# Questions About Cannabis Use And Your Student

## 1 WHAT IS CANNABIS?

<u>Cannabis</u> is a drug that can be produced from plants. The plant contains many chemicals, including two main active ingredients:

**THC** affects the brain and produces the high. -THC

<u>Synthetic cannabinoids</u> (created in a lab) are chemicals that are sprayed onto dried plant material. Synthetic cannabinoids are more dangerous than cannabis.

There is no "safe" amount of cannabis. Effects vary depending on type, amount, potency and duration of use. Past products were usually low potency (less than 5% THC). Today's products are more dangerous (30-90% THC).

## WHAT DOES IT LOOK LIKE?

<u>Cannabis:</u> almost like tea or dried leaves; usually green or brown.

<u>Hashish:</u> solid or paste usually brown or black.

A concentrate (aka oil/wax/dabs/shatter):
oily, waxy or pasty;
usually yellow or brown.

### 3 WHAT DO PEOPLE CALL IT?

Pot, weed, chronic, bud, herb, kush, joint, loud, mary jane, mj, blunt, dab, dope, ganja, grass, hash, reefer, skunk, smoke, trees, wax.

Synthetic cannabinoids can be called: spice, K2, Cloud 9, mojo.

## 4 HOW IS IT USED?

<u>Inhaled:</u> Rolled into a joint (cigarette) or blunt (cigar) and smoked; through a bong (water pipe); or in a vaporizer (vape). Effects are immediate and last for hours.

<u>Eaten:</u> Usually added to cookies, mufÿns, lollipops, gummy candy and brownies (aka edibles). Cannabis tea is also an edible. Effects are delayed by hours and can last up to 12 hours, making overdose a possibility.

Symptoms of an overdose or "greening out" include: vomiting, psychosis and panic.

## **5** WHO USES IT AND WHY?

After alcohol, cannabis is the most common drug used by Canadian teens. People may use cannabis to

### WHAT ARE THE EFFECTS & SIGNS OF CANNABIS USE?

Misinformation about cannabis is common. A recent national survey reports that about 70% of grade 12 students did not think regular cannabis use was harmful. But, regular cannabis use can often be harmful.

#### **Short-term effects:**

- feeling relaxed, happy, high
- more sociable
- heightened & distorted perceptions
- decreased motor coordination
- · impaired judgement & problem solving
- impaired memory & learning capability
- increased heart rate & body tremors
- anxiety or panic\*
- psychotic symptoms\*
- nausea & vomiting\*

\*tend to occur with exposure to high doses or overdose.

### Long-term effects:

- impaired cognitive function (attention, memory & problem solving)
- lack of motivation
- school drop-out/poor academic achievement
- chronic bronchitis
- increased risk for Anxiety Disorders, Mood Disorders, Psychotic Disorders & Cannabis Use Disorder (addiction)

Negative long-term effects are more common when use begins before age 16, and when cannabis use is daily.

The greater the dose & duration of cannabis use, the greater the negative impacts. Stopping regular & heavy cannabis use may not fully restore cognitive impairments.

#### Effects on driving:

- It is dangerous for a person to drive if they've used cannabis (cannabis doubles the risk of a fatal crash)
- There's no clear time limit to when negative impacts on driving performance decrease or stop
- Tell your student they shouldn't get into a car driven by someone who's used cannabis
- Driving while intoxicated (regardless of the drug) is illegal

While it can be difficult to know if your student is using cannabis, some <u>possible signs</u> include:

- more withdrawn/secretive
- red eyes, cannabis scent on person
- decrease in activities they used to enjoy
- friend group using cannabis increases probability your student will

- periodically more gregarious/sociable
- decline in academic performance
- nausea, vomiting, anxiety symptoms, panic, paranoia



Cannabis can be addictive. Regular cannabis use can lead to Cannabis Use Disorder (CUD). About 12% of teens who start regular use of cannabis early will develop CUD.

### 8 WHAT SHOULD I DO IN AN EMERGENCY? (SJSS)

With any emergency situation it is necessary to follow school policies and procedures regarding dealing with and reporting the incident. If you are uncomfortable with what is happening or suspect synthetic cannabinoid use, call 911.



if they aren't vomiting, give them lots of fruit juice

if they've passed out, lie them on their side and call 911

if they're panicky or paranoid, stay with them to provide reassurance and support



## 9 HOW DO I TALK ABOUT CANNABIS USE?

so that you can TALK SMART.

One of the most common factors for a student to use a drug is peer pressure. You can help your students understand that even if they feel pressure to use any drug but do not want to use, they do not have to. your student to educate themselves about cannabis (at teenmentalhealth.org/cannabis) so that

Remember, teachers are role models for students. When speaking with students listen actively and respectfully; provide good evidence-based information;

HOW DO I **LEARN MORE?** 

can access. TALK SMART about cannabis.

www.teenmentalhealth.org/cannabis