

TIPS AND TRICKS

- Use in a safe environment with people that you trust.
- It can be risky to use cannabis in combination with other drugs due to unpredictable combined effects.
- Drink plenty of water to stay hydrated.
- Including tobacco in your mix increases risk of respiratory issues (including cancer) and can contribute to nicotine dependence.
- Don't hold the smoke in your lungs longer than a few seconds – 3-5 seconds is enough time for the maximum effect to be achieved, and any longer will not make it any more effective.
- Using a vaporiser is a good alternative to smoking cannabis as it is less harmful to the throat and lungs than joints or bongs. Be careful though; vaporised cannabis is stronger than joints; you won't need as much.
- Some vaporisers produce a hot vapour that can burn the throat and lungs. Pay a little more for a good quality vaporiser – shop around and find one that suits you.
- Bongs filter out more THC than tar and are more harmful to your respiratory system than using a vaporiser or smoking a tobacco-free joint.
- Bongs and pipes get pretty grubby. Make sure you clean yours with rubbing alcohol and rock salt. Look online for detailed instructions on cleaning your piece.
- It's easy to accidentally burn and inhale toxic fumes when you are smoking through a plastic bong or pipe, especially if it's homemade. Stick to glass bongs and metal or glass pipes if you can.

***“Beer then grass,
you're on your ass”***



MORE INFO

This resource is not a complete guide. We recommend you do further research. The following websites may provide you with some helpful information:

www.dancewizensw.org.au
www.nuaa.org.au
www.prism.org.au
www.erowid.org
www.hrvic.org
www.dancesafe.org
www.trippproject.ca
www.yourroom.health.nsw.gov.au

This resource has been developed for people who use or intend to use drugs. Our role is to provide factual, relevant and practical information so you can make informed decisions. We promote harm reduction and safer partying.

This resource has been developed and adapted by DanceWize NSW with support from DanceWize, Harm Reduction Victoria, PRISM, and DanceSafe.

DanceWize NSW is a program of NSW Users and AIDS Association (NUAA).



JUST SAY KNOW.



CANNABIS

**POT, WEED, BUD, GREEN, MARIJUANA, GANJA,
CONES, HASH, YANDI, CHOP, CHOOF, CHRONIC, KUSH**

Know your mind, know your body, know your substance, and know your limits

Cannabis comes from a plant and is most commonly smoked. Growing, smoking and selling cannabis for recreational use in Australia is illegal. Countries including the Netherlands and certain states in the U.S. have more relaxed laws toward cannabis, meaning that cannabis smokers have more choice of strains and strengths. In Australia, cannabis is often sold as either “hydro” or “bush”, indicating how the plant was grown; this is not a reliable indicator of strain or strength. Cannabis is commonly sold in the form of buds of the plant with the leaf cut away, however, it can also take the form of hash (compressed dry resin glands) or oil.

CHEMICAL COMPOUND

Cannabis contains at least 113 cannabinoids, – the psychoactive chemicals in the plant – two of which are THC and CBD. There is no strain control in Australia so it is very difficult to know exactly what you're getting.

Tetrahydrocannabinol (THC) is the psychedelic ingredient and is what is tested for in roadside drug testing.

Cannabidiol (CBD) is sometimes used to treat treatment resistant epilepsy and anxiety.

HOW IT'S TAKEN

Most commonly smoked, but can be eaten. A feature of Australian cannabis use is that when smoked, cannabis is often mixed with tobacco. It is smoked either in a joint, pipe or bong, or you can use a vaporiser. Cannabis can also be eaten as space cake, cookies or brownies.

The way cannabis is used changes the effect and the amount of time that it takes to come on.

DOSAGE AND SAFER USING TIPS

Taking drugs is never without risk. Information on dose and length of action are of a general nature. Each person's response to a drug will depend heavily upon individual factors such as body weight, kidney and liver function. Because most illicit drugs are of unknown purity and weight, use caution when dosing, start low and go slow.

- Start with a small dose. Sometimes a few puffs of a joint is all you need to start feeling the effects.
- If a joint or bong is being passed around, don't feel like you must take a hit every time.
- Bongs deliver a large dose all at once, which can quickly lead to you getting much more stoned than you meant to. Try just one puff.
- When eaten, cannabis can take an hour or more to take effect, so it's easy to over do it and ruin your experience. Take it easy and be careful not to eat too much before it kicks in.
- Overdoing it, or 'greening out' is rarely fun. To avoid vomiting, take it easy.

ROADSIDE DRUG TEST

It is illegal to drive under the influence of any illicit drugs, including cannabis. Cannabis is detectable by a saliva test for at least 12 hours after use. It's best not to drive until the effects have completely worn off and you have had a decent sleep. Make sure you take this into consideration when planning your ride home from a festival or event.

DURATION OF EFFECTS

Total duration: 1-4 hours

Onset: 0-10 minutes

Peak: 15-40 minutes

Coming down: 45-180 minutes

Hangover/after-effects: 12-24 hours

The above time frames refer to smoked or vaporised cannabis. When eaten, onset is around 1-2 hours with the peak lasting 3-4 hours.

Even though the apparent effects of the drug wear off after 4 hours, the drug is still active in your system for at least 4 hours after the effects have worn off.

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

*Effects vary greatly from one person to another.

UNSAFE COMBINATIONS

Cannabis combined with...

- **Alcohol** = nausea, vomiting, head-spins
- **Psychedelics** = increased effects can lead to confusion, anxiety, or a challenging experience
- **MDMA** = intensified MDMA effects. Wait until the effects of MDMA wear off before smoking cannabis
- **Amphetamines** = confusion, paranoia, and psychosis
- **Tobacco** = more habit-forming than cannabis alone. Increased risk of tobacco dependence
- **Antipsychotics** = decreased effects of antipsychotics, increased psychotic symptoms, tremors, muscle stiffness, tiredness, difficulty breathing
- **Antidepressants** = increased antidepressant levels in the blood resulting in increased side effects. Risk of irregular heartbeat, mood disorders, increased heart rate

Take a look at the TripSit drug combinations chart online, or in the DanceWize NSW chill space for info on other combinations.



Seek help from onsite medical, DanceWize NSW or call 000 if experiencing adverse reactions

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 be linked to a decrease in the size of parts of the brain – what this means for brain function, intellect, and behaviour is still unclear
- Heavy cannabis use may have a negative impact on brain development in adolescents and teenagers



Cannabis use is not recommended if you suffer from

- Anxiety/Depression
- Schizophrenia
- Psychotic disorders
- Other mental health issues
- Respiratory problems
- Heart problems
- Or if you are pregnant
- Speak to your doctor for more info on drug combinations/health conditions. Speak to DanceWize NSW for referrals.