

EVERYTHING YOU WANTED TO KNOW ABOUT

CANNABIS

BUT WERE AFRAID TO ASK YOUR KIDS

WITH
PEANUT PETE
AND
FRIENDS



AN INSIDER'S GUIDE

Dear Parent,

Discovering that your child has been using an illegal drug is something that all of us who are parents dread. Straight away the mind focuses on those dreadful pictures that we all too often see on the television and in the newspapers, which portray young people as the hopeless victims of evil drug dealers. Indeed most of the information that we get about drugs comes from the media, much of that information is designed to be vivid, sensational and entertaining. It therefore tends only to concentrate on those few sorry people whose drug use has caused major problems for themselves and those around them. It is not meant to give accurate information about the current state of the drug scene, which barely resembles the television and paper drug scare reports. Indeed most reporters know very little about drugs and seem disappointed when told that it's not as bad as they hoped it would be, after all if headlines like "Earthquake – not many dead", do not sell many newspapers, neither will "Drug use – not much of a problem!"

Parents often feel that drugs is an area in which they have little experience or knowledge. Ignorance and fear are not the best starting points for entering into a discussion with your children about anything, including drugs. We have recognised the need for accurate information to be provided for parents explaining clearly the types of drugs that are currently being used by young people. We will gradually introduce you to the drugs and the real consequences of their use, after all that is exactly what we do for young people: produce the drug information that they want to read thus giving them practical advice on minimising the risks.

LifeLine

M A N C H E S T E R

CANNABIS

* Cannabis is the most widely used illegal drug in Britain. Millions of people of all ages, colours and creeds are 'at it'. Some experts in the police force estimate that at least one in three young people will have experimented with cannabis.



'WHADJAMACALLIT'

* Many of these young people do not realise that they have used cannabis. The term 'cannabis' means very little to young people. Cannabis is usually known by any one of a number of **slang names** such as:

'DRAW'

'BLOW'

'SPUTNIK'

'BLACK'

'WEED'

'PUFF'

'SENSI'

'MOROCCAN'

'ZERO ZERO'

'HASH'

'MARIJUANA'

'GRASS'

'POT'



* Some of these terms are specific to particular parts of the country. For example, 'PUFF' is the norm in the south east. However, if you were going 'puffing' in the north of the country, people would think this was a reference to sexual preference!

* Cannabis is **cheap**. About £7 for a 'teenth'. This is a sixteenth of an ounce. This is enough for about 4 stiff '**joints**' or twice as many weak ones.

* Cannabis is available in **block** form – looking like a piece of liquorice, rubber or brown slate. Or in **grass** form – looking like mixed herbs or sage but with some seeds and stalks in.

*THE ACTUAL SIZE OF A
SIXTEENTH OF AN OUNCE.*



* Cannabis in block form – '**hash**' – is imported from abroad. '**Grass**' '**Marijuana**' is usually imported but can be '**home grown**' here in the U.K.

* In the U.K. cannabis is usually smoked by mixing it with tobacco rolled into a cigarette. The cigarettes are called; '**joints**', '**spliffs**', '**draws**'. It can also be smoked in a variety of pipes and contraptions. Some home made, some shop bought.

