

Curious about Cannabis?

marijuana weed hashish bhong reefer roach hemp joint blunt shake pot grass dope maryjane

What is it?

Comes from the cannabis plant and is usually green/brown/grey coloured. THC is the main ingredient that causes the "high" (4).



How is it used?

Cannabis can be smoked as a cigarette (joint), smoked in a dry pipe or a water pipe known as a "bong" or mixed with food and eaten (2).

The Rise of THC

(delta-9 tetra-hy-dro-can-nab-i-nol)

1969-late 1970's contained roughly 1% THC



Now: contains 15-20% THC (2).

Get the Facts

You hear...

When actually...

1 It's natural. If it comes from a plant, it must be safe.



Cannabis smoke has cancer-causing toxins that can cause damage to the lungs (5).

2 It will help me focus in school.



Cannabis use can cause decreased IQ, poor concentration and poor memory (3).

3 It's safe to drive after using Cannabis.



Users are 2 times more likely to have a car crash (1).

4 It's safe for anyone - no matter the age.



Youth are at the greatest risk of the negative health effects of Cannabis because the brain continues to develop until age 25 (5).

5 Police can't tell if you are high.



The police have the ability and tools to determine if you are impaired by cannabis (5).

6 It will improve my mental health.



Teen users are at an increased risk for depression, anxiety and psychosis (1).

7 I'll never get addicted.



1 in 6 people who use cannabis during their teens will develop a cannabis use disorder (1).



Relationship Problems

Have you thought about...



Financial Difficulties



Lower Grades and Exam Scores

Need Help?

Talk to your healthcare provider
Visit your school nurse
Addiction Services Thames Valley at 519-673-3242



1. Canadian Centre on substance Abuse. (2015). The effects of cannabis use during adolescence. Retrieved from <http://www.ccsa.ca/ResourceLibrary/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Report-2015-en.pdf>

2. Foundation for a Drug-Free World. (n.d.). What is Marijuana? Retrieved from <http://www.drugfreeworld.org/drugfacts/marijuana.html>

3. Government of Canada. (2017). Health effects of cannabis. Retrieved from <https://www.canada.ca/en/health-canada/services/substance-abuse/controlled-illegal-drugs/health-risks-of-marijuana-use.html>

4. Middlesex-London Health Unit. (2017). Marijuana. Retrieved from <https://www.healthunit.com/marijuana>

5. Middlesex-London Health Unit. (2016). Marijuana- myths and facts. Retrieved from <https://www.healthunit.com/myths-and-facts>

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