



SHOULD YOU NEED MEDICAL ASSISTANCE, FIND AN EMERGENCY ROOM OR CALL 112. YOU WILL NOT BE ARRESTED FOR THE USE OF CANNABIS. FOR MORE INFORMATION VISIT [HTTPS://UNITY.NL/EN/DRUG/CANNABIS/](https://unity.nl/en/drug/cannabis/)



TIPS

CANNABIS

PRODUCTS DERIVED FROM THE CANNABIS PLANT, LIKE HASHISH AND WEED, ARE USED FOR THEIR PSYCHIC AND PHYSICAL EFFECTS. USE OF CANNABIS IS NOT WITHOUT RISK. THE FOLLOWING TIPS MAY HELP TO REDUCE RISKS.



TIPS CANNABIS

TIP 1 ACTIVE INGREDIENTS

The most important active ingredient in cannabis is TetraHydroCannabinol (THC). The more THC, the greater the effect and the risk of an unpleasant experience. Another important ingredient is Cannabidiol (CBD). Formerly it was thought that CBD could influence some effects of THC. There is no proof for this. The amount of THC and CBD varies among different types of cannabis. Note that the concentration of THC in the weed and hashish sold in Dutch coffeeshops is higher than in weed and hashish sold outside the Netherlands. Make sure you are well informed about this by the coffeeshop staff.

TIP 2 USING METHODS

The methods of using cannabis influence the effects and risks:

How are you using it?	When will you feel the first effects?	When will you experience the most intense effects?	How long will the effects last?	What should you pay attention to?
Smoking or vaping	Within a few seconds	3-10 minutes	At least 3-6 hours	Do not inhale too deep or too long. In fact, you won't need to, the active substances will be absorbed by the lungs within a few seconds. Inhaling deeply increases the absorption of released substances like tar and carbon monoxide and thereby the risk of lung damage. Using a vaporizer will reduce the release of combustion and thereby probably the risk of lung damage.
Eating	Starting from 30-90 minutes	2-3 hours	About 4-12 hours	When you eat cannabis the effects will start much later. They may be stronger and are likely to last longer. Do not eat cannabis if you have little experience using cannabis. Also do not take an extra bite too soon if you don't feel any effects yet.

TIP 3 UNDESIRABLE EFFECTS

The effects of cannabis can be unpredictable. Cannabis can sometimes cause hallucinations or bad effects, such as nausea or anxiety. These bad effects are more likely to happen if you feel nervous or emotionally unstable or if you have little experience using cannabis. However, sometimes it can just be bad luck. If it happens, do not panic, after an hour the worst will be over. Ask for support from someone you trust (or the coffeeshop staff) and find a quiet place to recover. It can help to eat or drink something sweet.

TIP 4 CANNABIS AND OTHER ACTIVITIES

Using cannabis reduces your powers of concentration and affects your reaction time. Therefore, do not drive or handle heavy machinery when under the influence. Driving under the influence of cannabis is illegal and increases the risk of accidents. Also do not use cannabis before school, study or work.

TIP 5 CANNABIS AND HEALTH

Using cannabis may have adverse effects on your health. Smoking cannabis can damage your respiratory system. In rare cases, cannabis can cause heart problems. You can reduce the risk of these problems by limiting the amount and frequency of use and not using cannabis if you have a cardiovascular disease.

TIP 6 CANNABIS AND MEDICINE

Cannabis can influence the effect of medicines. Consult your doctor if you take medicines and want to use cannabis.

TIP 7 MENTAL HEALTH PROBLEMS

Cannabis can worsen mental illnesses like psychosis. Do not use cannabis if you have mental health problems or if there is a predisposition for psychosis in your family. Stop using cannabis if you notice that it makes you anxious or suspicious.

TIP 8 PREGNANCY AND BREASTFEEDING

Do not use cannabis when (trying to get) pregnant or when breastfeeding. Cannabis can influence the development of your child in a negative way.

TIP 9 DO NOT COMBINE WITH ALCOHOL OR OTHER DRUGS

Do not combine cannabis with alcohol or other drugs. The effect will be even less predictable and you will increase the risk of getting unwell or anxious.

TIP 10 AVOIDING PROBLEMS

Use cannabis only to enjoy yourself and not to lessen stress or insecurity. You won't solve problems by smoking cannabis. In fact, problems can get bigger when you avoid them by using cannabis. Reduce or stop using cannabis if it affects your social life or your performances negatively.

TIP 11 ADDICTION

Cannabis can be addictive. If addiction runs in your family it is better not to use it. Use cannabis in moderation, not every day. If you use cannabis on a daily basis, try breaking the habit by not using it for at least two days a week. If you need cannabis to feel good, this could be a sign of addiction. When you stop using cannabis, you can experience withdrawal, like sweating, anxiety or sleeping problems.

TIP 12 NO UNDER 18 AND NO RESELLING

The younger you start using cannabis, the bigger the risks. It is illegal to sell or give drugs to anyone under the age of 18. Reselling drugs is prohibited as well.