

**PRANK**

**cannabis  
stories**




**hash, bhang, blow,  
blunts, dope...**

Some people seem to think they know a lot about cannabis.

Sure, it can get you high, but what people often forget is that, just like other drugs, there are risks.

**For friendly, confidential advice  
and information, you can call  
FRANK on 0800 77 66 00 24  
hours a day. Calls are free from  
landlines and some mobiles.  
Or go to [talktofrank.com](http://talktofrank.com)**



Cannabis can be harmful  
and it's illegal. If you get  
caught with it, the police  
will take action.

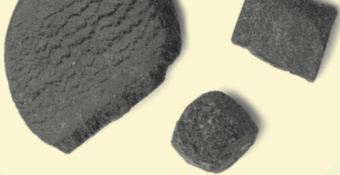
**Want to hear other  
people's cannabis  
stories? Read on...**

**“Me and Jo tried some skunk the other night. I had no idea it was so strong! I got proper paranoid. Jo went white and couldn’t speak for ages.” Leah, 16**





**Cannabis comes in different forms: resin (hash), herbal (marijuana) and oil. Other herbal kinds include sinsemilla and skunk – these have been strong kinds of cannabis for many years but they are now much more common. Using them could increase the risks to your physical and mental health.**

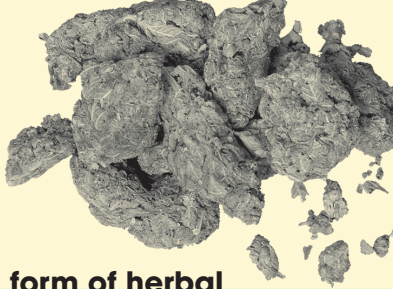


## **Cannabis resin (hash or hashish)**

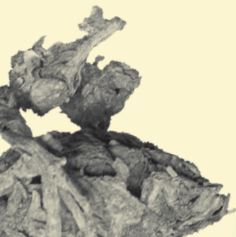
is a brown/black substance that is scraped from the cannabis plant and pressed into lumps.

**Herbal cannabis (marijuana, grass and weed)** is the dried leaves and flowering tops of the cannabis plant. It looks like tightly packed dried garden herbs.





**Skunk (a form of herbal cannabis)** is produced using special breeding techniques. A generally stronger type of herbal cannabis – named for it's strong smell. There is no reliable way to determine the strength of herbal cannabis just from its look or its smell.



**“A load of us were at my boyfriend’s house. I’d been drinking vodka and someone passed me a spliff. Couple of puffs and that was it. I puked everywhere. It was so embarrassing.”** Alysha, 17

**Mixing cannabis and alcohol can often make people sick, while taking cannabis with other drugs can be dangerous.**







**Think about what you want  
to do and, if you don't want  
to try cannabis – don't.**

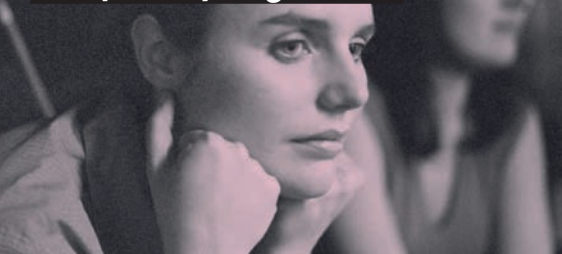
**“I only tried cannabis  
because I thought my  
mates would give me  
a hard time if I didn't.”**

Ricky, 16

**“My friend Erica is always coughing and wheezing. But she doesn’t smoke cigarettes, only puff. So how does that work?”**

Maria, 18

**Tobacco or no tobacco, smoking cannabis can hurt your lungs and throat. It often makes asthma worse and can cause diseases like bronchitis and possibly lung cancer.**





**Don't ever accept a lift from anyone who's been using cannabis. Drug-driving can be just as dangerous as drink-driving, and it's just as illegal.**

