

10 Questions About Cannabis Use And Teens

1 WHAT IS CANNABIS?

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

THC affects the brain and produces the high. Over the

which can lead to harmful effects.

Synthetic cannabinoids are chemicals that are sprayed onto dried plant material. Synthetic cannabinoids are more dangerous than cannabis.

There is no “safe” amount of cannabis. Effects vary depending on type, amount, potency and duration of use. Past products were usually low potency (less than 5% THC). Today’s products are more dangerous (30-90% THC).

recreational and “medical” use there is no standardized guide for determining what constitutes “safe use.”

2 WHAT DOES

Cannabis: like tea or dried leaves; usually green or brown.

Hashish: *made from the plant resin*; solid or paste; usually brown or black.

A concentrate (aka oil/wax/dabs/shatter):

sports, hobbies, volunteering or hanging out with friends.

6 WHAT ABOUT THE TEEN BRAIN?

The adolescent years are a crucial period for brain growth and development. Regular cannabis use can have a negative impact on how a teenager’s brain grows and develops.

7 WHAT ARE THE EFFECTS & SIGNS OF CANNABIS USE?

Misinformation about cannabis is common. A recent national survey reports that about 70% of grade 12 students did not think regular cannabis use was harmful. This is in contrast to well understood harm potential.

Short-term effects:	Long-term effects:
<ul style="list-style-type: none"> • feeling relaxed, happy, high • more sociable • heightened & distorted perceptions • decreased motor coordination • impaired judgement & problem solving • impaired memory & learning capability • increased heart rate & body tremors • occasional anxiety or panic* • occasional psychotic symptoms* • occasional nausea & vomiting* <p>*tend to occur with exposure to high doses or overdose.</p> <p><i>Note: Using cannabis together with other drugs/alcohol can increase negative effects or produce unexpected effects.</i></p>	<ul style="list-style-type: none"> • impaired cognitive function (attention, memory & problem solving) • lack of motivation • school drop-out/poor academic achievement • chronic bronchitis • increased risk for Anxiety Disorders, Mood Disorders, Psychotic Disorders & Cannabis Use Disorder (addiction) <p>Negative long-term effects are related to regularity of use, age of onset of regular use (before 16) and using more high potency THC products.</p> <p>The greater the dose & duration of cannabis use, the greater the negative impacts. Stopping regular & heavy cannabis use may not fully restore cognitive impairments.</p>

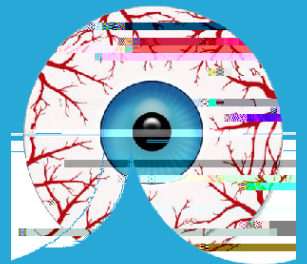
Effects on driving:

- It is dangerous for a person to drive if they've used cannabis (cannabis doubles the risk of a fatal crash)
- There's no clear time limit to when negative impacts on driving performance decrease or stop
- Tell the student they shouldn't get into a car driven by someone who's used cannabis
- Driving while intoxicated (regardless of the drug) is illegal

- more withdrawn/secretive
- red eyes, cannabis scent on person
- decrease in activities they used to enjoy
- friend group using cannabis increases probability they will

possible signs include:

- periodically more gregarious/sociable
- decline in academic performance
- nausea, vomiting, anxiety symptoms, panic, paranoia



8 WHAT TO DO IN AN EMERGENCY? (SJSS)

With any emergency situation it is necessary to follow school policies and procedures regarding dealing with and reporting the incident. If a student has "greened out" follow these steps:

1. Stay calm

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