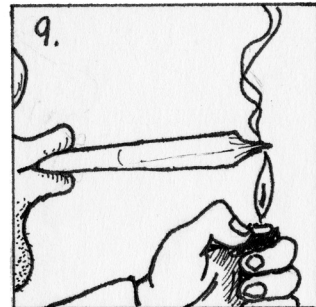
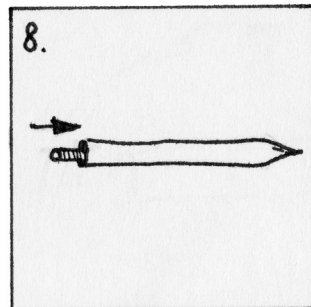
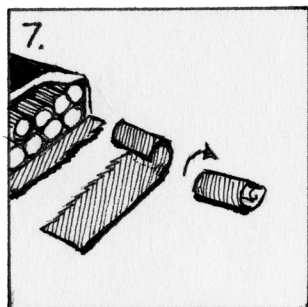
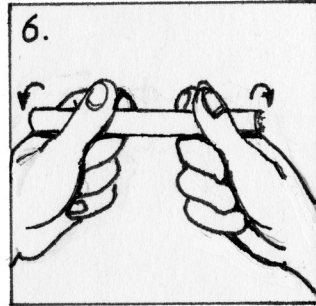
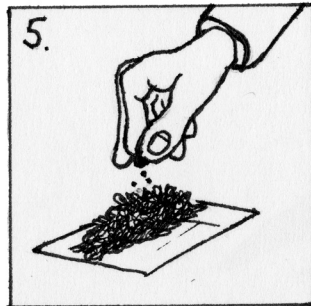
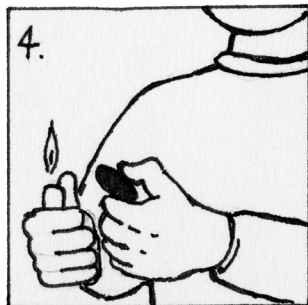
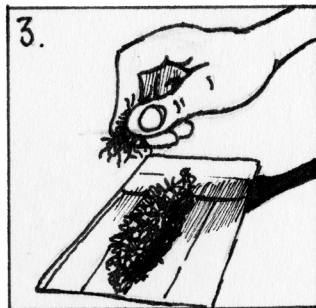
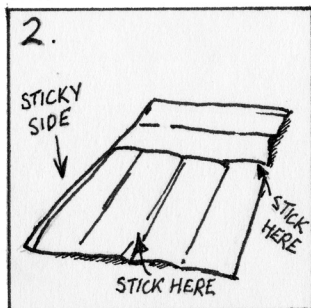
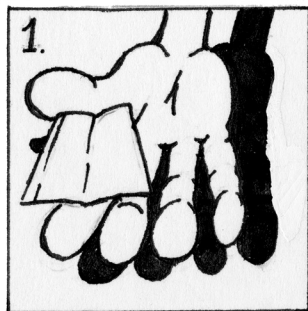


SKIN UP!

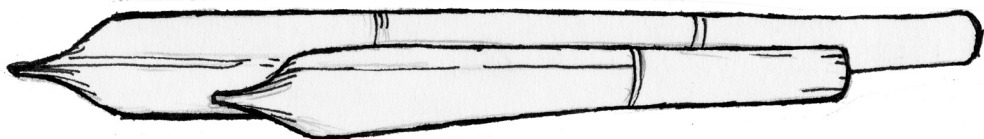
* The process of making a cannabis cigarette is called; **'building up'**, **'skinning up'**, **'sticking one together'**, **'putting one together'**.

1. Cigarette rolling papers are called; **'skins'**, **'papers'** or **'rizlas'**. They are used for making cannabis cigarettes. King Size papers are sometimes used but ordinary papers are more common.
2. There are loads of different ways of sticking the papers together. A **'three skinner'** or a **'five skinner'** is the most common method. However, some people take great pride in making very elaborate 'joints'.
3. Once the papers are stuck together tobacco is laid into the papers and cannabis mixed with it.
- 4 & 5. Grass forms of cannabis can be just sprinkled in but block forms must be burnt a little bit with a flame so that bits can be pulled off and sprinkled in. This burning is sometimes called **'roasting'**.
6. The joint is then rolled together like a large cigarette.
7. Once rolled, a small piece of cardboard, often from the cigarette paper packet (as this is the ideal gauge of card) is torn into a small strip and rolled.
8. This is then inserted into the end as a filter. This is called a **'roach'**. This helps when you are passing a joint round. Otherwise the end gets soggy and difficult to smoke.
9. The joint is then ready to smoke.

