

HOW TO GET THE EFFECTS OF CANNABIS (without getting high)



1. First, start by stumbling around the room, being careful to bash into as many pieces of furniture as you can with your shins and arms. You'll need these bruises for later.

• Cannabis use can impair short-term memory, attention, motor skills and reaction time, increasing the risk of injury.

2. Call your three closest friends. Go on an angry rant about how you can't trust them anymore. Create a bizarre, paranoid delusion about a secret relationship between the three of them. End by vowing never to speak to ANY of them again. Hang up. Call them back and act like nothing has happened.

• 1 in 7 cannabis users report experiencing mental health problems including anxiety, paranoia, panic attacks and schizophrenia. This risk increases the earlier you start and the more you use.

3. Invite a friend over. Slump on the couch, semi-comatose. Do not speak or give any indication that you care about their well-being. Repeat this until they give up and leave in disgust.

• 13 to 17 year olds that use cannabis are 3 times more likely to experience depression compared to those who don't. This risk increases the earlier you start and the more you use.

4. Try to inhale sticky tar into your lungs at every opportunity. Hold it in your mouth and throat for as long as possible for maximum effect.

• Regular cannabis users are 5.7 times more likely to be diagnosed with lung cancer than non-smokers.

5. Replicate a full-blown psychotic episode. Pretend that your reflection is a real person. Attempt to reason with your mirror image. Eventually, give up, get angry and attempt to fight it. Remember to pick the broken glass out of your hands afterwards.

• Cannabis use can cause fear, anxiety, panic or paranoia, which can result in an aggressive outburst. Psychotic symptoms are made worse in those who already have a mental health problem.

6. Focus on one specific act for hours at a time. Every day. During breaks, remember to obsess over the act. Repeat.

• 1 in 10 individuals who have used cannabis are at risk of dependence. This risk increases the earlier you start and the more you use.

Cannabis messes with your mind.

To find out more visit drugaware.com.au.

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