

To Weed or Not to Weed Question Sheet

Statements

1. Cannabis is bad for you
 - a. Debrief: Yes, it is bad for you because cannabis contains substances that affect the brain and body, including THC and CBD. THC causes the intoxicating effects of cannabis. CBD is not intoxicating but can still have long- term and short-term effects on the brain.
2. Cannabis has negative health effects on youth
 - a. Debrief: Youth and young adults are more likely to experience harms from cannabis because their brains develop until about age 25. The earlier you start consuming cannabis, the more harm it can do. Starting as a teen, consuming frequently (daily or near daily) and over a long time (several months or years) increases the risk of mental health problems. These problems include dependence and disorders related to anxiety and depression.
3. There is a difference between recreational marijuana and medical marijuana
 - a. Debrief: Patients taking cannabis for medical reasons generally use cannabinoids to alleviate symptoms while minimizing intoxication, whereas recreational users may be taking cannabis for other effects.
4. It is safe to drive after using cannabis
 - a. Debrief: No, it is not safe to drive after using cannabis because when you drive a vehicle, you need to be alert and focused. Consuming even small amounts of cannabis affects your ability to react and increases your chance of being in a crash. Drugs impair your ability to drive by:
 - affecting motor skills;
 - slowing reaction time;
 - impairing short term memory and concentration;
 - causing drivers to vary speed and to wander; and
 - reducing the ability to make decisions quickly or handle unexpected events
5. Cannabis helps you focus more
 - a. Debrief: No it doesn't, it may seem like you are focusing better but really it is just the effect of the drug clouding your judgement.
6. Everyone reacts to cannabis the same way

- a. Debrief: Everyone does not react the same way, the affects you may experience after using cannabis will vary, depending on how much of each chemical is included and how your body reacts to them.
7. Everyone reacts to cannabis the same way.
 - a. Debrief: No, everyone does not react to cannabis the same way. Its effects may vary depending on the levels of THC and CHD, and each person may simply have a different reaction. For example, it may lead one person to feel very relaxed, while another person may feel paranoid and anxious.
8. It is safe to purchase cannabis from unauthorized resources.
 - a. Debrief: No, it is definitely not safe to purchase cannabis from unauthorized sources. Once you are of legal age, the cannabis retailer in Ontario is the Ontario Cannabis Store. Other sources may have other drugs laced into the cannabis. Such drugs include Fentanyl, which is an extremely dangerous opioid.
9. Because cannabis is legal, it is safe.
 - a. Debrief: The legalization of cannabis is unrelated to the safety of the drug. Just because it is legal, it does not mean it is safe. It can have many health risks such as cancer, mental health problems, and respiratory problems.
10. Should cannabis be legal?
 - a. Debrief: Open for discussion.
11. You can use cannabis to feel included while at parties/outings
 - a. Debrief: No, cannabis should not be used to feel included. Now that you know the health risks of cannabis and the fact that it is illegal under 19, you should not be using it due to peer pressure, and should educate your peers on the risks.
12. It is unsafe to mix cannabis and alcohol
 - a. Debrief: Yes, mixing substances is very harmful. When you mix these substances, it can lead to a decreased sense of judgement which may lead to overdoses. Alcohol also enhances the effects of THC, making it more addictive which is not good for your health.
13. Cannabis can be addictive
 - a. Debrief: While more research is required, the short answer is that yes, it is addictive. Individuals who repeatedly use cannabis may experience symptoms such as irritability, mood and sleep difficulties, decreased appetite, cravings, restlessness, and/or various forms of physical discomfort when withdrawn from the drug.