

Cannabis



Awareness Training





Housekeeping

- ✓ Breaks & timings for the day...
- ✓ Emergency procedures
- ✓ Photo permission

What is LANDED?

Working in Lanarkshire, we provide **drug**, **alcohol**, **sexual health**, **cannabis** and **tobacco** information to young people using informal & peer education approaches.

Our services: Stalls, Workshops, Staff Training, Volunteering Opportunities (16-22).

Connect with us...



/LandedPeerEd



@LANDEDPeer



www.landed.info



CANNABIS CONSULTATION REPORT

JULY 2021

**An investigation into the relationship between
tobacco and cannabis use amongst young people
in Lanarkshire.**



Commissioned by NHS Lanarkshire.
Facilitated on their behalf by **LANDED**.



***TO DOWNLOAD A COPY OF THE
WRITTEN REPORT:***

WWW.LANDED.INFO/CC2021



www.LAN@ED.info

The Compass

- Take a post-it.
- Write down something you want get from today's training.
- Complete as many as you like.
- Stick it to the compass.



ACTIVITY

ICE BREAKER

- Who are you?
- Where do you work/volunteer?
- An interesting fact about you.

Training Outline

- What we will cover today...
 - Attitudes towards *cannabis*
 - A brief history of *cannabis*
 - What is *cannabis*?
 - Types of *cannabis*
 - Medical *cannabis*
 - How *cannabis* affects the mind & body, addiction & withdrawal
 - Current local *cannabis* trends & information
 - What is *synthetic cannabis*?
 - Your service users & *cannabis*
 - The Law
 - Harm Reduction



The image features a white rectangular background with a border of green cannabis leaves. The text is centered on the white background.

GROUP WORK

MOVING WALLPAPER

ACTIVITY

**AGREE OR
DISAGREE**

**CANNABIS IS
A GATEWAY
DRUG**

**CANNABIS HAS
AN EFFECT ON
YOUNG PEOPLES
MOTIVATION &
ASPIRATIONS**

IF YOU SMOKE
CANNABIS
EVERY DAY
YOU ARE
ADDICTED

**CANNABIS
USERS SHOULD
BE TREATED LIKE
EVERY OTHER
DRUG USER**



What is CANNABIS ?

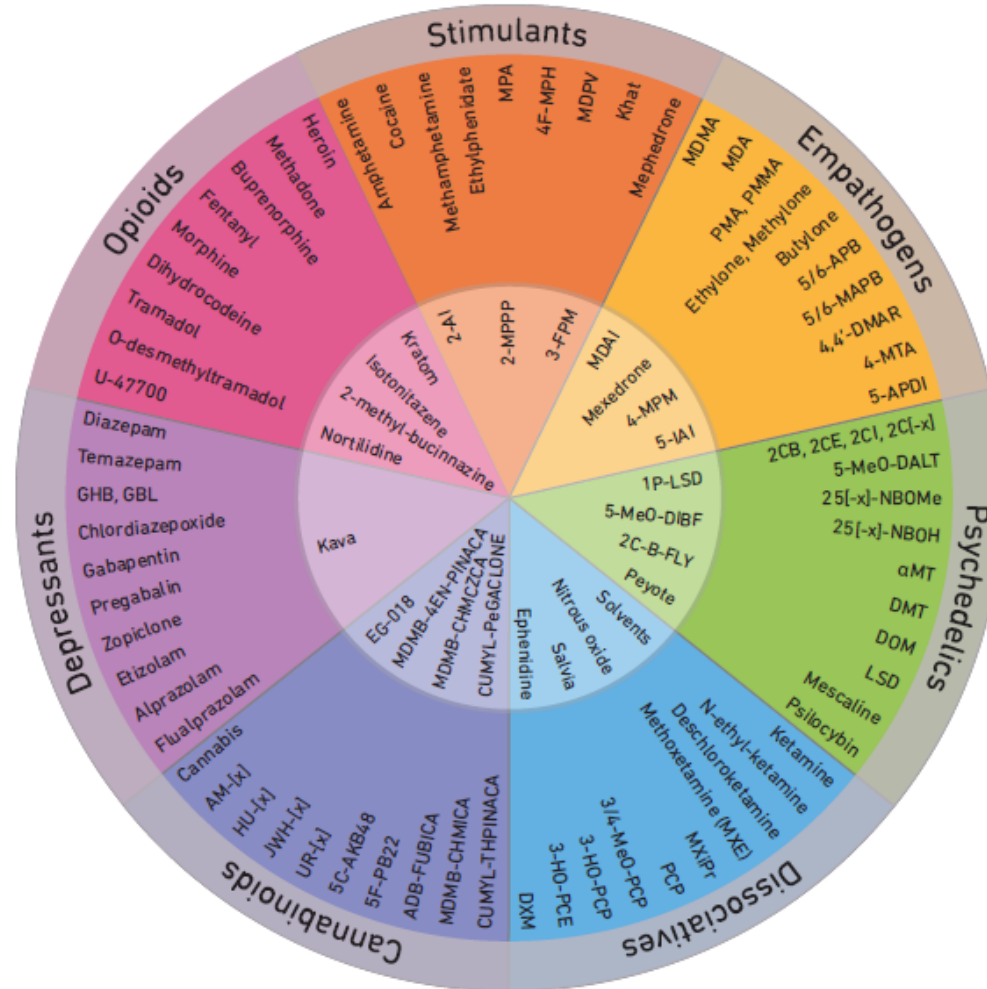
Quick facts...

- Cannabis is a Class B Controlled Substance in the UK. (Meaning: it is illegal to possess, supply & produce)
- Cannabis is the most widely used illegal drug in the world.
- Cannabis is a plant which grows wild in hot climates. Cannabis found in the UK is often grown here.
- Cannabis is a **hallucinogenic** drug - it affects your five senses.

