

# 10 Questions About Cannabis Use And Teens

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## 1 WHAT IS CANNABIS?

Cannabis is a drug that can be produced from plants. The cannabis plant contains many chemicals, including two main active ingredients:

**THC** affects the brain and produces the high. Over the years, levels of THC have continued to rise. Higher levels can lead to harmful effects.

**CBD** is currently being studied to determine possible medical benefits.

Synthetic cannabinoids (created in a lab) are chemicals that are sprayed onto dried plant material. Synthetic cannabinoids are more dangerous than cannabis.

## 3 WHAT IS IT CALLED?

Pot, weed, chronic, bud, herb, kush, joint, loud, mary jane, mj, blunt, dab, dope, ganja, grass, hash, reefer, skunk, smoke, trees, wax.

Synthetic cannabinoids can be called: spice, K2, Cloud 9, mojo.



## 5 WHY DO TEENS USE CANNABIS?

After alcohol, cannabis is the most common drug used by Canadian teens. Many people may use cannabis to:

- get high
- have fun and relax
- escape from routine
- try something new
- fit in/be social
- cope or focus

Using cannabis to cope is not a healthy strategy. Try music, reading, sports, hobbies, volunteering, hanging out with friends or talking with others about how you feel.



## 7 HOW CAN CANNABIS AFFECT YOU?

Although many teens think that regular cannabis use isn't harmful, the reality is the opposite. Regular cannabis use can cause both short and long-term harm. Cannabis may make you feel relaxed, happy or high. But at the same time it decreases your co-ordination and impairs your judgment, problem solving, memory and learning. It can also cause anxiety, panic and psychosis.

Do not drive after using cannabis or alcohol and do not get into a car if the driver has been using cannabis or alcohol. Cannabis impairs driving ability, increasing risk for accidents – including fatal ones. Driving while high or intoxicated is illegal, regardless of the drug used.

Cannabis CAN be addictive. This is called Cannabis Use Disorder. The earlier a person starts using cannabis and the more cannabis a person uses, the more likely they are to become addicted. Using cannabis with other drugs can increase the risk of harm without giving a better high.

## 8 WHAT SHOULD I DO IN AN EMERGENCY?

If someone you know has "greened out" follow these steps (SWSS):

- S** bring them to a **safe** place
- W** if they aren't vomiting, give them lots of water
- S** if they've passed out, lie them on their **side** and call 911
- S** if they're panicky or paranoid, stay with them to provide reassurance and **support**

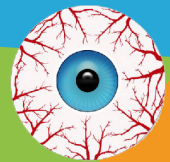
If you're uncomfortable with what's happening, or suspect synthetic cannabinoid use, call 911.

## 9 HOW CAN I LEARN MORE ABOUT CANNABIS USE?

It's important to get the facts about cannabis use. There is a lot of misinformation about cannabis out there. Get informed so that you can TALK SMART.

Remember, one of the most common factors for using any drug is peer pressure. You are your own person. You can make your own decision about what to do.

But you need to make a properly informed decision.



## 10

## HOW DO I LEARN MORE?

There is so much more to learn about cannabis, visit [www.healthunit.org/health-information/alcohol-other-drugs/cannabis/](http://www.healthunit.org/health-information/alcohol-other-drugs/cannabis/) to get the information that you need or call 1-800-660-5853.