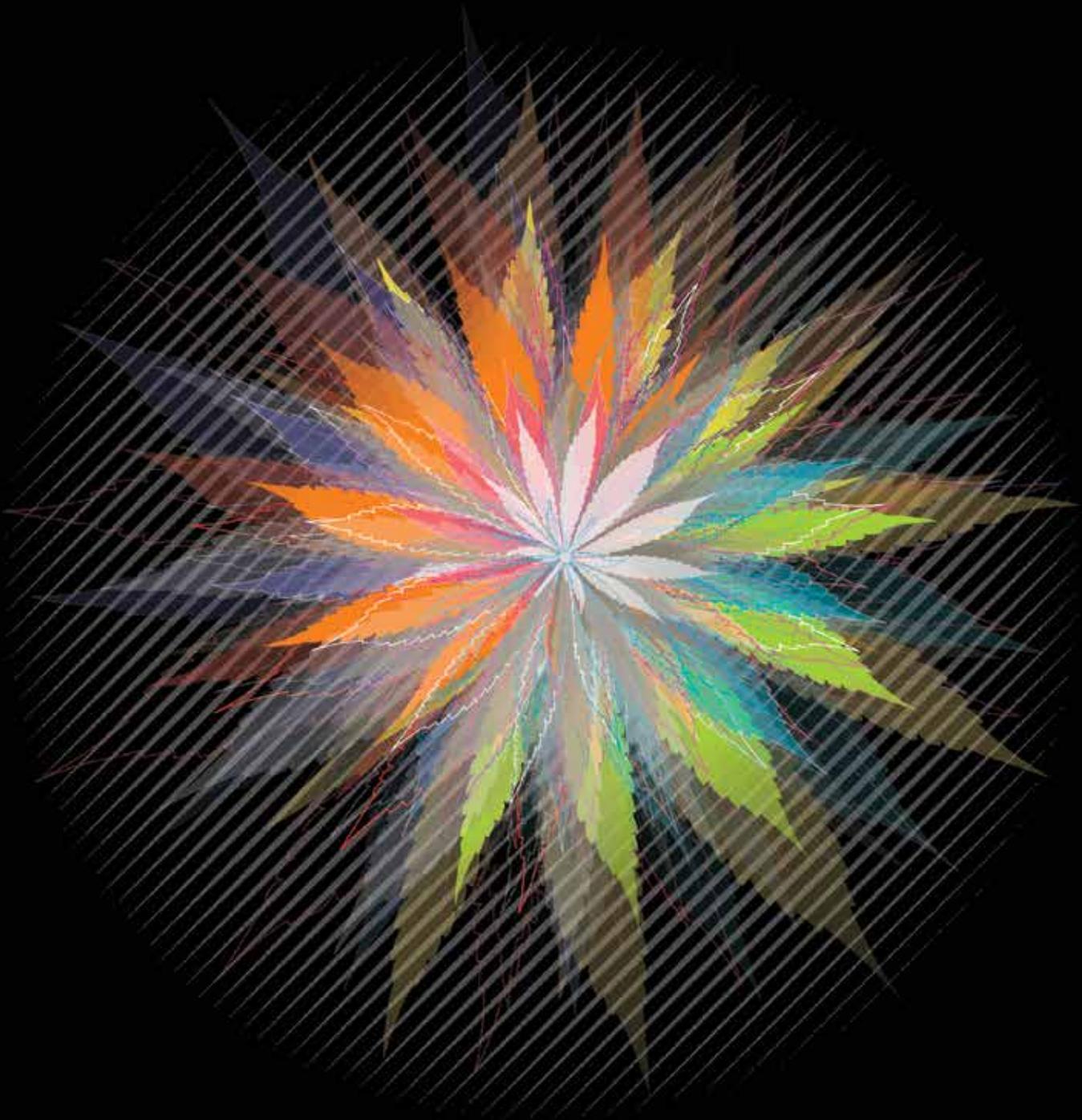


/// COMMUNITIES  
FAQS



## What is Cannabis?

Cannabis is derived from the cannabis plant (cannabis sativa). The main active ingredient in cannabis is called delta-9 tetrahydro-cannabinol, commonly known as THC. This is the part of the plant that gives the 'high'. There is a wide range of THC potency between different types of cannabis.

## Does it have any other names?

Some street names for cannabis are pot, weed, blow, herb, spliff, ganja, grass, boom.

## What does it look like?

Cannabis normally comes in three different forms.

### *Herbal Cannabis.*

This is the bud/leaves of the cannabis plant. It is the most common form of cannabis in the UK, mostly grown indoors under artificial lights.

### *Hash/Resin*

The resin from the cannabis plant pressed into dark brown /black blocks.

### *Cannabis Oil*

Known as hash oil, is a thick liquid made from dissolving hashish or herbal cannabis in solvents.

## How is it used?

It can be rolled into a spliff with or without tobacco or smoked using a pipe, bong or vapouriser. It can also be added to food and eaten.

## What is the law on cannabis?

Cannabis is illegal. It is a class B drug. It's against the law to possess, sell, give away, grow, or let your premises be used for smoking it.

The maximum penalty for possession of a Class B drug can be up to five years in prison and an unlimited fine.

The maximum penalty for supplying a Class B drug can be 14 years' imprisonment a fine or both. The actual sentence you receive depends on things like your age and if you have been in trouble with the police before.

