



Introducing Cannabis

Risk, Laws and Habits

2007
23 minutes

Teacher Notes:

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Program Synopsis

This program looks at a recreational drug that has been widely used over the past three or four decades – Cannabis. It starts with an introductory coverage of drugs in general – defining what is a drug, and the various types of drugs. Risk taking is also discussed, and the program examines why young people in particular are prone to taking risks. Cannabis is examined in detail, including its chemical make up and some facts and figures about its use. The program then goes on to look at the long and shorter term effects of cannabis use; how it is typically viewed from a legal perspective – and various strategies to employ for reducing or eliminating the use of cannabis.

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Related Programs

- Introducing Tobacco – Risk, Laws and Habits
- Stuff You Need to Know about Party Drugs
- Binge Drinking

Introduction

It's stupid, I'm an idiot to have begun using, I don't get anything done; I can't do what I used to be able to do!
This program successfully outlines cannabis and its use by young people. The program details:

- What are drugs – the classifications
- What is cannabis
- The facts
- The effects
- The law

Regular comments and visions of cannabis users tell us the story of a user, the loss of friends, the effects on health and of becoming isolated from 'good' friends.

Program Rationale

Most young people in our society will be exposed to cannabis and/or cannabis use during their teenage years. It is a commonly used recreational drug, and one that has been around for decades. But often young people are largely unaware of the risks involved with using cannabis. This program aims to provide a range of accessible information designed to assist young people in decision-making about behaviours that can have a direct impact on their health and wellbeing.

Program Timeline

00:00:00	Introduction
00:01:26	Chapter 1 – Drugs and Risk Taking
00:04:38	Chapter 2 – What is Cannabis?
00:07:28	Chapter 3 – Effects of Cannabis
00:12:47	Chapter 4 – Cannabis and the Law
00:16:00	Chapter 5 – Kicking the Habit
00:20:48	Conclusion
00:22:01	Credits
00:22:53	End Program

Program Worksheet

Before the Program

1. Cannabis comes in three forms; marijuana, hashish and hash oil. Investigate these forms of cannabis, explain how each is produced, used and their side effects.
2. THC (delta – 9 tetrahydrocannabinol) is the chemical that is found in cannabis. Investigate the side effects of this chemical.
3. Generate a list of the 'street' names for cannabis.
4. Cannabis is linked to psychosis. Use the internet and your school library to find out what psychosis is, and explain how cannabis use results in psychosis.

During the Program

1. It's stupid, I'm an idiot. These are the words of a cannabis user. How do you feel about drug use?

2. Why do young people take risks?

3. Explain how risk taking can be:

- a) positive
- b) negative

Positive –

Negative –

4. What is low risk – risk taking?

5. What is high risk – risk taking?

6. Finish this sentence:

A drug is _____

7. Make a list of drugs.

8. List the three categories of drugs:

- De _____
- St _____
- Hal _____

9. What is cannabis?

10. Cannabis can be:

- Sm _____
- E _____
- In _____

11. Make a list of the chemicals found in cannabis.

12. How can cannabis be used as a medical treatment?

13. Complete the table to prepare a list of the side effects of cannabis.

Short term effects	Long term effects

14. Explain the term vagueing out.

15. Can a person overdose on cannabis? YES or NO?

16. What are the adverse effects of cannabis? Make a list.

17. What should be done if you are with someone who suffers from these adverse effects?

Cannabis and the law:

18. Are use, possession and trafficking legal or illegal?

Kicking the habit:

19. Why don't users kick the habit?

20. Make a list of the places/organisations to seek help.

21. Develop a list of ways to 'Kick the Cannabis Habit'.

After the Program

1. Investigate the ways in which cannabis is used for medicinal purposes.
2. Schizophrenia has been linked to cannabis use. Investigate Schizophrenia and its link to heavy cannabis use.
3. Prepare an A4 fact sheet that outlines the drug cannabis. Include in your fact sheet the following information:
 - What is cannabis?
 - Effects of cannabis
 - Cannabis and psychosis
 - Medicinal use of cannabis
 - Tolerance and dependence
 - Withdrawal – Kicking the habit
 - Pregnancy and cannabis use
 - Reducing the harms associated with cannabis.
4. Develop a first aid resource that outlines the assistance that should be provided if someone suffers from an adverse effect of cannabis use. Include in your resource a list of organisations/agencies that could provide help or assistance to withdrawal or kick the habit.