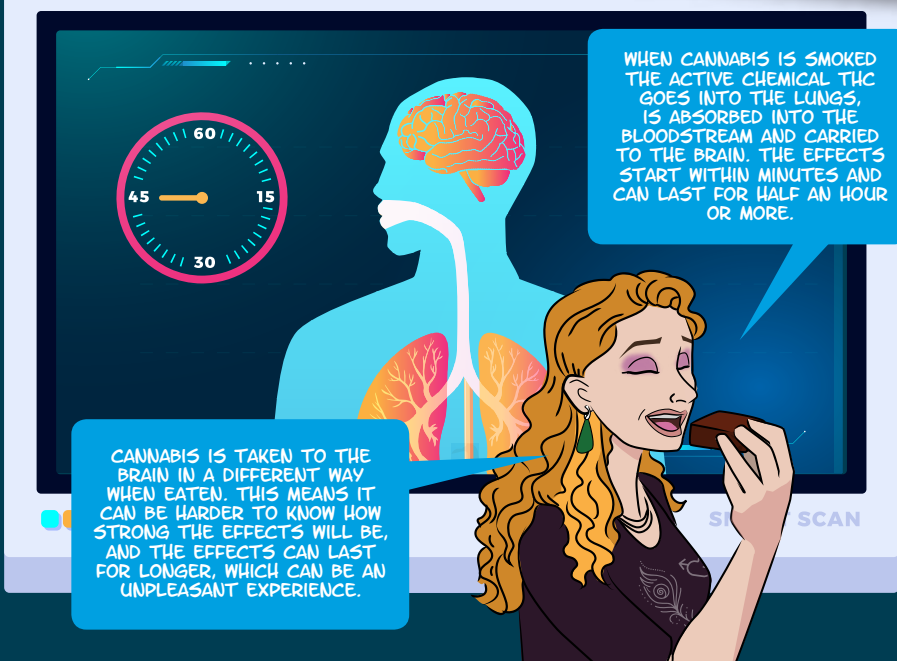
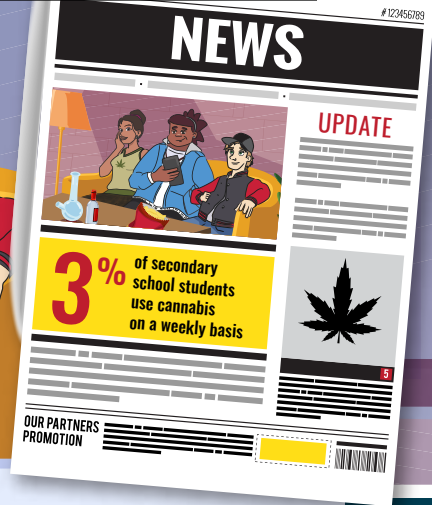


# DID YOU KNOW?

## CANNABIS

DID YOU KNOW THAT... CANNABIS IS NEW ZEALAND'S MOST POPULAR ILLEGAL DRUG?



WHEN CANNABIS IS SMOKED THE ACTIVE CHEMICAL THC GOES INTO THE LUNGS, IS ABSORBED INTO THE BLOODSTREAM AND CARRIED TO THE BRAIN. THE EFFECTS START WITHIN MINUTES AND CAN LAST FOR HALF AN HOUR OR MORE.

CANNABIS IS TAKEN TO THE BRAIN IN A DIFFERENT WAY WHEN EATEN. THIS MEANS IT CAN BE HARDER TO KNOW HOW STRONG THE EFFECTS WILL BE, AND THE EFFECTS CAN LAST FOR LONGER, WHICH CAN BE AN UNPLEASANT EXPERIENCE.

CANNABIS AFFECTS DIFFERENT PEOPLE IN DIFFERENT WAYS.



SOME PEOPLE FEEL RELAXED, LIKE LISTENING TO BOB MARLEY AND GET THE MUNCHIES.

OTHERS CAN FEEL PARANOID, DEPRESSED AND CONFUSED, WITH A HIGHER RISK OF TRIGGERING MENTAL ILLNESS AND SEEING, HEARING OR FEELING THINGS THAT AREN'T THERE.

SMOKING A LOT OF CANNABIS CAN AFFECT YOUR HEALTH, MAKE IT HARDER TO CONCENTRATE, LEARN, PLAY SPORTS OR FIND WORK.

SO, REMEMBER TO

STOP IF YOU START TO FEEL UNWELL OR UNCOMFORTABLE

ALWAYS LOOK OUT FOR YOUR MATES

DON'T SMOKE AND DRIVE

Want to find support for a young person in Aotearoa New Zealand?

Call the Alcohol Drug helpline on 0800 787 797 or free txt 8681

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WHĀRAURAU

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