The Drugs Wheel

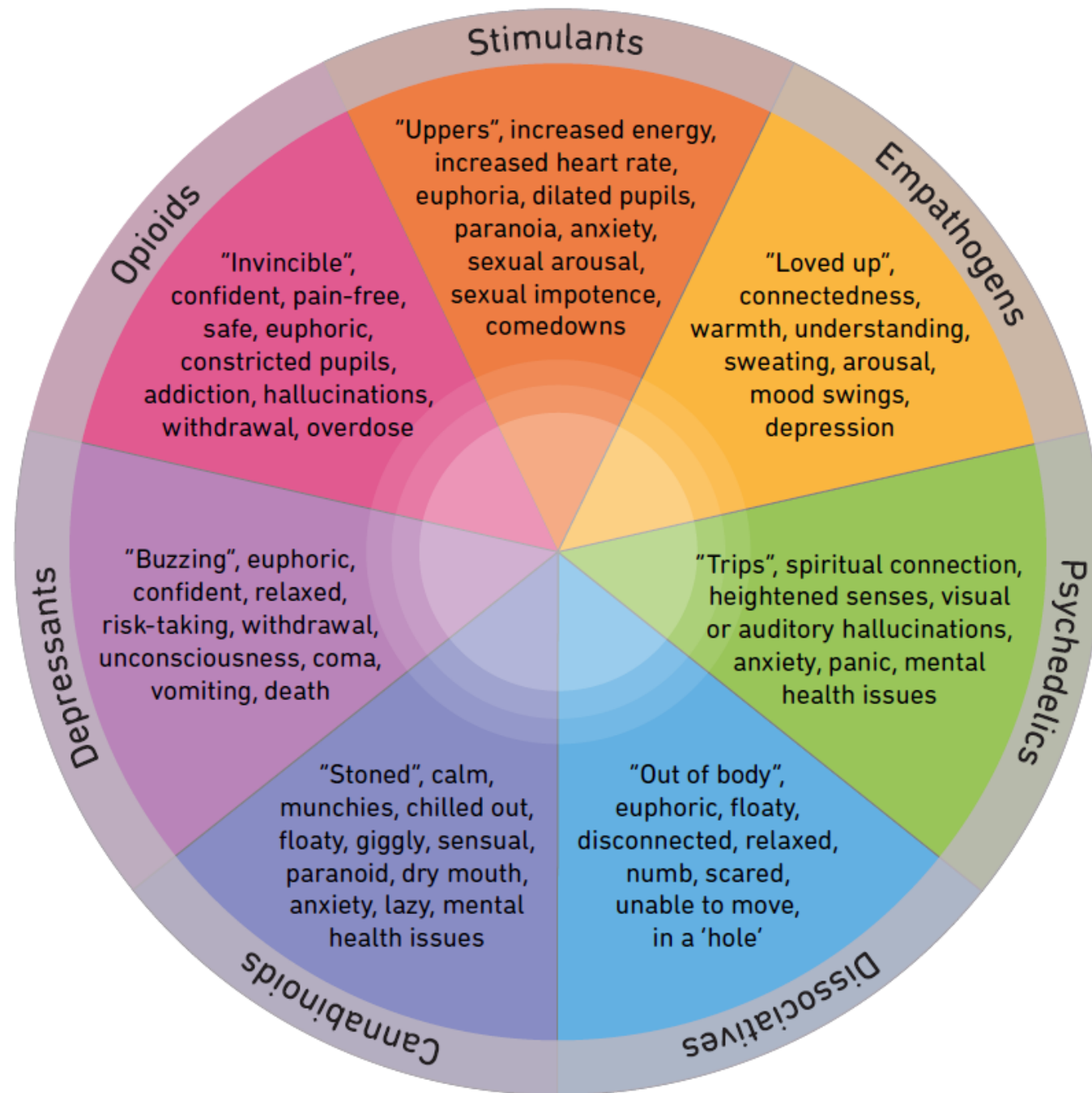
A new model for substance awareness

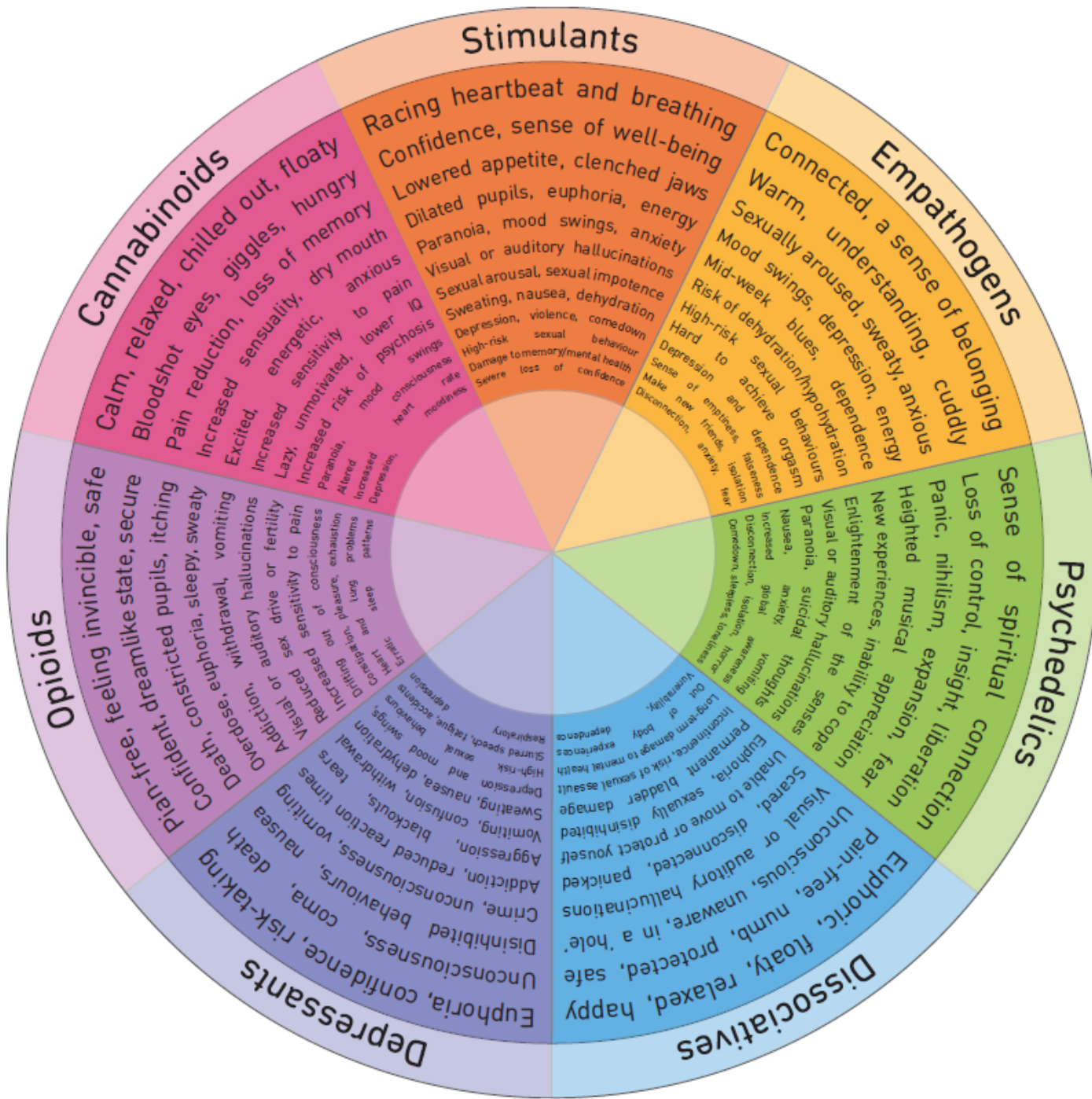
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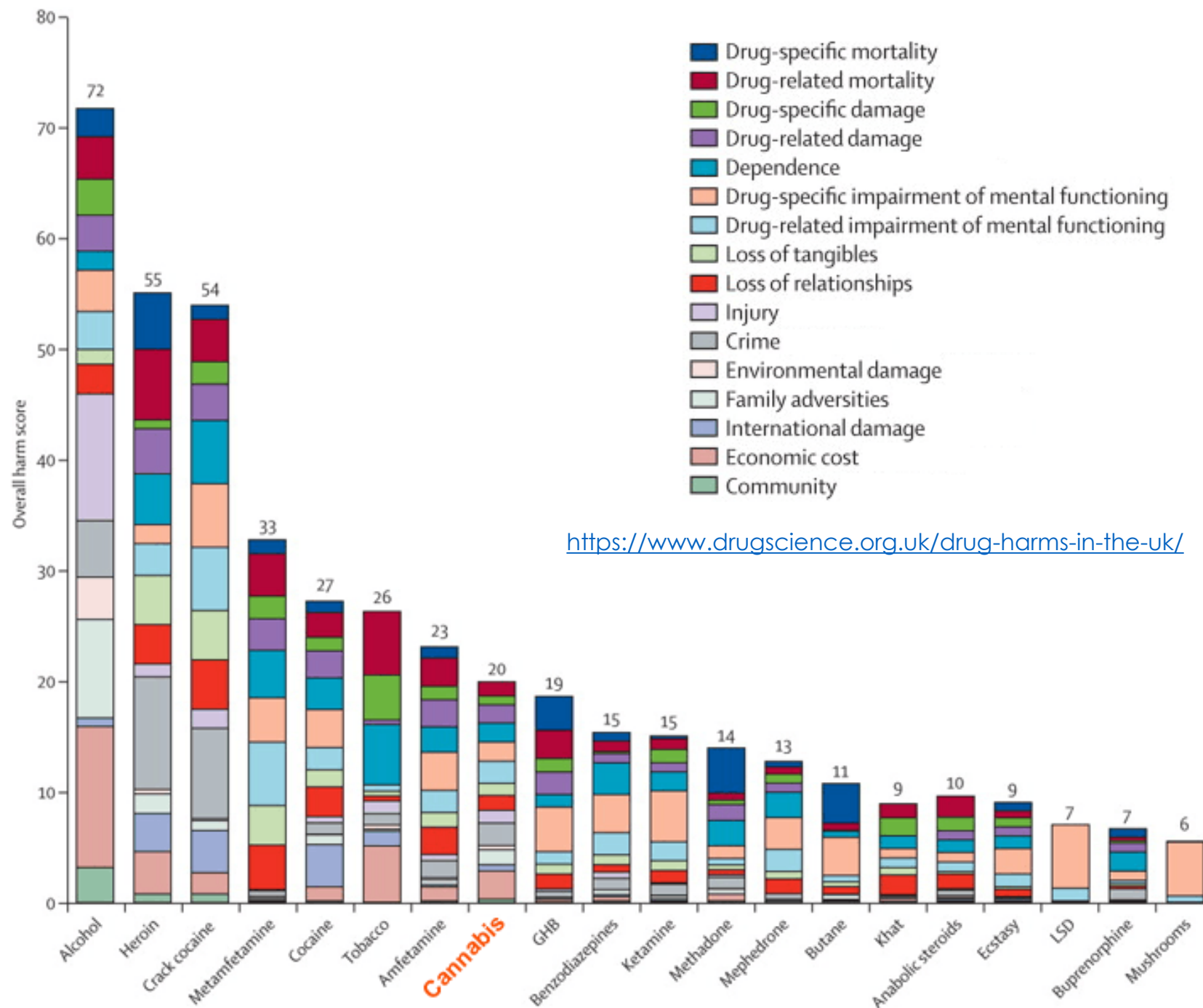


Outer ring: Controlled under the Misuse of Drugs Act 1971
or The Human Medicines Regulations 2012

Inner ring: Controlled under the Psychoactive Substances Act 2016







VIDEO

**CANNABIS
HISTORY**

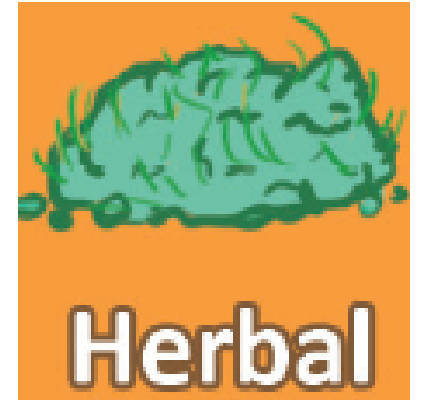
Cannabis Street Names

Grass Marijuana Weed Puff Ganja MJ Smoke
GREEN Skunk Mary-Jane 420
HASH Solid Dope Council Pollen
Shatter WAX Chronic CHEESE 710
OIL THC Doobie Dank Kush
Blaw WACKY BACKY Trees BUD
Kief Reefer Toke Spliff *Crystals*

Types of Cannabis

- **Herbal Cannabis (Weed)**

- Dry & green.
- Naturally grown plant.
- 'Skunk' is a home-grown, stronger form of herbal cannabis (sensimilla).
- Smell is strong and pungent.
- Most common type around Lanarkshire.





