

Worksheet 1: Cards – Possible biological impacts of cannabis use

drowsiness/sleepiness	bloodshot (red) eyes
decreased nausea	dryness of the eyes, mouth and throat
increased appetite	slower reaction times
loss of co-ordination	changes in heart rate and blood pressure

possible impact on the immune system	risk of getting cancer
a long-term cough and/or wheeze	shortness of breath
ongoing bronchitis	increased risk of cannabis addiction/dependence
<i>possible</i> reduced fertility in both men and women	an increased risk of low birth weight babies, or possible birth defects, if cannabis is used during pregnancy

Worksheet 2: Cards – Possible psychological impacts of cannabis use

feeling of well-being	decreased concentration
quiet and reflective mood	increased risk of mental illness
anxiety or panic attacks	decreased motivation to study or work
feelings of paranoia	decreased memory

some loss of short-term memory

changes in how a person hears, feels and sees things

confusion

altered perception of time

difficulty learning new things

difficulty solving problems



Worksheet 3: Cards – Possible social impacts of cannabis use

talkativeness	decreased motivation to accomplish tasks
laughter	poor school or work performance
feeling of well-being	family and relationship problems
doing things you wouldn't normally do	legal problems
disagreements and frustration over drug use with family and friends	financial problems