Cannabis

LEGAL STATUS: Illegal
CLASS C

OTHER NAMES/SLANG:
Dope, ganja, grass, hash, marijuana, pot, reefer, skunk, spliff.

USUALLY FOUND AS:
Leaves, resin.

HOW IT'S TAKEN:
Smoked with tobacco in a joint. Can also be smoked in a pipe (a bong), brewed into a drink or cooked into food such as cakes.

SIGNS OF POSSIBLE USE:
Small brownish/black lumps that look a bit like mud; chopped leaves resembling dried garden herbs; cigarette papers; rolled-up card (for making a 'filter').

EFFECTS ON USER:
Relaxation, giggling, lack of co-ordination, dilated pupils of the eyes, heightened perception of music and colour. Hunger pangs known as 'munchies'. Temporary paranoia, anxiety or panic. Reduced dexterity (which affects driving), confusion and loss of concentration.

Worth knowing...

- The average strength of cannabis in the UK is less than 10%. 'Skunk' is generally stronger. (Strength is measured by the amount of tetrahydrocannabinols (THC) per gram)
- Most cannabis smells aromatic. Skunk cannabis smells unpleasant and has stronger effects
- Over 8.5 million people in the UK have tried cannabis at least once, and it is estimated that 2 million people use it on an occasional basis
- There is clear evidence that cannabis use may worsen mental health problems and lead to relapse in some people. Using cannabis may increase the risk of developing mental health problems, including schizophrenia
- It is estimated that up to half of the cannabis used in the UK is grown at home.

'Drugs' refers to **all drugs**, including **medicines**, **volatile substances**, **alcohol**, **tobacco** and **illegal drugs**.