



WHAT IS IT?

Cannabis is a plant containing cannabinoids; some have mind-altering effects. Street names include grass, ganja, weed, green, smoke, hash, bane. Skunk is often used as a street name for stronger strains of herbal cannabis.



WHAT DOES IT LOOK LIKE?

Green in colour and comes as the leaf, bud or stalk of the cannabis plant. It's strong smelling, with a sweet and herbal aroma. Cannabis resin, or 'hash', ranges from dark brown to lighter coloured blocks.



HOW IS IT TAKEN?

Usually smoked like a cigarette, with or without tobacco, called a 'joint' – or in pipes or vapourisers. Both herbal cannabis and hash can also be eaten – often as an ingredient in cakes or cookies.

KNOW THE SCORE ABOUT CANNABIS

KNOW THE LAW

Cannabis is a Class B drug. Possession can result in a fine or prison for up to 5 years. If someone is charged with 'supply', they should expect up to 14 years in prison and/or a large fine.



THE EFFECTS

Makes people feel relaxed, sleepy or giggly and can bring on strong cravings to eat – called 'the munchies'. It can also make users feel paranoid, sick and anxious, especially if they take too much or aren't used to it.



CANNABIS SUBSTITUTES

New Psychoactive Substances, sometimes known as 'legal highs', are designed to mimic the effects of illegal drugs and include a synthetic version of cannabis. This doesn't mean they are safe – synthetic cannabinoids can be more potent with many people reporting unpleasant side effects.



DANGERS OF CANNABIS

Cannabis can affect users' mental health – strong strains like skunk are often linked with anxiety and paranoia, especially if it is used when you are young. Smoking it, especially with tobacco, can cause lung damage. Holding smoke in the lungs doesn't increase the effects but does worsen lung damage.



LOOK AFTER YOURSELF AND YOUR PALS

Don't feel pressured into taking drugs – it really is OK to say no. If anyone feels unwell when using cannabis, lie them down on their side in the recovery position, stay with them and reassure them. Seek medical help if they don't get better within a few minutes.



WHERE TO GET INFORMATION, ADVICE AND SUPPORT.

For support in your area, search scottisndrugservices.com. For free, confidential advice call the Know The Score helpline on 0800 587 587 9 (lines open 8am-11pm, 7 days a week).