Cannabis Strains

- There are thousands of different strains of cannabis plant
- Strains are defined by their name, taste, look and smell
- For example: **Lemon Haze** is known for its citrus smell

Types of Cannabis

Cannabis Resin (Hash, Solid)

- Hash is hard, brown-black colour can be sticky and waxy to touch.
- It is a processed form of cannabis.
- The appearance of hash depends on the type of plant & processes used to make it.
- One way hash is made by shaking off the crystals, heating and compressing them to form a solid block.



Rocky

Moroccan

Council

Soap Bar

Soft Black

Gold Stamp

Types of Cannabis

Cannabis Extract (Oil, Wax, Shatter)

A.K.A – *Butane Hash Oil [BHO] / Rick Simpson Oil [RSO]*

- Can look like yellow, clear & glass-like.
- Or a sticky, soft waxy substance.
- Can also be yellow-oil in a bottle.
- Cannabis extract is a very potent, concentrated form of cannabis.
- The process of making cannabis concentrates can involve the use of solvents (butane).



Shatter

Wax



Types of Cannabis

Cannabis Edibles

- THC is extracted from cannabis flower (decarboxylation) by either roasting it in an oven, or slowly cooking in oil/butter.
- This activates the THC, allowing it to be ingested and this mixture is then added to food. **Eating herbal cannabis without doing this will not have any effect.**
- Hash/ extracts don't need much preparation.





Edibles Dosing Chart

Leafly

THC per dose

1-2.5 mg

2.5-15 mg

15-30 mg

30-50 mg

50-100 mg

What to expect

Mild relief of pain, stress, anxiety, and other symptoms

Improved focus and creativity

Stronger symptom relief

Euphoria

May impair coordination and alter perception

Strong euphoria

Unaccustomed consumers may experience negative effects

May impair coordination and alter perception

Very strong euphoria in unaccustomed customers

Likely to impair coordination and alter perception

Highly likely to impair coordination and alter perception

Can cause negative side effects such as rapid heart rate, nausea, and pain

Who's it for?

First-time consumers
Microdosers

Patients with persistent problems

Restless sleepers

Social butterflies

Well-seasoned consumers

Medical patients with developed tolerances

Experienced consumers seeking to sustain sleep

Consumers who have poor GI absorption of cannabinoids

People with significant tolerance to THC

For experienced THC individuals only

Patients with cancer, inflammatory disorders, or conditions that necessitate high doses

Please note everybody processes cannabis differently and could have a different edibles experience. Always start low and slow and follow packaging guidance. Visit [Leafly.com](https://www.leafly.com) for more resources

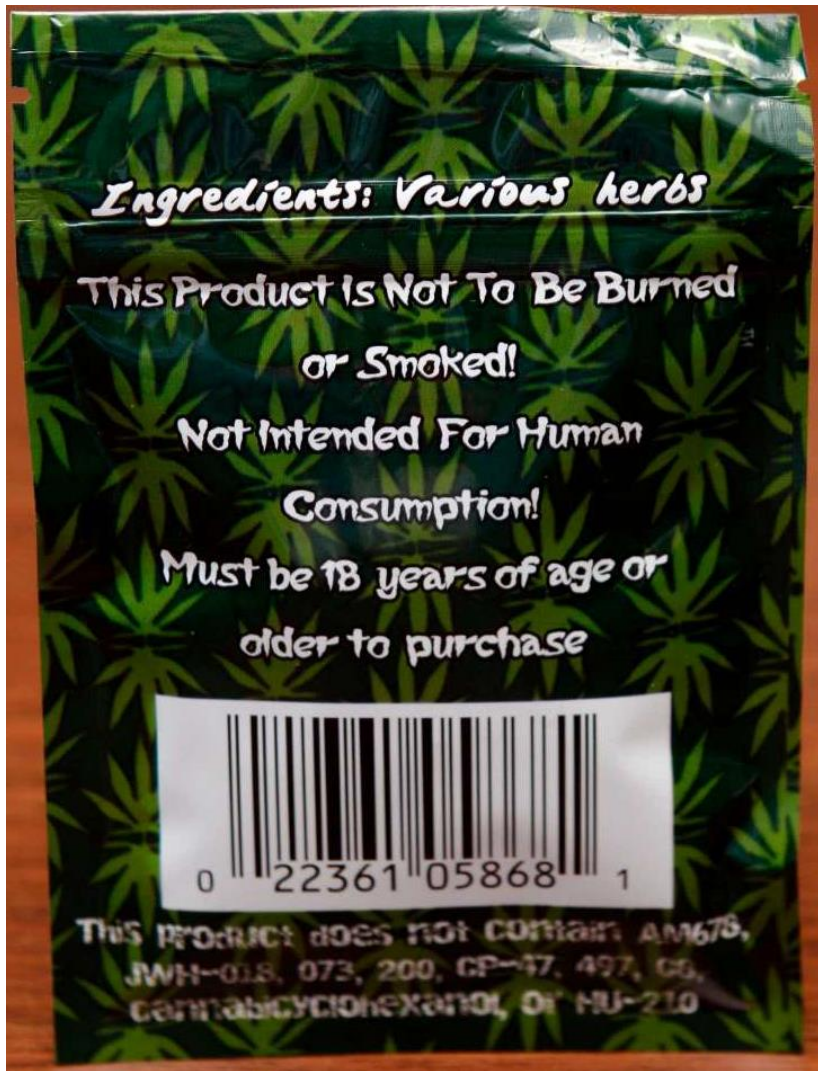
Types of Cannabis

Synthetic Cannabis

- Synthetic Cannabis is made with synthetic chemicals and is meant to mimic the effects of regular cannabis these are known as Synthetic Cannabinoid Receptor Agonists (SCRAs)
- Synthetic Cannabis is made, not grown.
- Synthetic Cannabis can cause serious mental and physical health problems and be highly addictive.



Synthetic



Cannabis

The slide is framed by a border of green cannabis leaves, which are visible on the left, right, and bottom edges. The main content area is white.

