

AKA: BUD, CHOOF, CONES, DOPE,  
GANJA, GRASS, GREEN, MARIJUANA,  
WEED, YARNDI.

# CANNABIS



Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit [www.hi-ground.org](http://www.hi-ground.org)

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**Hi-Ground**

Cannabis is an annual, flowering herb. Cannabis plants produce a group of chemicals called cannabinoids, which produce mental and physical effects when consumed. In Australia, it is understood as a prescribed medicinal treatment, accessible through your GP.

**Compound:** The main active component in Cannabis is DELTA-9- TETRAHYDROCANNABINOL (THC). One of the other key components is CANNABIDIOL (CBD).

## ADMINISTRATION

Cannabis is most commonly smoked but can also be vaporised, eaten, infused into food and beverages, tinctures, topicals, patches and ingesting raw cannabis.



## DURATION OF EFFECTS

	INHALING	INGESTING
<b>TOTAL</b>	1-6HRS	6-12HRS
<b>ONSET</b>	0-10MINS	0.5-2HRS
<b>PEAK</b>	15-30MIN	0.5-4HRS
<b>COME DOWN</b>	1-2.5HRS	4-8HRS
<b>AFTER EFFECTS</b>	6-24HRS	2-24HRS

## HALF LIFE

Even though the apparent effects of the drug wear off after a few hours the half life for THC/CBD can be far longer. This builds up over time and regular cannabis users may have the drug and its metabolites in their system for days and even weeks after stopping.

## DRUG TESTS

**Roadside Police:** THC (Cannabis) is tested for in roadside drug tests and is detectable in saliva tests for 24-48hrs+. In Australia, it's illegal to drive with any amount of THC in your system.

## MOST COMMON EFFECTS

Laughter, Physical relaxation, Increased appetite – “Munchies”, Slowed reflexes, Sleepiness/lethargy, Blood shot eyes, Dry mouth – “pasties”, Loss of coordination, Coughing, Pain relief, Euphoria, Deeper connection to music, Stress relief, Increased creative, philosophical and abstract thinking, Distorted perception of time, Loss of coordination.

## LESS COMMON EFFECTS

Distorted vision, Stimulation, Agitation, Nausea, Asthma, Dizziness/headaches, Paranoia, Mood lift, Confusion.

## RARE EFFECTS

Fear/panic, Mild hallucinations, Psychosis or psychotic episode, Racing thoughts, Anxiety, Vomiting.

## POSSIBLE LONG-TERM EFFECTS

Short term memory loss – linked to periods of frequent use, Possible psychological dependence, Precipitation or exacerbation of latent or existing mental health issues, Cannabis smoking can contribute to respiratory issues, Heavy cannabis use may have a negative impact on brain development in adolescents and teenagers.

## SAFER USING

If you are new to edible cannabis or cannabis, start low by consuming an edible cannabis product with no more than 2.5 mg of THC. For smoking or vaping cannabis, start with a product that contains no more than 100 mg/g (10%) THC content.

- Strength varies greatly from source to source so dosage will vary. A couple of puffs of a joint may be more than enough to feel the effects.
- It's always a good idea to start with a small dose.
- Some people find that it's also better to start with a joint rather than bongs as it is easier to monitor dose ie. a bong will deliver a full hit in one go which can be overwhelming to first time users.
- Consider carefully before redosing as it is easy to get carried away.
- Cannabis grown hydroponically can be stronger than cannabis grown outdoors in the ground. However be mindful you can also get very strong outdoor grown weed if it contains high levels of THC.
- Clean your smoking devices by soaking in boiling water for a few minutes.
- It is best not to hold smoke in your lungs longer than 3-5 seconds. It takes this long to absorb the maximum amount of THC and holding your breath for longer will not make the effects stronger.