

SEARCH the risks of CANNABIS

What is the effect of cannabis?

Hash relaxes and makes you careless. The way you perceive things changes, so colours become more intense and music appears more beautiful. Your feeling for time and space changes. Fantasy is stimulated. Concentrating on things that do not really interest you becomes more difficult. The same with logical thinking. Sometimes you forget things that just appeared. You have more appetite, especially for sweet food. THC (the active element in cannabis) has a weakening effect on your muscles. Therefore your legs and arms seem to be heavy. Your mouth is dry, your eyes become red, your heartbeat increases.

What are the risks?

You do not need more hash every time to reach the same effect. But it does occur that people increase their use because they want to be stoned more often. You may get restless and sleep worse after heavy use. The most important risk of cannabis is the use when you want to blow problems away. You seem to have an easy portable tool to feel better. But after a while (a few years, sometimes) you find out that nothing really has changed. In many cases heavier use or addiction starts at that point.

Smoking hash or weed is harmful for your lungs. The way it is often smoked (inhaling deep and keeping the smoke in) causes extra damage. Sometimes the effects are different than you expected, because of unforeseen circumstances: you might feel afraid or lost. Hash influences your short term memory, concentration and logical thinking competences. Blowing and working or studying do not match. The same for driving.



education

Although very much youngsters at secondary school age in Belgium try cannabis, most of them stop this habit after a while. Sometimes after a few years. Heavy use (almost daily) or regular use (weekly or a few times per month) is in many cases an entrance to more harmful drugs. Young pupils from other countries are often very precautionary when they enter the community in Belgium. They don't want to

disturb their relation with their school. Once problems occur on the school level, the temptation of cannabis use and, in their vulnerable situations, to other drugs is big.