ACTIVITY

PRODUCTION LINES

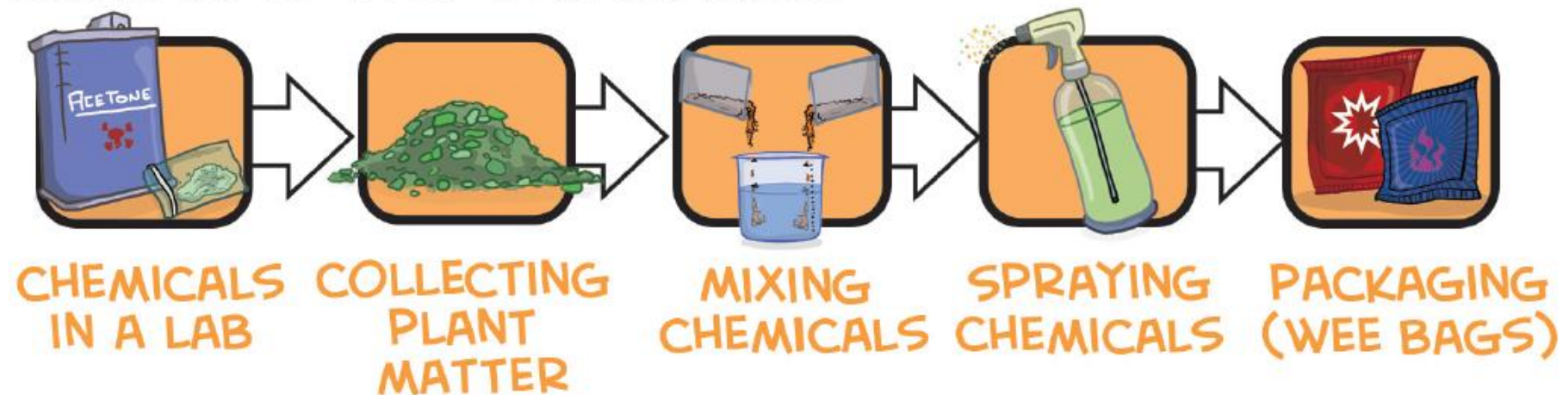
Cannabis Production



JOURNEY OF A CANNABIS PLANT



JOURNEY OF SYNTHETIC CANNABIS



The Cannabis Plant



Stalk

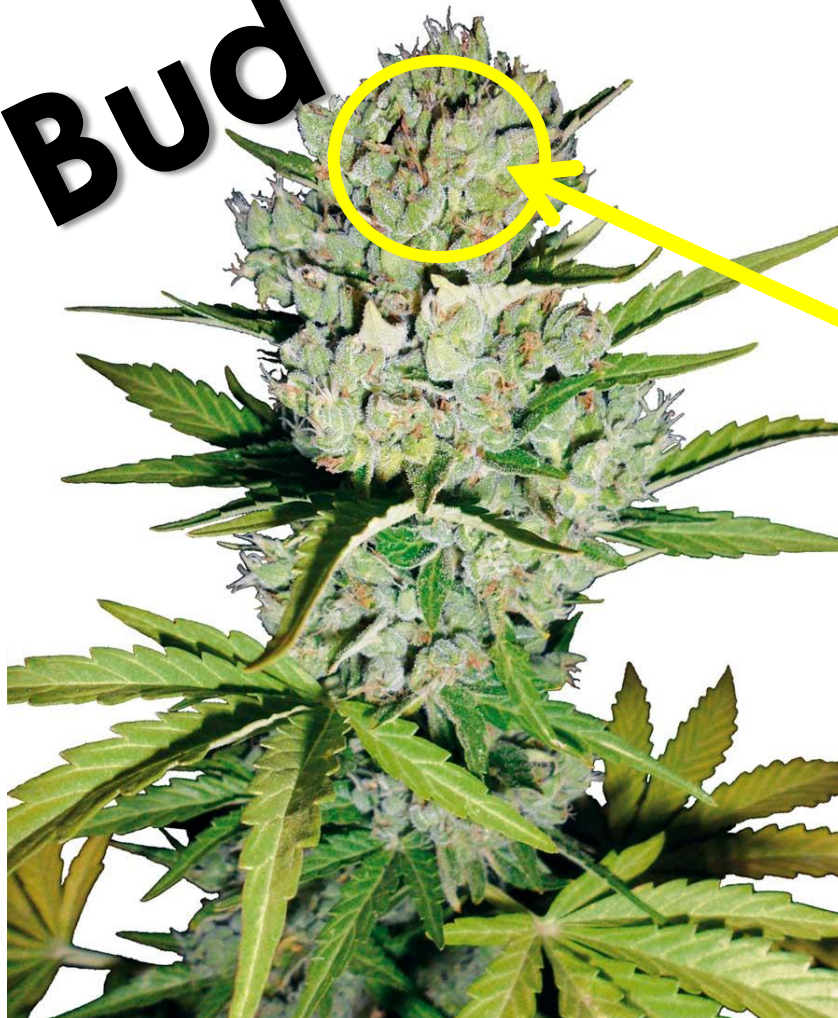
Stem

Leaves



The Cannabis Plant

Bud

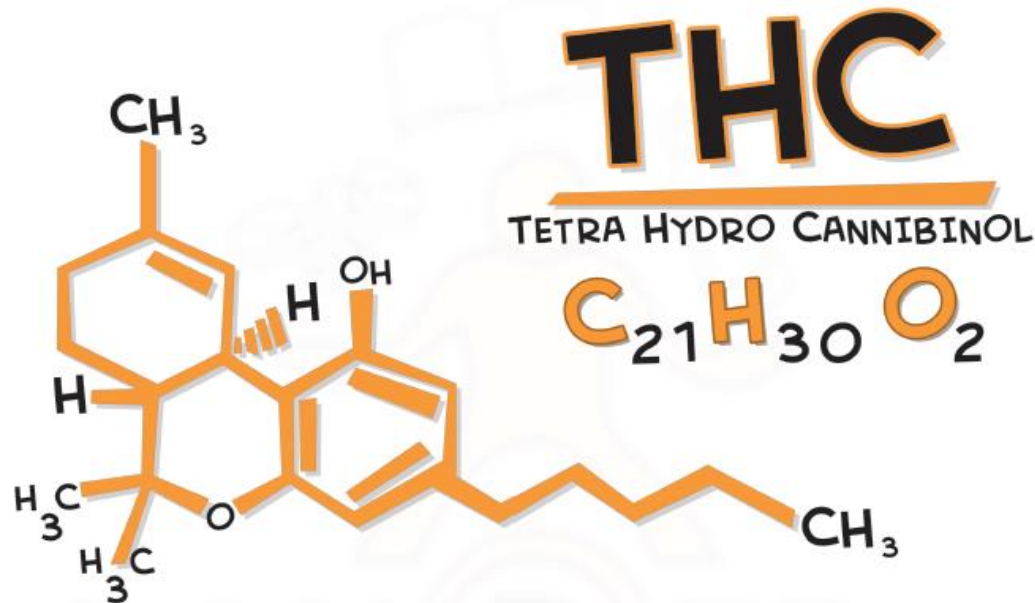


**'Crystals' or
Trichomes**



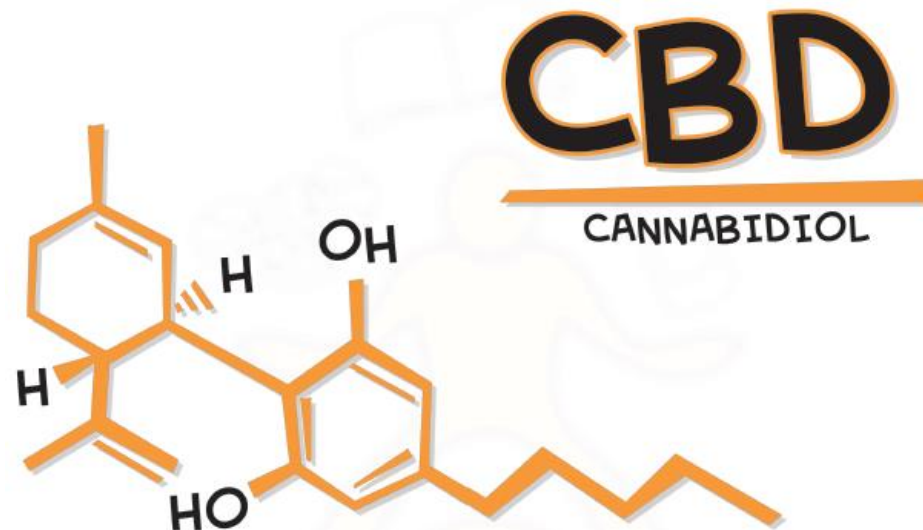
THC

- **THC** or Δ^9 *tetrahydrocannabinol* is the main psychoactive chemical compound found in cannabis.
- It's what makes you feel **STONED...**



CBD

- **CBD** or *Cannabidiol* is another one of the many chemical compounds in cannabis.
- It can help alleviate (**not cure**) symptoms of some illnesses.
- It does not make you feel **STONED...**

