



December 2013

<b>Educative outcome</b>	At the completion of this activity, students will be more informed about cannabis
<b>Task</b>	Students watch a snippet from a documentary about cannabis then answer questions on a worksheet and have a class discussion about cannabis
<b>Duration</b>	30 minutes (depending on the level of research and the discussion)
<b>Materials</b>	<ul style="list-style-type: none"> <li>• Clearing the Smoke DVD or online video streaming <a href="#">click here</a></li> <li>• Worksheet 1: Clearing the Smoke quiz, for students</li> <li>• Teacher answer sheet 1: Clearing the Smoke quiz</li> </ul>

## Introduction:

Introduce the session as an opportunity to learn some fundamental facts about cannabis. Explain this is simply an introduction and will be complemented by a range of other activities that will provide deeper understanding about the impacts of cannabis use.

## Activity:

Note to teachers: it is suggested teachers watch each of the two video segments prior to the class viewing them, to assess for appropriateness and suitability for your students.

- Students watch two of the eight segments of the *Clearing the Smoke DVD* (this can be watched by clicking [here](#) or can be ordered at no cost from the [NCPIC website](#)). The segments suggested are 'Introduction' and 'how does cannabis work?'
- Students answer questions on worksheet 1 (students may wish to watch the video more than once or, if watching individually, have time to pause the video while they make notes).

## Summary and concluding remarks:

- Whole of class discussion with teacher. Discuss which information was new and which information was already familiar
- Discuss other content in the video

## Alternatives

- Instead of watching the video, students can be given the Worksheet 1 and research the answers using the web or factsheets such as:

[www.ncpic.org.au/static/pdfs/resources/fast-facts-on-cannabis.pdf](http://www.ncpic.org.au/static/pdfs/resources/fast-facts-on-cannabis.pdf)

[www.ncpic.org.au/workforce/alcohol-and-other-drug-workers/cannabis-information/](http://www.ncpic.org.au/workforce/alcohol-and-other-drug-workers/cannabis-information/)

[www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cannabis\\_marijuana](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cannabis_marijuana)

[www.druginfo.adf.org.au/drug-facts/cannabis](http://www.druginfo.adf.org.au/drug-facts/cannabis)

## Extensions

For more advanced students, ask them to complete the quiz as best they can prior to being given any information about cannabis to see what they already know. This can be done individually or in small groups.

## Teacher answer sheet 1: Quiz (Clearing the smoke)

1. **Cannabis comes from:**
  - a) Other drugs
  - b) A plant. The plant is called *cannabis sativa***
  - c) Chemicals from the supermarket
2. **According to the United Nations Office of Drugs and Crime (World Drug Report 2010), what percentage of the world's population has used cannabis in the past year?**
  - a) 4%. Cannabis is the most commonly used illicit substance in the world, however, most people DO NOT use cannabis**
  - b) 15%
  - c) 40%
  - d) 60%
3. **How many Australians, over the age of 14 have used cannabis?**
  - a) 1 in 3 – have EVER tried cannabis. This includes people who have tried it only once in their life**
  - b) 1 in 5
  - c) 1 in 7
  - d) 1 in 10 – have used cannabis in the last year (10% of people)
4. **Most young people use cannabis**
  - a) True
  - b) False. According to the 2011 survey of substance use in secondary school students, 85% of secondary students HAVE NEVER used cannabis. 96% of secondary school students have not used in the last week. In the general population only 35% of Australians over the age of 14 years have ever tried cannabis (NDSH Survey report 2011)**
5. **Cannabis can harm you**
  - a) True. Cannabis can have a range of unwanted health (psychological, biological and social impacts)**
  - b) False
6. **You can become dependent on cannabis**
  - a) True. Both physically and psychologically**
  - b) False
7. **In Australia, cannabis is usually:**
  - a) Eaten – can be eaten and sometimes is baked into cookies, cakes, brownies etc. It takes longer to take effect
  - b) Smoked – most use in Australia is by way of joints or bongs. The effects are felt very quickly. The peak onset of effect is generally around 30-90 minutes**
  - c) Injected – cannabis cannot be injected



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8. When cannabis is smoked, the effects generally last for no more than:

- a) 1-2 hours
- b) 4-5 hours. The effects of cannabis generally last 4-5 hours when it has been smoked**
- c) 6-8 hours

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9. How can cannabis be detected in humans? (You can circle more than one!)

- a) In a blood sample**
- b) In a urine sample**
- c) In saliva**
- d) By a breath test – cannabis cannot be detected in a breath test

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10. What problem can occur when people mix tobacco (chopped up cigarettes) in with their cannabis?

Apart from the obvious effects of smoking tobacco, users can become addicted to nicotine (in cigarettes) which is a more addictive substance than cannabis. This can lead to a smoking dependence.

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11. What is the main/active component in cannabis that reacts with the brain to give people an affect from using it?

**Delta-9-tetrahydrocannabinol (THC). There are almost 500 compounds in cannabis including around 80 cannabinoids that provide a psychoactive effect. The main one is THC.**

What are three factors that influence the experience someone will have when they use cannabis?

- Dose
- Method of ingestion (how it is used)
- Previous experience
- Expectations
- Mood
- Social setting
- Environment

These are often summarised into three main areas – the drug (includes potency and how it is used), the person (includes predisposition, mood, expectations and previous experience) and environment (social setting, other people etc.). These are considered in more detail in activities 3D and 3E.

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12. List three effects cannabis can have that a person might like

Feeling euphoric, relaxed and perceptual alterations (from video). Can also include talkativeness, laughing, feeling social, feeling creative etc.

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13. List three short-term effects a person may find unpleasant

- Social embarrassment
- Severe anxiety
- Panic attacks
- Confusion and hallucinations

Key messages for communication	<ul style="list-style-type: none"> <li>Using cannabis can have unwanted physical, social and emotional consequences. These can be immediate, short- or long-term</li> </ul>
Activity Overview	<ul style="list-style-type: none"> <li>Students learn about cannabis while watching two segments from the video 'Clearing the Smoke'</li> </ul>

## For more information please access these NCPIC fact sheets and other resources

- [Clearing the smoke website and educators kit](#)
- [What is cannabis? Factsheet](#)
- [Fast facts on cannabis](#)
- See also: *Information for Teachers* in this package (downloadable PDF on website)

