

RIGHT PATH

MICKEY'S STORY

OPTIONAL SESSION 1 -

WHAT DO YOU KNOW ABOUT CANNABIS?

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## OPTIONAL SESSION 1

### WHAT DO YOU KNOW ABOUT CANNABIS?

AIM: TO PROVIDE YOUNG PEOPLE WITH THE OPPORTUNITY TO INCREASE THEIR OWN FACTUAL KNOWLEDGE ABOUT THE RISKS AND EFFECTS OF CANNABIS.

ACTIVITY	RESOURCES NEEDED	INSTRUCTIONS	LINK TO RESOURCE LEARNING AIMS	TIME NEEDED TO COMPLETE ACTIVITY
DISCUSS AND WRITE DOWN WHAT IS KNOWN ABOUT CANNABIS	FLIP CHART PAPER, FELT PENS OTHER ART MATERIALS IF REQUIRED.	SPLIT LARGE GROUP INTO SMALLER GROUPS OF 3 OR 4. ASK YOUNG PEOPLE IN THEIR GROUPS TO DISCUSS AND WRITE DOWN ON AN A4 PIECE OF PAPER WHAT THEY KNOW ABOUT CANNABIS.	GIVES YOUNG PEOPLE THE OPPORTUNITY TO DISCUSS WHAT THEY KNOW ABOUT CANNABIS.	20 MIN  (THIS SESSION COULD TAKE LONGER IF USED AS AN ART PROJECT).
	CANNABIS FACT SHEET	PROVIDE FEEDBACK OPPORTUNITIES TO CHECK THAT MYTHS ARE BUSTED AND FACTS ABOUT CANNABIS ARE REINFORCED. ANY "FACTS" THAT ARE QUESTIONABLE COULD BE RESEARCHED USING THE INTERNET, READING MATERIALS AND FACT SHEETS PROVIDED. YOUNG PEOPLE CAN THEN DESIGN AND CREATE POSTERS ABOUT CANNABIS AND ITS EFFECTS AND RISKS WHICH CAN BE DISPLAYED.	ALLOWS FOR MYTHS TO BE DISPELLED WHICH COULD AFFECT THEIR DECISION MAKING AROUND THE USE OF CANNABIS.	10 MIN

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## CANNABIS: WHAT DO YOU KNOW?

### CANNABIS FACT SHEET

#### WHAT IS CANNABIS?

IT'S THE MOST USED ILLEGAL DRUG IN BRITAIN.

- CANNABIS IS MADE FROM THE CANNABIS PLANT.
- THC IS THE INGREDIENT IN CANNABIS THAT CAN MAKE YOU FEEL VERY CHILLED OUT, HAPPY AND RELAXED.
- THC CAN ALSO MAKE YOU HALLUCINATE, MEANING THAT IT CAN ALTER YOUR SENSES, SO THAT YOU MIGHT SEE, HEAR OR FEEL THINGS IN A DIFFERENT WAY TO NORMAL.

#### MYTHS

- CANNABIS IS SAFE BECAUSE IT COMES FROM A PLANT.
- USING CANNABIS WILL COMPLETELY RUIN YOUR LIFE, YOUR HEALTH AND YOUR FUTURE.
- USING CANNABIS WILL LEAD YOU INTO USING OTHER, MORE DANGEROUS DRUGS.
- CANNABIS IS LEGAL BECAUSE IT IS PRESCRIBED.

#### TRUTHS

- CANNABIS CAN HAVE SOME VERY REAL, HARMFUL EFFECTS ON YOUR MIND AND BODY, AS WELL AS CREATING LONGER-TERM PROBLEMS:
- IT CAN MAKE YOU FEEL VERY ANXIOUS AND EVEN PARANOID.
- IT CAN MAKE IT DIFFICULT FOR YOU TO CONCENTRATE AND LEARN.
- MAKE YOUR MEMORY WORSE
- CAN CAUSE YOU TO FEEL LESS MOTIVATED, SOME RESEARCH HAS FOUND THAT YOUNG PEOPLE WHO HAVE USED OR DO USE CANNABIS GET LOWER GRADES AT SCHOOL AND END UP IN MUCH LOWER PAID JOBS AS ADULTS.

#### WHAT ARE THE EFFECTS OF CANNABIS?

CANNABIS HAS A NUMBER OF DIFFERENT EFFECTS. IT IS CLASSED AS A DEPRESSANT AND HALLUCINOGENIC DRUG.

- TAKING CANNABIS CAN MAKE YOU FEEL CHILLED OUT, RELAXED AND HAPPY, AND THEY MAY GET THE GIGGLES OR BECOME VERY TALKATIVE.
- IT CAN MAKE YOU MORE AWARE OF YOUR SENSES, AND THE HALLUCINOGENIC EFFECTS CAN EVEN GIVE YOU A FEELING OF TIME SLOWING DOWN.
- IT CAN MAKE YOU FEEL VERY HUNGRY – THIS IS SOMETIMES CALLED 'GETTING THE MUNCHIES'.
- SOME PEOPLE SOMETIMES FEEL LIGHT-HEADED AFTER SMOKING CANNABIS; THEY CAN ALSO FEEL FAINT AND SICK. THIS IS SOMETIMES CALLED A 'WHITEY'.
- CANNABIS CAN CAUSE PEOPLE TO SUFFER ANXIETY, PANIC ATTACKS AND PARANOIA.
- CANNABIS CAN MESS WITH YOUR MIND AND CAUSE MOOD SWINGS.
- IT CAN DISTURB YOUR SLEEP
- CAUSE DEPRESSION.