



what is cannabis?

- cannabis comes from the cannabis plant (cannabis sativa)
- plants are grown outdoors ('bush') and indoors using hydroponic technology ('hydro')
- the active ingredient in cannabis is called delta-9 tetrahydro-cannabinol (THC)

other names for cannabis

- marijuana, gunja, weed, pot, grass, dope, yarndi, Mary Jane, hooch, hash, joints, brew, reefers, cones, smoke, mull, buddha, hydro, heads and green

forms and ways of using cannabis

- cannabis comes in three forms: marijuana, hashish ('hash') and hash oil
- marijuana comes from the dried flowers and leaves of the cannabis plant
- hashish comes from the resin of the cannabis plant. It is dried and pressed in blocks
- hash oil is the strongest product and comes from hashish
- marijuana, hashish and hash oil are usually smoked
- marijuana and hashish can also be eaten
- cannabis is smoked in rolled joints, with or without tobacco
- waterpipes ('bongs' or 'bucket bongs') are also used. These are often made from objects like plastic containers and soft drink cans

how many people use cannabis?

- cannabis is the most widely used illegal drug in Australia
- in 2007, 33.5% of Australians had used cannabis at least once
- 9.1% had used cannabis in the last year
- 20% of 14-19 year olds had used cannabis
- 49.5% of 20-29 year olds had used cannabis

why do people use cannabis?

- relaxation
- getting 'high'
- positive mood



Cannabis: it's not our culture

short-term effects of cannabis

- feeling good
- talking more
- feeling drowsy
- less hang ups
- eating more
- clumsiness
- bloodshot eyes
- dry eyes, mouth and throat
- feeling anxious and paranoid

long-term effects of cannabis

- like cigarette smoking, risk of respiratory disease, including cancer
- reduced memory
- decreased ability to learn and concentrate
- reduced motivation in areas like work and study

Take home message:

Cannabis is widely used and has a range of short and long-term effects