

KEEPING SAFE

THE BEST WAY TO KEEP SAFE IS NOT TO USE CANNABIS AT ALL

IF YOU CHOOSE TO USE:

- Moderate occasional use is safer than continuous use
- Try a small amount first to test the strength of the cannabis
- Be careful if you drive or operate machinery when you are high, you may be more likely to have an accident

FOR SMOKERS:

- Avoid mixing cannabis and tobacco. It increases the risk of getting breathing problems
- Try mixing leaves with heads if the mix is too strong
- Take small puffs: don't hold the smoke in your lungs
- Try a vaporiser instead of a joint, bong, chillum or pipe

If you are using a bong:

- Make sure that drops of water don't come up the pipe as well. Inhaling water isn't good for your lungs
- Lessen the risk of lung cancer by not inhaling deeply
- Replace water in the bong and clean it each time it's used – avoids bugs and bacteria
- Use glass. Plastic and rubber give off toxic fumes

HELP FOR CANNABIS USERS

If a person is concerned about their cannabis use, they need to be encouraged to get help from their local Aboriginal Health Worker, doctor or a drug and alcohol service.

Families and friends who are concerned about someone they care about can also get support and information from these places.

Use the body picture to help identify the effects (short-term and long-term) that this drug is having on your body.



**ABORIGINAL
DRUG AND ALCOHOL
COUNCIL (SA) INC.**



**INDIGENOUS
SUBSTANCE MISUSE
HEALTH PROMOTION UNIT.**

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CANNABIS

Effects on the body



USE THE BODY PICTURE TO IDENTIFY THE EFFECTS (SHORT TERM AND LONG TERM) THAT THIS DRUG IS HAVING ON YOUR

BODY

