

### If you are thinking of cutting down\*

- If you smoke to relax and feel better, try going for a walk or listening to music instead
- Ask for help from family and friends
- Don't smoke every day. Cut down by using smaller amounts, then gradually stop

### IS USING CANNABIS A PROBLEM FOR YOU?

If you can't decide whether using cannabis is a problem for you, ask yourself these questions:

- Is cannabis becoming the most important thing in my life?
- Am I getting sick because I am using?
- Is using causing trouble or arguments between me and my family?
- Am I spending more money that I want to on cannabis?
- Is using getting me into trouble with the law?

A 'yes' to any of these questions may mean it's time to quit, cut down or take a break from cannabis. You can try doing this on your own, or you may need some help.

### NEED SOME HELP?

If you are concerned about using cannabis, then you can get help from your local Aboriginal Health Worker, doctor or drug and alcohol service.

Families and friends who are worried about someone who is using cannabis can also get support and information from these places.



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



**INDIGENOUS  
SUBSTANCE MISUSE  
HEALTH PROMOTION UNIT.**

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# CANNABIS

## Keeping Safe

## KEEPING SAFE

### THE BEST WAY TO KEEP SAFE IS NOT TO USE 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 your 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 makes the risk of getting breathing problems greater
- Try mixing leaves with heads if the mix is too strong
- Take small puffs and don't hold the smoke in your lungs
- Try a vaporiser instead of a joint, bong, chillum or pipe



VAPORISOR

#### 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 to avoid bugs and bacteria
- Use glass - plastic and rubber give off toxic fumes

#### USING CANNABIS AND OTHER DRUGS

- Using cannabis with other drugs like alcohol or benzodiazapines (eg. Serepax, Valium, Rohypnol) may make the negative effects of both drugs worse
- Using cannabis and amphetamines (speed, whizz, go-ey) may make the negative effects of both drugs worse
- Mixing cannabis and tobacco may increase your chances of developing problems with both nicotine and cannabis

## PREGNANCY

It is probably best not to use if pregnant or breastfeeding. Drugs like cannabis can cross from the mother's blood to the baby's blood.

## USING AROUND BABIES & YOUNG CHILDREN

Smoking around babies can put them at risk of Sudden Infant Death Syndrome.

Smoking around children can give them breathing problems, and more chest and ear infections.

#### NO USE IS BEST FOR:

- People who have problems with anxiety and depression, cannabis can make these feelings worse
- People with mental health problems like schizophrenia - cannabis may trigger an episode
- People with heart or blood pressure problems cannabis can strain your heart by making it beat faster and reducing the supply of oxygen to the lungs.

## THINKING OF QUITTING, CUTTING DOWN, TAKING A BREAK?\*

#### If You Are Thinking Of Quitting

- Make a strong decision and then just do it
- If you're going to quit, get rid of pipes, bongs and all your stuff
- Ask for help. Talk to family and friends
- Save your money. Buy something you need or want