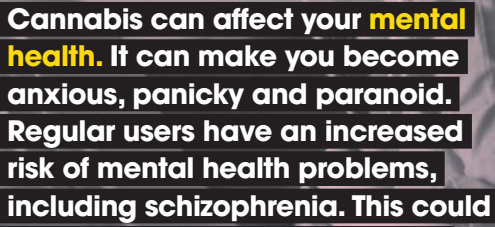
**“Not long after buying his moped, our mate Ahmed got stopped by the police for dangerous driving. He was stoned. They arrested him and ended up banning him from driving.”** Guy, 17

**“I like to think I could give up  
dope at any time. Deep down,  
though, I couldn’t imagine  
not having a smoke every  
night – I couldn’t cope.”**

Zak, 18

**Around 10% of cannabis  
users become dependent  
on it. They use more and more  
to get the same high and get  
withdrawals when they stop.**



A young man and woman are shown from the chest up, looking at each other. The man is on the left, seen in profile, and the woman is on the right, looking towards the camera. They are both smiling slightly. The background is a soft, out-of-focus grey.

**Cannabis can affect your **mental health**. It can make you become anxious, panicky and paranoid. Regular users have an increased risk of mental health problems, including schizophrenia. This could be worse if you smoke a lot, are young and smoke strong cannabis, like skunk.**

**“Yeah, I like my hash. It helps me to relax. But I do get a bit nervy and paranoid now and then – especially when I’m around people I don’t know.”**

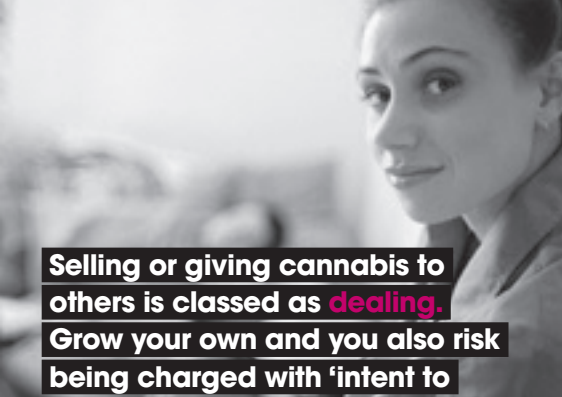
Becky, 17

**“After a year of smoking gear I dropped out of school. I found it hard to focus and couldn’t be bothered any more. I lost touch with my best mates. Mike, Steve, Sandra, Raj – I’ve hardly seen any of them since.”**

Kyle, 19

**Cannabis can affect your **memory** and your concentration. It can also sap your motivation – big time.**





**Selling or giving cannabis to others is classed as **dealing**. Grow your own and you also risk being charged with 'intent to supply'. The maximum penalty for both is 14 years in jail.**

**“My parents had to come down to the police station. They were really upset and everyone’s talking about it on our street. I really disappointed my mum.”**

Jemma, 16

**Cannabis might get you high and give you the giggles, but that's not always the full story.**

**Remember, cannabis is harmful and illegal...**





Cannabis is a Class B drug.

If you get caught with it, it will be confiscated and you will be arrested or get a warning.

You're more likely to be arrested if you're smoking it in public or if you've been caught before.

If you're under 18, your parent or guardian will be contacted too.

**Want to know  
more about  
cannabis?**

**Then talk to FRANK on  
0800 77 66 00 or go to  
[talktofrank.com](http://talktofrank.com)**



# FRANK

**0800 77 66 00**  
**talktofrank.com**

FRANK is available in 120 languages, 24 hours a day, 7 days a week. Calls are free from landlines and some mobiles. You can talk to FRANK confidentially:

- > on **0800 77 66 00**
- > by textphone (for the hard of hearing) **0800 917 8765**
- > by emailing **frank@talktofrank.com**
- > by going to **www.talktofrank.com** and adding the FRANK Bot as a contact on your instant messenger

FRANK can also tell you what services are available in your area.

For more copies of this leaflet, call 0300 123 1002 and quote product code 273966