HOW A JOINT IS MADE



ACTUAL SIZE OF 3 & 5 SKINNER

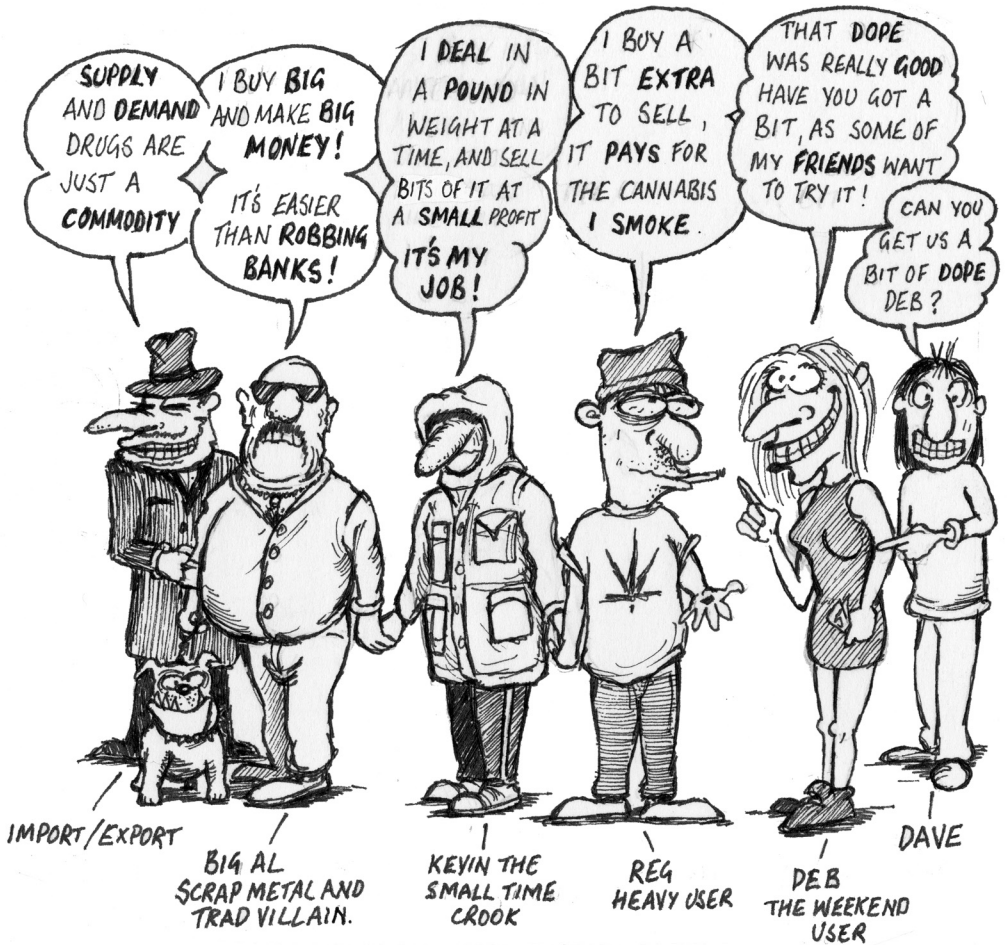


SMELL!

* The smell of cannabis is rich and aromatic and even a little sickly. It is a smell that is difficult to explain but impossible to forget once you are familiar with it.



'LET'S SCORE'



* Buying cannabis is relatively easy. Most people would buy a small amount off their friends, or a friend of a friend, or through a small time dealer in a pub or club, or from a well known dealer's house.

MUNCHIES AND GIGGLES

Different people get different things out of smoking cannabis.

Some get 'the munchies'
(will eat anything).



Some get 'the giggles'
(will laugh at anything).

Others get paranoid.



Others get nauseous (especially
when combined with alcohol).

The nausea and the paranoia usually pass quickly and then the user settles down to enjoy being 'stoned' (intoxicated). People learn how to enjoy cannabis by trial and error. Short term bad effects (nausea and paranoia) are tolerated because the good effects quickly follow.

IT DOES WHAT!?!?!?

* The effects of cannabis depend on how strong the cannabis is, how much you put in and how much of it you smoke. Taking a couple of puffs on a joint of low purity cannabis will just make you feel relaxed (like a quick pint, glass of wine or gin and tonic). Smoking a lot of high purity stuff can make you feel really 'stoned' and in some cases can be quite psychedelic (mind-bending).

* Some people say cannabis makes them feel relaxed and sexy. It improves their appreciation of music and the arts. It gives them everything that alcohol does without the hangover.

