

## SAFER USING TIPS

- Try to start with a small dose - to gauge your tolerance
- It is a good idea to smoke in a safe environment and around friends - somewhere you feel comfortable
- Remember: It is illegal to drive when you have used marijuana
- Remember: It can be risky to mix marijuana with other drugs especially other drugs that slow you down (i.e. CNS depressants)
- Look after your mates
- Using a vaporiser is a good alternative to smoking a joint or a bong as it can help you avoid respiratory and other problems

## CANNABIS AND MENTAL HEALTH

Cannabis has a range of effects on people's mental health; however, there is no proof that cannabis causes mental health problems.

Although there are strong associations between the two, no direct causal link has been established. Some people with mental illness report that they use cannabis to relieve their symptoms – however it can worsen their condition overall.

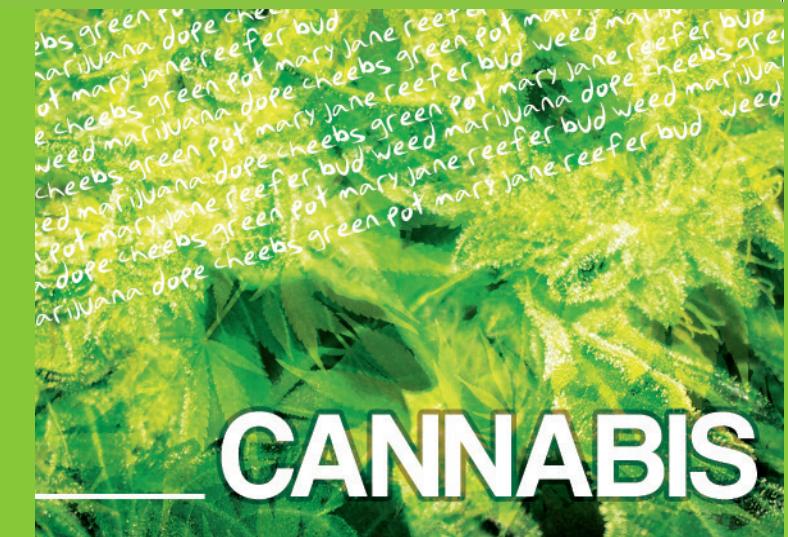


## COMBINATIONS

### Cannabis combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Alcohol = nausea, vomiting
- Hallucinogens = confusion, can lead to psychosis
- Ecstasy = can intensify ecstasy effects
- Methamphetamine (speed or ice) = confusion and psychosis



### Cannabis is not recommended if you suffer from:

(Cannabis is not advised if you have a family history of any of the following as it can trigger latent conditions)

- Depression
- Anxiety
- Psychotic disorders
- Schizophrenia
- Respiratory problems
- Heart problems

**KNOW YOUR MIND, KNOW YOUR BODY,  
KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!**

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

## MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

[www.dancewize.org.au](http://www.dancewize.org.au)  
[www.hrvic.org.au](http://www.hrvic.org.au)  
[www.erowid.org](http://www.erowid.org)  
[www.bluebelly.org.au](http://www.bluebelly.org.au)

[www.bluelight.ru](http://www.bluelight.ru)  
[www.dancesafe.org](http://www.dancesafe.org)  
[www.tripproject.ca](http://www.tripproject.ca)  
[www.ncpic.org.au](http://www.ncpic.org.au)

Produced by DanceWize, a project of Harm Reduction Victoria  
With the support of FebFast Australia 2012

## DESCRIPTION

Cannabis is a depressant drug, meaning it slows down your Central Nervous System (CNS); however in high doses it can also cause psychedelic effects. It comes from Indian hemp plants cannabis sativa and cannabis indica.

The buds of these plants are smoked to achieve the desired effects; however the leaves and stems can also be used in cooking to achieve similar results.

## DOSAGE TIPS

Strength varies greatly from source to source so dosage will vary. A couple of puffs of a joint may be enough to feel the effects, particularly for a novice user.

- It is a good idea to start with a small dose
- It is also a good idea to start with a joint as it is easier to monitor dose - smoking through a bong delivers a full dose in one hit, which can be overwhelming for a first-time user

## ADMINISTRATION

Can be smoked, eaten or vaporised

## DURATION

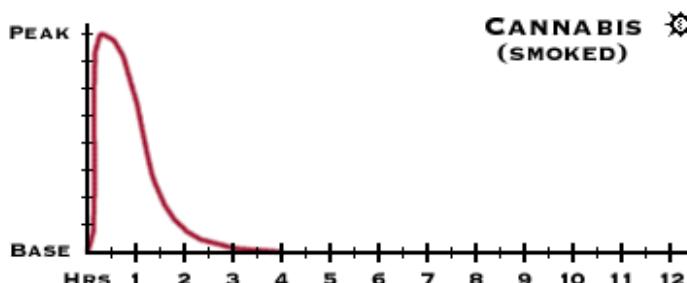
Total Duration:	1 - 4 hours
Onset:	0 - 10 minutes
Peak:	15 - 40 minutes
Coming Down:	45 - 180 minutes
After Effects:	12- 24 hours

**When smoked/vaporised:** Onset is almost immediate and the peak will last for around 2 hours

**When eaten:** Onset is around 1-2 hours with the peak lasting 3-4 hours. BE CAREFUL when eating cannabis in cookies etc. Wait at least 2 hours before re-dosing - it is very easy to accidentally consume too much due to the slow onset.

**Half-life:** The drug will still be active in your system for 4 hours and after you have stopped feeling the effects. It is important to take this into account if you are planning to use other drugs in conjunction with cannabis

**Roadside drug test:** Detectable for at least 5 hours after use though it can be much longer with high frequency and dose



## EFFECTS

(The following is a list of possible effects, which may vary from person to person)

### Physical

- Laughter
- Physical relaxation
- Increase in body/mind connection
- Increased appetite, 'munchies'
- Slowness
- Change in vision, such as sharpened colours or lights
- Sleepiness, lethargy
- Stimulation, inability to sleep
- Blood-shot eyes
- Dry mouth
- Cheek, jaw, facial tension/numbness
- Loss of coordination
- Agitation
- Nausea, especially in combination with alcohol
- Coughing, asthma
- Anxiety
- Dizziness and light headedness
- Confusion
- Headaches

### Emotional

- Mood lift, euphoria
- Deeper connection to music
- Relaxation, stress reduction

### Psychological

- Closed-eye visuals
- Increased awareness of senses (taste, smell, etc.)
- Creative, philosophical, abstract, or deep thinking - ideas flow more easily
- Boring tasks can become more interesting or funny
- Pain relief (headaches, cramps)
- General change in consciousness
- Racing thoughts
- Altered sense of time
- Short-term memory loss during periods of frequent use
- Panic attacks usually with high doses
- Possible psychological dependence on cannabis
- Precipitated/exacerbated latent or existing mental disorders

## STREET NAMES

Marijuana, Weed, Pot, Bud, Ganja, Grass, Joints, Bongs, Cones, Yarndi

## CHEMICAL COMPOUND

The main active ingredient in cannabis is delta-9-tetrahydrocannabinol, commonly known as THC. The other key ingredient is cannabidiol (CBD).



## LONG TERM EFFECTS

Upper respiratory problems - cannabis causes similar effects to smoking cigarettes, especially when combined with tobacco