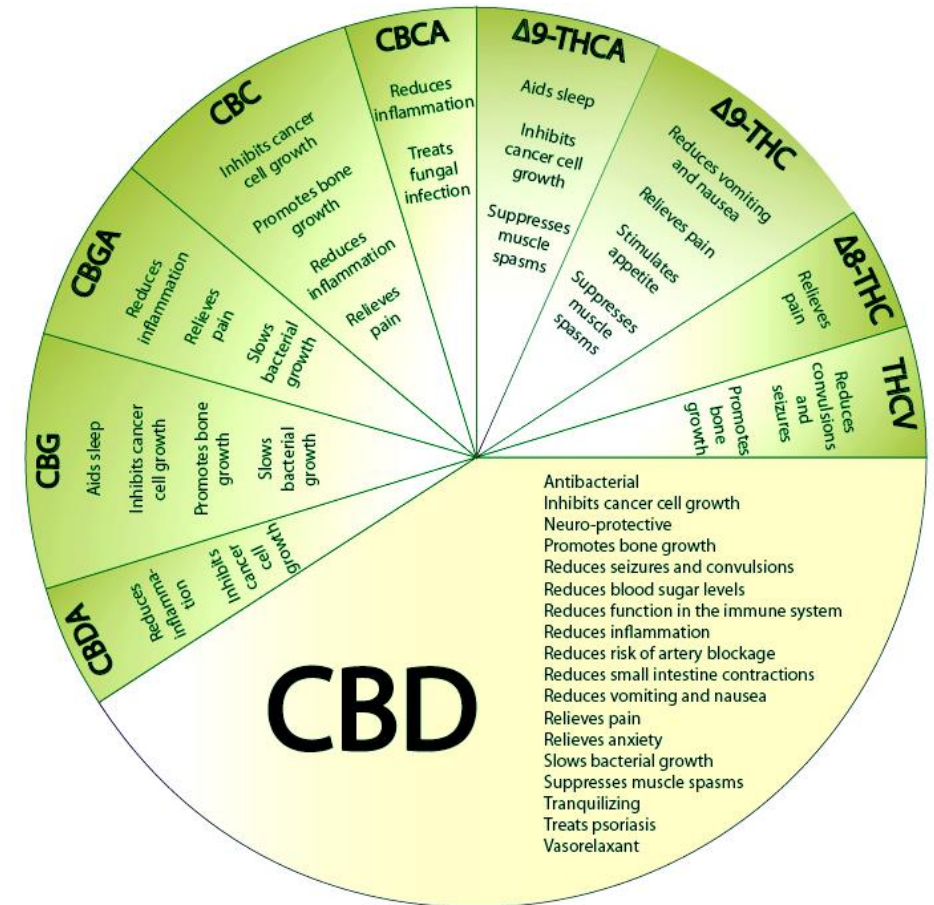


CBD

- Unlike THC, **CBD** does not make you feel stoned.
- However, **CBD** does appear to produce significant changes in the body, and some research suggests that it has medical benefits.

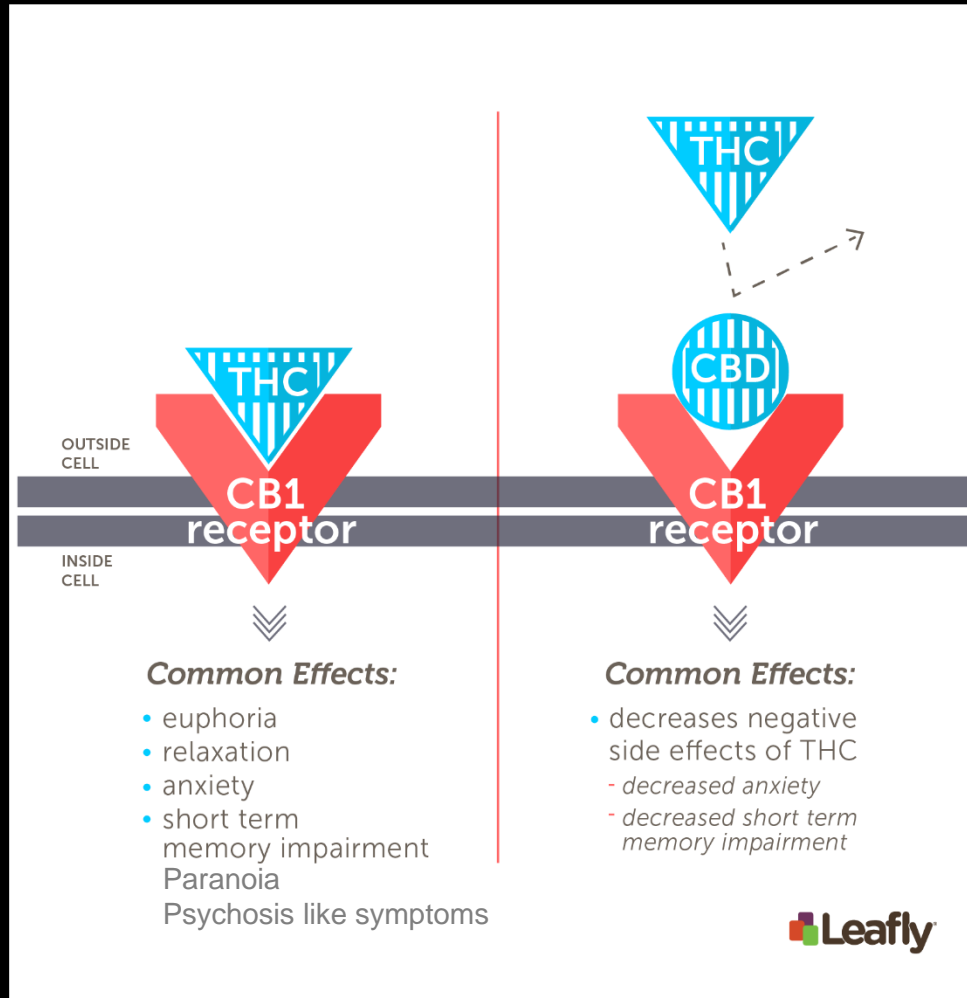
CBD is said to be able to help with:

- Acne
- Pain relief
- Inflammation
- Drug withdrawals
- Quitting smoking
- Anxiety disorders
- Type 1 Diabetes
- Alzheimer's Disease
- Fighting cancer
- Epilepsy



THC VS CBD

CBD decreases the psychoactive effects of THC.



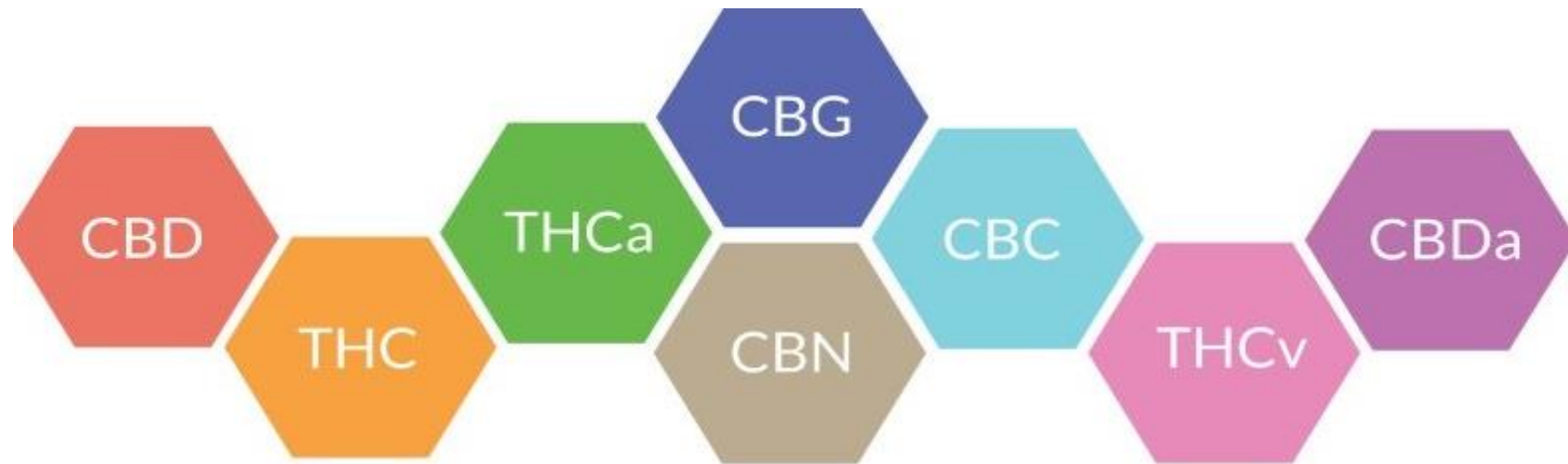
VIDEO

THC vs CBD



Other Cannabinoids

- There are reported to be **over 100+ cannabinoids** within the cannabis plant.
- Research suggests they can be used to treat different illnesses & symptoms of cancer.





Terpenes

- **Terpenes** are naturally occurring chemical compounds found in plants and some animals. They're responsible for the aromas, flavors, and even colors associated with various types of vegetation. (source: Healthline)
- In other words, terpenes are the reason *Tangie* smells like sweet oranges, *Permafrost* like a pine forest, and *Sour Diesel* like a bucket of funky fuel. (source: Leafly)
- The dominant terpenes of a strain work in tandem with the cannabinoid content (the amount of THC, CBD, and other cannabinoids) to produce the effects people associate with different strains.
- For example, they might explain why two different strains with the same level of THC produce such different experiences.