## How does it make you feel?

It depends on how much you use, how you feel, if you have taken any other drugs and how strong the cannabis is. Normally when smoked the effects are felt almost straight away. You may feel relaxed, laid back, euphoric, dizzy, giggly or very talkative. If eaten the effects can take longer to start but will also last longer.

The experience for some will be a negative one, they can experience anxiety, panic attacks and paranoia.

## What are the risks?

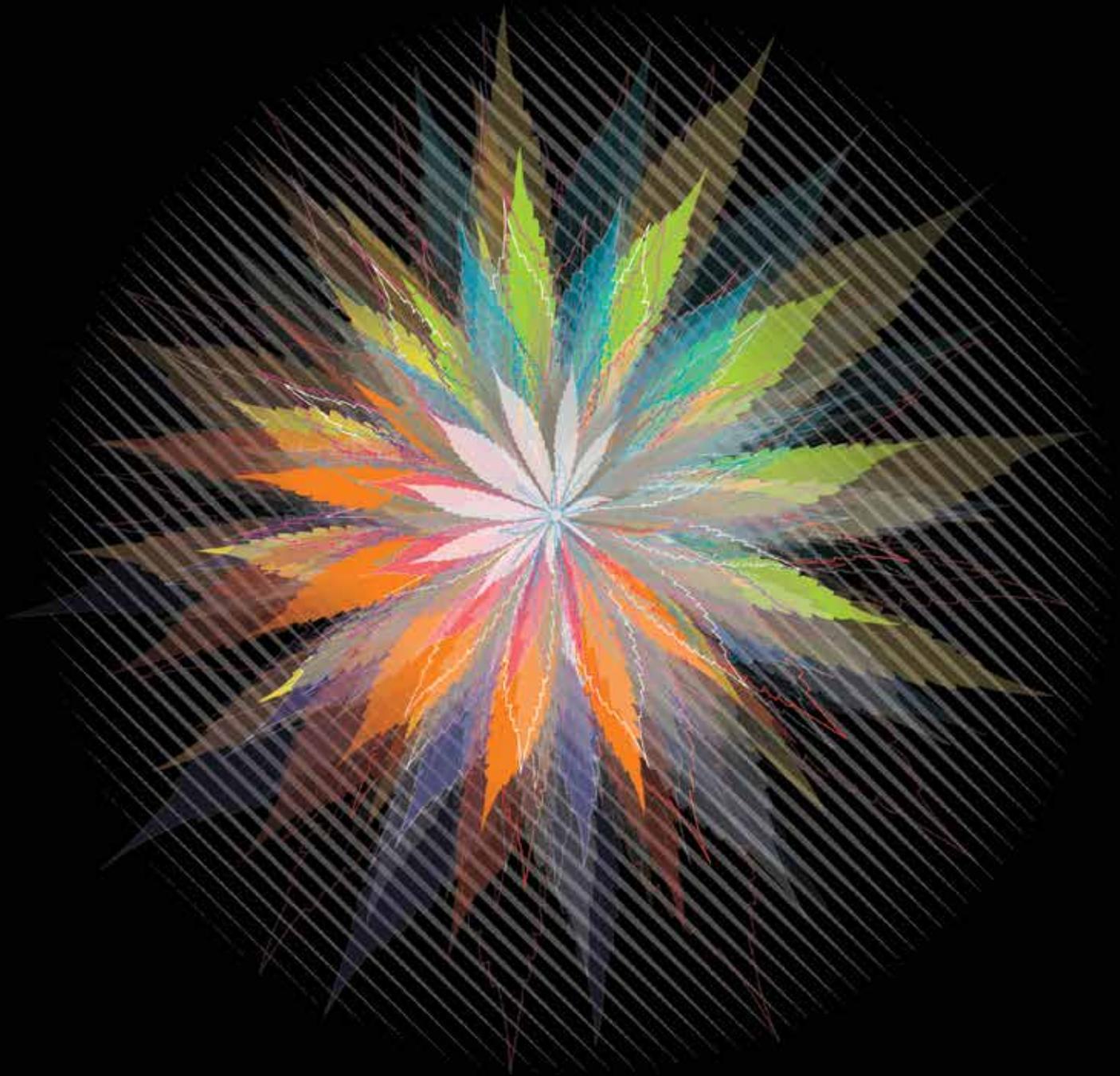
- /// Inhaling any smoke is not good for your body. Mixing cannabis with tobacco means that you have the negative effects of both to deal with.
- /// Cannabis has been linked to mental health problems in some people. Young adults and teenagers may be even more at risk.
- /// Cannabis can affect your co-ordination, don't drive or operate machinery if you're stoned.
- /// You can develop a cannabis habit. This can be bad for your wallet, your body and your mind.

## How do you reduce the risks?

- /// Don't smoke every day.
- /// Try not to mix it with tobacco.
- /// If you are going to use a pipe or bong, don't use plastic, rubber hoses, PVC, foil or aluminium, these give off toxic fumes.
- /// Using a cigarette filter for a roach will mean you inhale more tar, as you suck harder to get the effect you want. Use plain card, loosely rolled up, for a roach – this lets the smoke flow easily.
- /// Holding smoke in your lungs won't get you more stoned, it just means more tar and other nasty chemicals will stick to your lungs.
- /// Stop using if it makes you feel bad, anxious or down. Continuing isn't going to make it better. Give it a break, the negative feelings will probably disappear.



/// CANNABIS  
FAQs



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