

Spotlight: Weed, your mind and your body

Unhappy brain

Weed can affect your memory, motivation, judgement and ability to learn.

Red eyes

Ever noticed a stoned person's eyes... the red is a big give away!

Unhealthy lungs

Using lots of weed will leave you coughing up mucus and might lead to serious illnesses.

The munchies

Using weed can make you hungry and crave fatty foods.

Issues with coordination

Being high can make you less coordinated... which can be dangerous or just embarrassing.

Slow reaction time

When you're high, you might react slower... so definitely not a good time to drive!



ncpic

WEED CAN AFFECT YOU IN THE LONG TERM. Some people might enjoy their experience using weed, but other people might feel anxious, paranoid or even sick in the stomach. No matter whether you do or don't enjoy it at the time of using it, if you continue to use weed heavily, for a long period of time (especially if you start while a teenager) you might experience long-term problems. You might find it hard to concentrate or think straight (even when you're not high), have trouble learning new things or remembering, you may experience some mental health problems, or your mucus-cough could turn into a serious illness in your lungs.

If you're thinking about trying weed, make sure you think of the long-term side-effects when making your mental list of pros and cons.