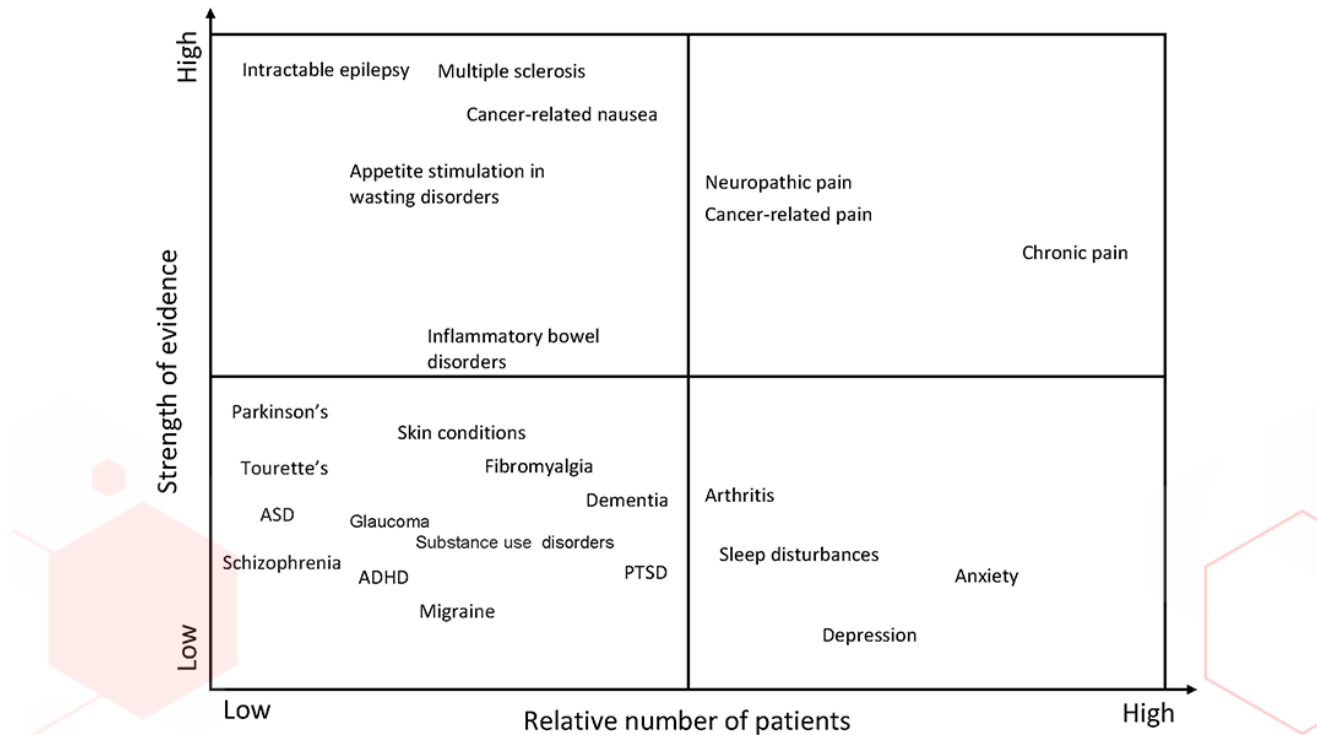
Medicinal Cannabis



- In 2018 The UK Government agreed to make cannabis based medicine legally available.
- From the 1st of November 2018 cannabis based medicine is available on prescription.
- “cannabis based products can be prescribed medicinally where there is an unmet clinical need.” —NHS England Cannabis Brief (31st October 2018)
- **SATIVEX** contains both THC & CBD extracted from two different strains of the cannabis plant and is used for MS
- **Nabilone** is a (synthetic) medicine, taken as a capsule, that has been developed to act in a similar way to THC.

This is just a short introduction into medicinal cannabis in the UK, for more information visit : <https://www.drugscience.org.uk/medical-cannabis-educational-slides/>

Medical Cannabis





UK Legal CBD Products

- CBD products sold in the UK **are not for medicinal use**. They are considered to be a **food supplement**.
- Selling CBD products processed outside of the UK is legal in the UK, providing they contain no controlled substances such as THC or CBN.
- CBD Flowers, Buds and Hash are not legal - *The Misuse of Drugs Act (1971)* makes no distinction between hemp, cannabis or marijuana.
- Brands selling CBD products in the UK must have submitted a Novel Food Application by March 2021. After this date, only consumable products (like CBD oil) that are linked to a validated application will be allowed to stay on the shelves.

VIDEO

CBD PRODUCTS



this
morning

ACTIVITY

DEALERS

BAGS



Cost of Cannabis



1g = £10

Tenner bit - £10 - (0.7-1g)

Score Bag - £20 - (1.6g-2.0g)

Half Quarter - £35-£40 - (3.5g)

Quarter - £60-£80 - (7g)

Half Ounce - £100-140 - (14g)

Ounce - £200-£240 - (28g)

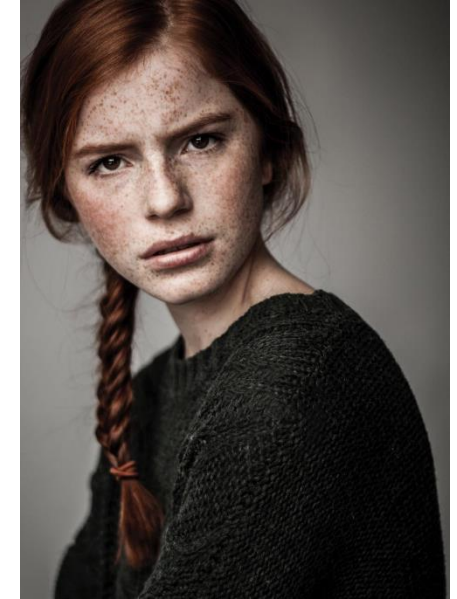
Cannabis could
also be
exchanged for
services or
physical goods.



These are rough average local prices for herbal cannabis.

Resin, concentrates and other forms of cannabis differ in price.

Dealer or No Dealer?



'Posh Pete'



- **Made roughly £30,000 per week**
- **Lived in a mansion**
- On his arrest police found:
- 5,127 ecstasy tablets,
- 1.4kg of cannabis resin,
- 7.7kg of herbal cannabis,
- 102g of cocaine,
- 163g of heroin.

Prevalence & Availability

Where do people get Cannabis?



You can now order drugs online from sites such as Facebook, Instagram & Snapchat...

