher penalties apply for repeat offences, including arrest and possible charges.



Growing cannabis, even for personal use, is also illegal and can lead to up to 14 years in prison.



Driving under the influence of cannabis is illegal. There are strict limits for THC in the bloodstream, and anyone found over the limit can face penalties, including driving bans, fines, and imprisonment.



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



Supplying or dealing cannabis carries severe penalties. Being convicted of supplying, dealing, or producing cannabis can lead to up to 14 years in prison, an unlimited fine, or both. Splitting drugs with friends is legally seen as the same as supplying.



CBD is legal as long as it contains no more than 0.2% THC (tetrahydrocannabinol, the psychoactive component of cannabis). Some online products can be falsely marketed and contain illegal levels of THC or synthetic spice.

