



Cannabis: Be Informed with UKCIA

Lots of people from all walks of life use cannabis for all sorts of reasons. Many enjoy it, and of course it doesn't automatically turn you into a spaced-out hippy loser. However, for some people, particularly children and teenagers, the use of cannabis may pose a risk. It may only affect a small proportion of cannabis users, but if you're unlucky enough to be one of them then you won't care about the statistics.

The only way to be **sure** of not experiencing any problems from using cannabis is to not use it. However if you already use cannabis or have made the decision to do so, there are a few things to consider which may help reduce any bad effects.

- **Don't get stoned before any activity that requires a good memory**, like college.
- **Don't use it before any tasks that require good co-ordination or concentration**, such as driving or operating heavy machinery
- Any risks from cannabis use seem to be greater in young people. **People under 18 are best advised to not to get stoned.** Consider waiting until you're an adult.
- **Use it in as safe a way as possible.** Protect your lungs. Don't mix it with tobacco. .
- **Use in moderation.** Too much of anything is bad for you. If you feel you are beginning to depend on cannabis, experience any bad effects or other parts of your life suffer, cut down, quit or seek advice.
- Cannabis can have an effect on **mental health**. It may make mental illness worse.
- **Campaign for legalisation.** The law against cannabis greatly adds to its harm.

For more information visit <http://www.ukcia.org> - website of the British legalise cannabis campaign.