Online

GORILLA CANNABIS SEEDS



BIG BUDDHA CHIESE

★★★★☆

From £ 35.49



BIG BAG FEMINIZED

★★★★☆

From £ 9.49



BLUE TREACLE AUTO

★★★★☆

From £ 9.49



DOUBLE BERRY FEMI

★★★★★

From £ 10.99



THE WIDOW

★★★★☆

From £ 10.99



PINEAPPLE CHUNK

★★★★☆

From £ 16.49



AUTOMATIC AK FEMI

★★★★☆

From £ 11.99



AMNESIA LEMON

★★★★☆

From £ 8.99

GOVAN
HYDROPONICS
THE GROWING EXPERT

136 Helen St
Glasgow
Lanarkshire
G51 3JS

0141
328
9069



SECRET JARDIN TENTS

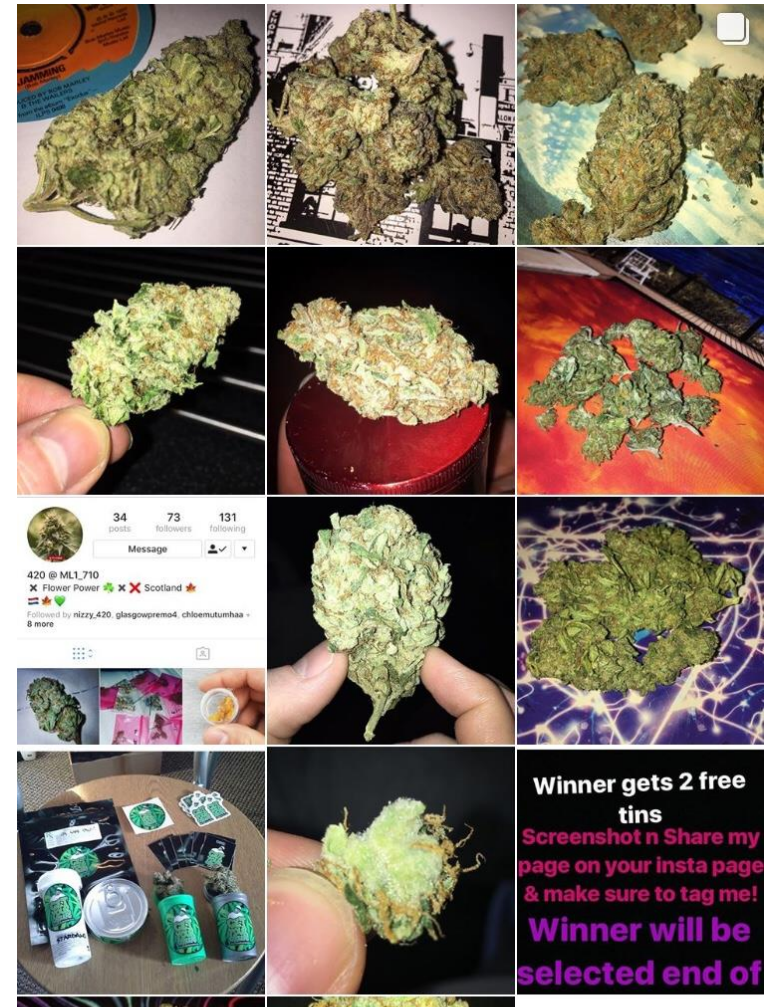
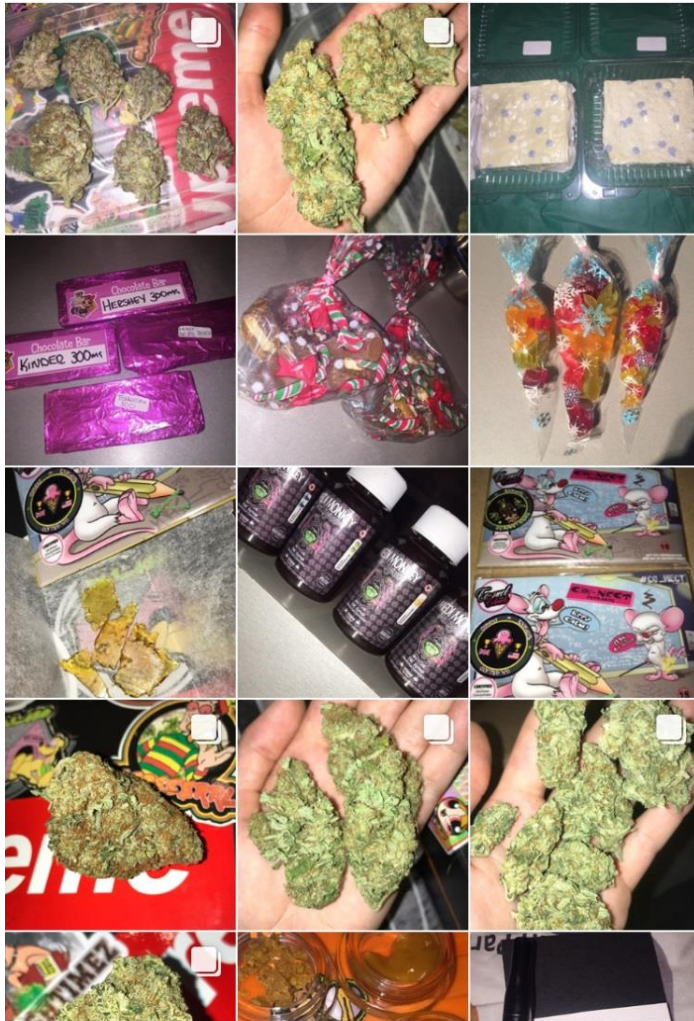
25 products



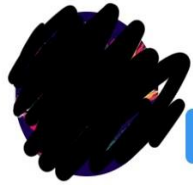
THE GREEN ROOM TENTS

8 products

Instagram



Online Terminology



24
posts

484
followers

1,196
following

Follow

~~flavour chaser~~

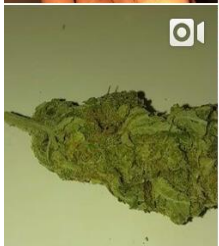
Flavour chaser 🍓🍌🍇🍌🍌🍌🍌🍌

Always premo 👍👍

Nothing for sale 🚫

Add me on wickr - ~~flavour chaser~~

Followed by ~~flavour chaser~~



21
posts

206
followers

313
following

Message



Lanarkshire



TOP END 🍓🍌 F L O A V O U R S
ML2 🍌 #hmu #scottishcannabiscommunity

Followed by ~~flavour chaser~~



0
posts

58
followers

162
following

Follow

Plug

London Plug 🍌💰 We Sell Everything 🙌🙌 DM If
Your Interested 🍌🔔 No Refunds ⚠️🚫

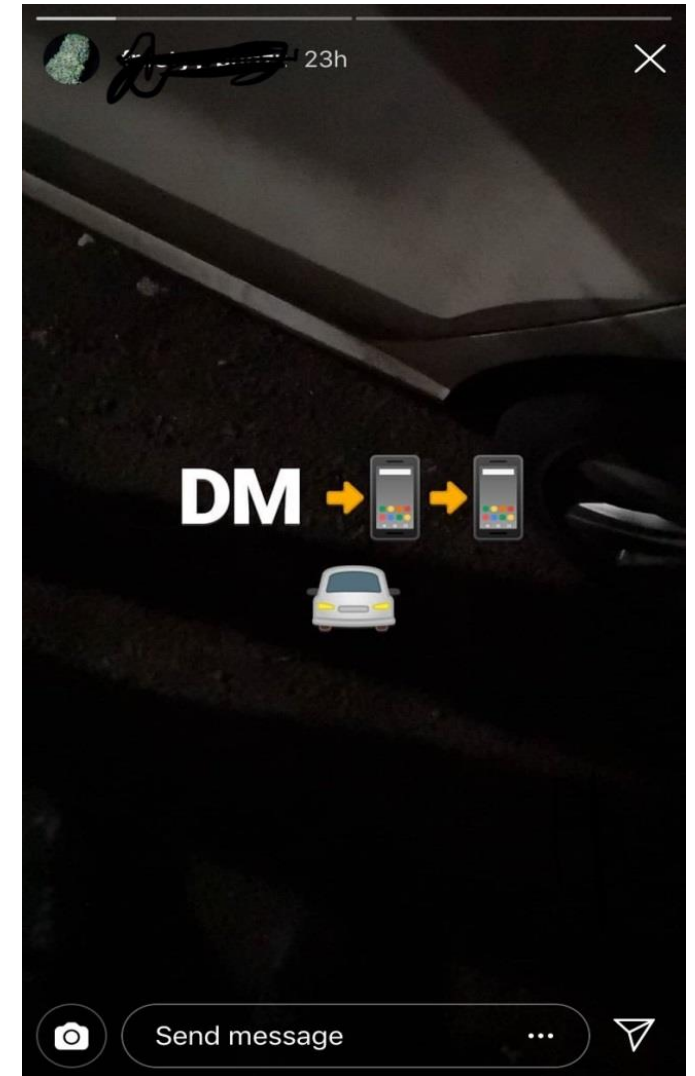


No posts yet

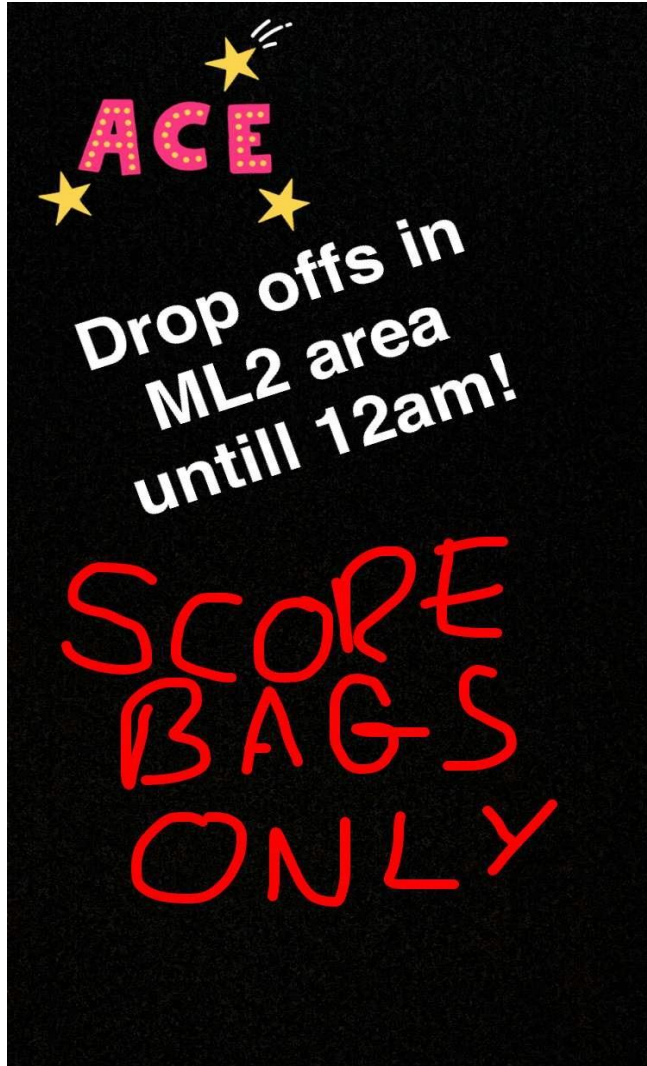
When p.l.u.g_idn posts, you'll see their photos
and videos here.