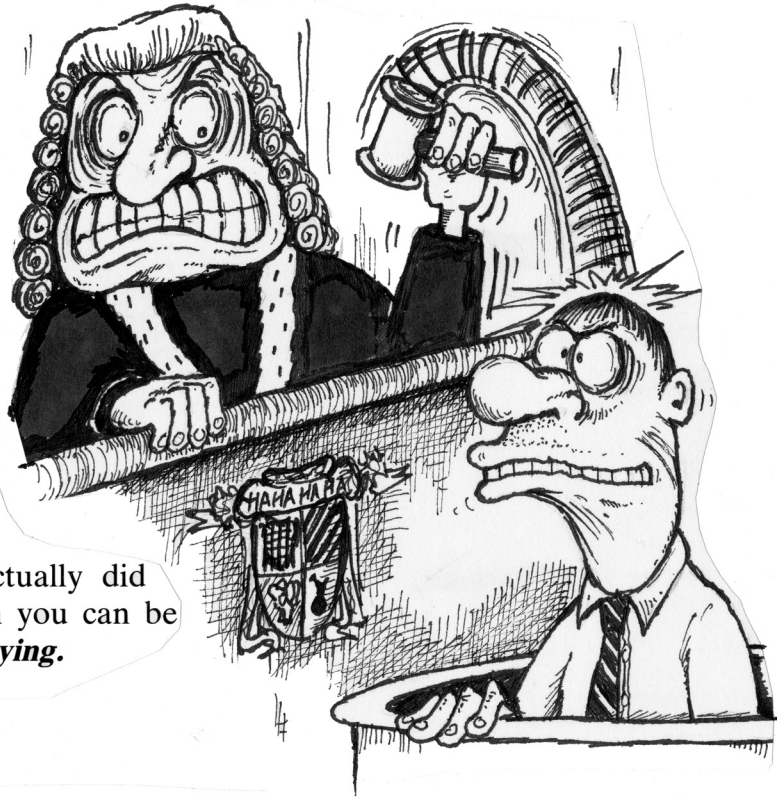


THE LAW

It's against the law to **possess** cannabis. This means that if the police can prove the cannabis is or has been in a house, car, pocket or whatever, you can be charged with possession of a class B drug.

Being done for simple possession means that the police accept that the drug was for personal use **only**.

If the police believe that the intention was to sell or supply to somebody else they can charge you with **possession with intent to supply**. If they can prove that you actually did sell or supply then you can be charged with **supplying**.



Possession can result in anything from a caution to imprisonment, depending upon how much was found, and when the offence took place. Different parts of the country vary in their attitudes and sentencing practices.

Supplying cannabis usually involves a prison sentence, though this will often be suspended. The vast majority of people on drugs charges in British jails are there because of cannabis.

THE DANGERS!!!

The lethal dose of cannabis is a 2 kilo block dropped on your head from the 25th floor of a high rise building. In other words – cannabis can't kill you, it is not a poison like alcohol and not addictive like cigarettes. The more you smoke the more stoned you get. Carry on and you'll just fall asleep. Having said that, the usual warnings about any kind of intoxication apply and driving under the influence of cannabis is not a good idea.

All drugs can have different kinds of harms on at least four levels:

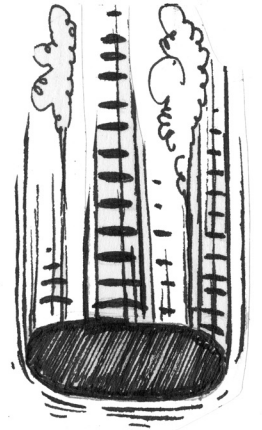
Physical – Psychological – Social – Legal

The clearest physical harms are the same as the smoking of tobacco. However, excessive use of cannabis can make people lazy and unmotivated. Long term heavy users can develop a severe case of 'manana' ("I'll do it tomorrow") and short term memory loss ("What was it I wasn't going to do till tomorrow?").

The clearest psychological harms are done to those people who are prone to depression and anxiety: use too much too often and you could develop paranoia.

None of these harms are irreversible.

Stop smoking cannabis and the harms are removed.



Potential social harms are many. For young people the most common are problems with parents who discover their children are 'using drugs' and get upset and panic. Although cannabis is relatively cheap if used in moderation, it can become expensive if used in excess. Using too much too often can also affect your employment and education opportunities. Many students have learnt that there is no point in reading a text book after smoking cannabis as they tend to forget what they have read tend to forget what they have read.



The single biggest cannabis problem is the risk of being caught with it by the police. Whilst there is no cast iron evidence that cannabis does serious physical or psychological damage, a police record can ruin career prospects overnight.

AND FINALLY

Cannabis has been smoked for pleasure for thousands of years. Nobody can predict what will happen to anybody who uses cannabis anymore than they can to anybody who doesn't. A lot of people who are now both parents and grandparents smoked cannabis during the sixties and seventies

