

## Did you know that

- Around 9 per cent of cannabis users become emotionally addicted
- **Tolerance can build up and you may need more and more cannabis to get stoned**
- When you stop using cannabis, you may get withdrawal symptoms such as restlessness, irritability, agitation, insomnia, nausea, sweating, intense dreams or nightmares. But these will go away, so do not use them as an excuse to continue using it
- **If you give cannabis to your friends, you could be charged with dealing**
- Cannabis can be detected in your urine up to 72 hours later for occasional use, or up to six weeks later for a heavy user.

**EATING UNHEALTHILY WHEN STONED CAN BUILD UP EMPTY CALORIES**



## Young People's Substance Misuse Service

Offers support to help you give up cannabis, tobacco and any other drug, including alcohol

**Tel:** 020 8547 6920

**Email:** sms@rbk.kingston.gov.uk

**Website:** www.Sorted4.info

**FRANK** 0800 77 66 00 (24-hour helpline)  
**Kingston Smoking Helpline** 0800 085 2903  
**NHS Free Smoking Helpline** 0800 022 4332

### Websites

[www.talktofrank.com](http://www.talktofrank.com)

[www.smokefreekingstonandrichmond.nhs.uk](http://www.smokefreekingstonandrichmond.nhs.uk)

[www.knowcannabis.org.uk](http://www.knowcannabis.org.uk)

### Facebook

We're on Facebook – search for "www.Sorted4.info/Kingston"

# DO YOU LIKE A SMOKE?



## CANNABIS AND TOBACCO – THE FACTS



Kingston Children & Young People's Trust  
Making a Difference Together

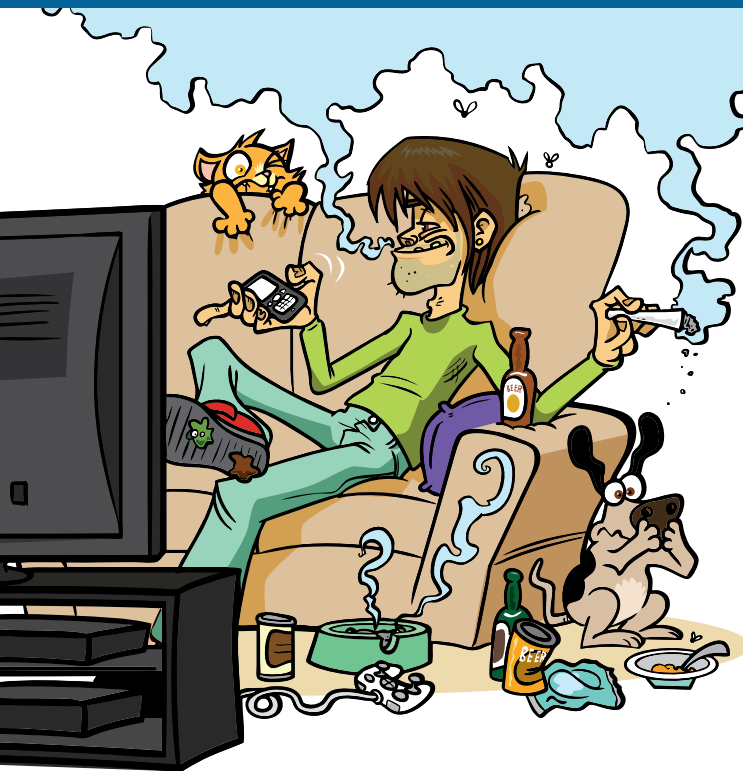
Kingston Integrated Youth Support Service

## DOES THIS DESCRIBE YOU OR SOMEONE YOU KNOW?

- Using cannabis as a way of relaxing?
- Smoking cannabis to avoid dealing with problems?
- Smoking cannabis alone?
- Trying – and failing – to cut down or stop using cannabis?

If you ticked two or more, contact us or visit

[www.Sorted4.info](http://www.Sorted4.info)



# Double trouble

When cannabis and tobacco are smoked together, their active ingredients affect you at the same time. Your body gets used to that. It can be more difficult to give up either because of this, so seek confidential support

## Nicotine



Nicotine is an addictive drug that is found in tobacco.

- When smoking a cigarette, it reaches your brain in about eight seconds to give a quick hit.
- Smoking stains your teeth, dries out your skin, gives you wrinkles, and makes you smell – and if that is not enough, it can cause lung, throat and mouth cancers.
- A cigarette contains ...
  - Nicotine – deadly poison
  - Arsenic – rat poison
  - Ammonia – in floor cleaner
  - Cadmium – used in batteries
  - Formaldehyde – used to preserve corpses
  - Butane – lighter fuel

## Cannabis



Cannabis enhances the mood you are in when you take it.

- If you are feeling low or depressed, cannabis can actually make you feel worse.
- Colours and sound may seem brighter and sharper.
- It affects everyone in different ways – some people can become aggressive, anxious or paranoid.
- Regular heavy cannabis users may find it harder to concentrate.
- Skunk is a stronger type of cannabis.
- If you are found in possession of cannabis and under 18, you will be arrested.
- Do not inhale smoke or try to keep it down as long as possible. You will not get more stoned but you will help coat your lungs in tar and other unpleasant materials.

**Smoking anything is not good for you**