Suggestions for you

See All



Snapchat



SHOW & TELL

CANNABIS

PARAPHERNALIA



ACTIVITY

USE YOUR
HEED

Use Your Heed

Inhaling



**INSTANT
HIT**

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**MOST
LIKELY
TO WHITEY**

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Use Your **Heed** Eating



**MOST
LIKELY TO SEE
THINGS**

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**HEAVIEST
STONE**

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**LONGEST
STONE**

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**TAKES
LONGEST
TO HIT**

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**LEAST
HARMFUL WAY
TO TAKE**

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**LEAST
LIKELY
TO WHITEY**

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Use Your **Heed** Smoking



SMELLIEST

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**MOST
HARMFUL WAY
TO TAKE**

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**CAUSES
MOST DAMAGE
TO LUNGS**

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**HITS WITHIN
A FEW MINUTES**

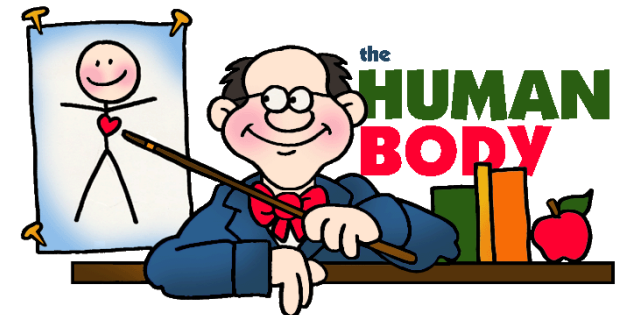
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ACTIVITY

CANNABIS

AND THE **BODY**



DRUG

PERSON

ENVIRONMENT



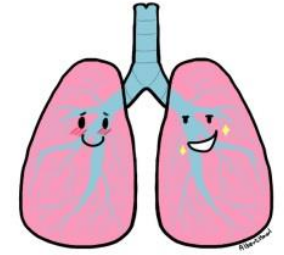
Cannabis & The Body

- Cannabis can affect your body in different ways:
 - Dry eyes & dry mouth
 - Smell like cannabis (sweating it out)
 - Bloodshot eyes (red eyes)
 - Generally unhealthy (poor diet)
 - Raises heart rate & blood pressure
 - Slower reaction times
 - Coordination problems





Cannabis & The Lungs



- Cannabis smoke contains some of the same chemicals found in tobacco smoke.
- Many cannabis users inhale deeper and hold the smoke longer, giving more time for the chemicals to absorb into the body.
- Cannabis when burned releases tar.
- If you mix cannabis with tobacco to smoke it, you risk getting tobacco-related lung diseases, such as lung cancer, chronic pulmonary obstructive disease (COPD), bronchitis & asthma.
- Serious lung conditions are low in cannabis smokers who do not smoke it with tobacco.

• (NHS & ASH Scotland Websites)



Cannabis & The Mind

- **Cannabis can affect your mind in different ways:**
 - Feelings of euphoria, relaxation & wellbeing
 - Increased or decreased libido
 - Disruptions to memory & learning (recalling & retaining info) 'brain fog'
 - Stimulates appetite - 'The Munchies'
 - Can trigger or mute anxiety & paranoia
 - Can trigger or mute underlying mental illnesses
 - Emotionally withdrawn
 - Warped sense of reality & time
 - Lazy & demotivated (*Stoneover*)
 - Impaired judgement & coordination



There are conflicting opinions on how cannabis interacts with the brain.

But what we *definitely* know is:

**The greater the extent of use,
the greater the risk of negative symptoms.**

(high potency, daily and long term use)

Recreational use

- Use is occasional
- No compulsion to use
- Find it easy to use a small amount
- Only in social situations
- Isn't "needed" for certain things (sleeping, eating)
- Minimal money spent on use

VS.

Problematic use

- Use is regular or even daily
- Regular compulsion to use
- Use in excess
- Using in social situations but *mainly* alone
- Needed for certain things (sleeping, eating)
- Most money spent on use



Cannabis Withdrawal

- Around 9% of cannabis users will become addicted. *(2014 Society for the Study of Addiction)*
- If you stop using it, you may get withdrawal symptoms, such as:
 - cravings
 - difficulty sleeping
 - mood swings
 - irritability and restlessness
 - depressed/anxious
 - sweats
 - loss of appetite
- Cannabis withdrawal symptoms often start on day 1 of abstinence and peak on day 2-3.

VIDEO

CANNABIS & THE MIND



ACTIVITY

CANNABIS BEHIND BARS

Cannabis & The Law

- Cannabis is a class B drug
 - as categorised by The Misuse of Drugs Act (1971)
- **Possession**
 - Cautioned, fined or charged
 - Up to 5 years in jail
- **Supply**
 - If you sell, gift or pass cannabis to someone else
 - Unlimited fine
 - Up to 14 years in jail
- **Production**
 - If you are caught growing cannabis
 - Unlimited fine
 - Up to 14 years in jail



Drug Testing Facts

- Cannabis can be detected in your system for:



- Saliva – 12 to 24 hours
- Blood – up to 7 days
- Urine – up to 30 days
- Hair – up to 3 months



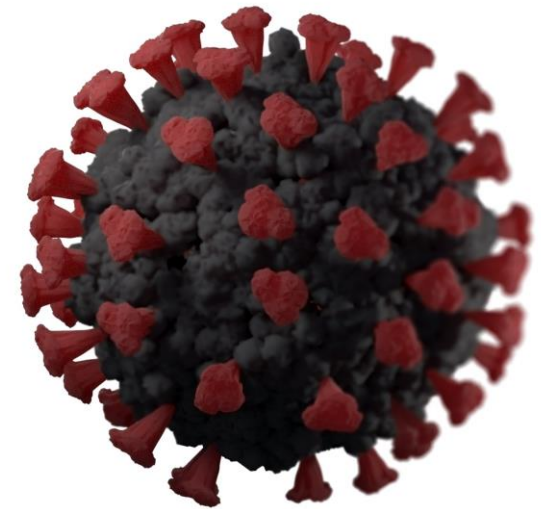
- However, it all depends on your weight, height, tolerance levels and how often you use cannabis.



- Long term users might test positive for longer.

COVID19 & Cannabis

- Tobacco use is known to worsen respiratory conditions, negatively impact your immune system and possibly increase the impact of COVID.
- Hand to mouth – possible transmission route.
- Do not share equipment.
- Wipe down packaging.
- Clean equipment regularly.



Why do
employers
test for drugs?

ACTIVITY

HARM REDUCTION

REDUCING THE HARM WHEN USING CANNABIS



- **No green before you dream...**

- Using cannabis before bed is known to affect your sleep patterns.
- Users might feel it helps them relax and sleep but it keeps your brain active.
- People who smoke cannabis before bed can wake up the next day with a **stoneover**.

- **Our main point – Don't smoke it in a joint!**

- Joints contain tobacco, tobacco contains over 4000 different harmful chemicals and is known to cause cancer all over the body.
- By not smoking joints, it significantly reduces harm caused to cannabis users.

- **Don't be a mug, no mixing with other drugs.**

- Mixing cannabis with other drugs is not a good idea. Some people think it's a good idea to smoke & drink alcohol – this can result in a whitey.
'Bong before beer, less to fear. Beer before bong, it could all go wrong.'

REDUCING THE HARM WHEN USING CANNABIS



- **When you toked, don't hold the smoke**

- Holding smoke from a joint or bong for longer than normal gives more time for the tar, harmful chemicals and carcinogens to absorb into your body.
 - Avoid smoking games like 'killer'...

- **Clean your stuff before you puff!**

- Using unclean and shared smoking equipment can increase the chances of developing coughs, colds, infections or even flu!
- If you see little black specks, the dreaded biofilm, grey, brown or otherwise discoloured water it's time to step up your cleaning routine.

ACTIVITY

WORK-BASED SCENARIOS



Signposting

If you think some of your service users might need specialised support or more information you can signpost them to the following organisations:

we are
withyou

Phoenix Futures 

FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

LAN  **ED**

 **SDF**
Scottish Drugs
Forum

NHS

Lanarkshire

 **Leafly**.com

 **Drug
Science**

 **CREW**

The Compass

- Have we managed to meet your aims & expectations for today?
- Take a look at the compass and remove post-its you feel have been achieved.
- Leave the ones on that still have to be met.



Evaluation

Thank you!



- ✓ Please complete your online evaluation form just now.

www.landed.info/training-evaluation



Feel free to ask any questions you have before you go.
Don't forget to download 'further reading' handout.





ALL ABOUT SNOOUT!



REDUCING BARRIERS TO LEARNING

INFORMED POSITIVE CHOICES

INFORMAL APPROACH

FUN & INTERACTIVE



BRIGHT & VISUAL

HARM REDUCTION



EFFECTIVELY ENGAGING YOUNG PEOPLE ON THE ISSUE OF TOBACCO

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