

# MARIJUANA



CANNABIS

## WHAT IS CANNABIS?

- Cannabis, or marijuana, comes from a plant.
- The dried buds of the female plant contain the highest concentration of psychoactive compounds. These buds are usually what is sold and consumed as marijuana.
- Cannabis usually costs about \$10-\$20 a gram.

## HOW IS CANNABIS USED?

- Cannabis is usually smoked, although it can be eaten.
- Joints are the most common method of smoking but a wide range of pipes, bongs, hookahs, and devices are also used.
- Cannabis can be prepared in butter or cooked directly into foods for ingestion.
- Often people will cook with the leaves of the plant rather than the buds.

## WHAT ARE THE EFFECTS?

- In small quantities, many users find cannabis both relaxing and stimulating.
- The senses are enhanced, as well as the appetite.
- In larger quantities (or with stronger strains) the effects may feel similar to LSD or Mushrooms. Users may experience nausea, mild hallucinations, anxiety, or paranoia.
- Cannabis tends to cause an increase in heart rate, reddening of the eyes, and dryness in the mouth.
- Cannabis is used medicinally to treat the symptoms of a number of diseases such as cancer, glaucoma, and AIDS.

## IS CANNABIS ADDICTIVE?

- While some people use cannabis regularly, cannabis does not create a physical dependence and users do not experience withdrawal symptoms.

## WHAT ARE THE DRAWBACKS OF USING CANNABIS?

- Smoking anything, including cannabis, can damage the lungs, throat, and mouth.
- Cannabis is a Schedule I narcotic, and getting caught with it can lead to serious consequences.
- Cannabis slows down reaction time and impairs driving.
- Some people feel uncomfortable, nauseous, or paranoid after using cannabis.

DanceSafe.

Promoting Health and Safety within the Rave and Nightclub Community

