

Cannabis

Cannabis is often called weed. It is a drug that can impair and slow down your brain and body. It might mean that someone's decision-making or their response times and senses are slower.

Cannabis is a plant that is most commonly known in its herbal form but there are different forms including "resin", oil and "dab/shatter".

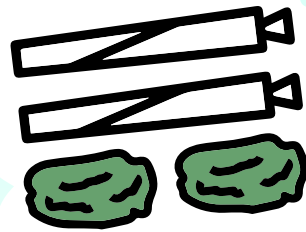
What are the effects of Cannabis?

Cannabis triggers the release of other chemicals in your brain that can make someone giggly, chatty, relaxed and some people might see or hear things that aren't there or feel paranoid and anxious.

It disrupts the delicate balance of chemicals and the signals in your brain. It can leave people

feeling unsteady, forgetful, and make them scared or anxious.

If someone keeps using cannabis regularly it can have serious long-term effects and get in the way of activities they used to enjoy or put strains on their relationships with friends and family.







Aquarius Young People

SPOT YOUR MATE

MAKE SUMMER GREAT

Summer Safety

-  **Keep hydrated** – make sure you all have some water or non-alcoholic drinks and try to avoid the sunlight during the peak times of 10.00 to 14.00 when it's hottest.
-  **Buddy system** – stick together and stick to the plan with your buddy. If one of you wants to leave, leave together
-  **Have a back up plan** – to make sure you can both get home safely. Make sure someone else knows where you are and who you are with and contact them if your initial plan isn't working.
-  **Emergency** – in an emergency, or if someone falls and hurts themselves, is being very sick or is unresponsive, **call 999**. If you don't know where you are use **What3Words** to help the crew find you.