

HAYZY DAYZ

THE BIG CANNABIS TALK

SPLUTTER! WHEEZE! HACK!

WHAT A WASTE OF TIME!

SHE'LL START IN TEN SECONDS, NINE... EIGHT... SEVEN.....

AND GO ON FOR HOURS... WHICH IN DOG TIME IS DAYS!

CHILDREN, YOUR FATHER AND I WANT TO TELL YOU SOME GROOVY STUFF ABOUT DOPE!

NOT AGAIN! I'D RATHER EAT THE CONTENTS OF AVRIL'S DOG-BOWL.

AND I'D RATHER GO BACK TO THE DOGS' HOME...

I KNOW ALL THERE IS TO KNOW ABOUT CANNABIS. LOOK WHAT IT'S DONE FOR US!

LISTEN AND LEARN. SMOKING CANNABIS IS MUCH BETTER FOR YOU THAN TOBACCO.

OUR LUNGS KNOW THE DIFFERENCE DO THEY? HOW CLEVER!

CANNABIS IS A HERB. SO IT MUST BE GOOD FOR YOU.

YEAH, RIGHT!

IT'S TIME THE DOG SPOKE! SMOKING ANYTHING CAN GIVE YOU CANCER. AND CANNABIS HAS PLENTY OF THE CHEMICAL 'NASTIES' THAT ACTUALLY CAUSE CANCER.

YOU SMOKE MUCH LESS WITH CANNABIS - AND IT'S NOT ADDICTIVE LIKE TOBACCO.

THIS FROM THE ADDICTION QUEEN! CHOCOLATE, SHOPPING, FAGS, ALCOHOL!

A FEW SPLIFFS NEVER DID ME ANY HARM!

ONLY MADE YOU THE MOST EMBARRASSING PARENT EVER.

SMOKING CANNABIS WITH TOBACCO CAN MAKE YOU ADDICTED TO NICOTINE AND SMOKING CANNABIS CAUSES BRONCHITIS, HEART PROBLEMS AND HIGH BLOOD PRESSURE. IF YOU SUFFER FROM ASTHMA, SMOKING CANNABIS CAN MAKE IT MUCH WORSE.

CANNABIS HELPS YOU TO CONCENTRATE AND LEARN MORE. I CAN'T REMEMBER EXACTLY WHAT IT WAS THAT I LEARNT, BUT I'M SURE IT WAS USEFUL.

WITH CANNABIS YOU CAN DO ALL KINDS OF CLEVER STUFF.

LIKE VEG ON THE SOFA 24/7.

IF YOU USE CANNABIS REGULARLY, IT'S HARDER TO LEARN, CONCENTRATE AND REMEMBER THINGS.

CANNABIS HELPS YOU BE REALLY CREATIVE IN A REALLY CREATIVE WAY.

I'VE HAD GREAT IDEAS AFTER A JOINT. I COULD'VE BEEN RICH!

SO WHAT HAPPENED?

IF YOU SMOKE CANNABIS, YOU CAN MISS OUT ON DOING THE THINGS YOU WANT TO DO.

WHEN YOU TAKE CANNABIS, YOU LAUGH A LOT. MIND YOU, YOU FORGET WHAT EXACTLY YOU'RE LAUGHING AT, BUT WHO CARES?

COMPLETE RUBBISH!

YOU CAN GO ALL QUIET AND MOODY ON CANNABIS...

...YOU CAN ALSO GET A BIT PARANOID.

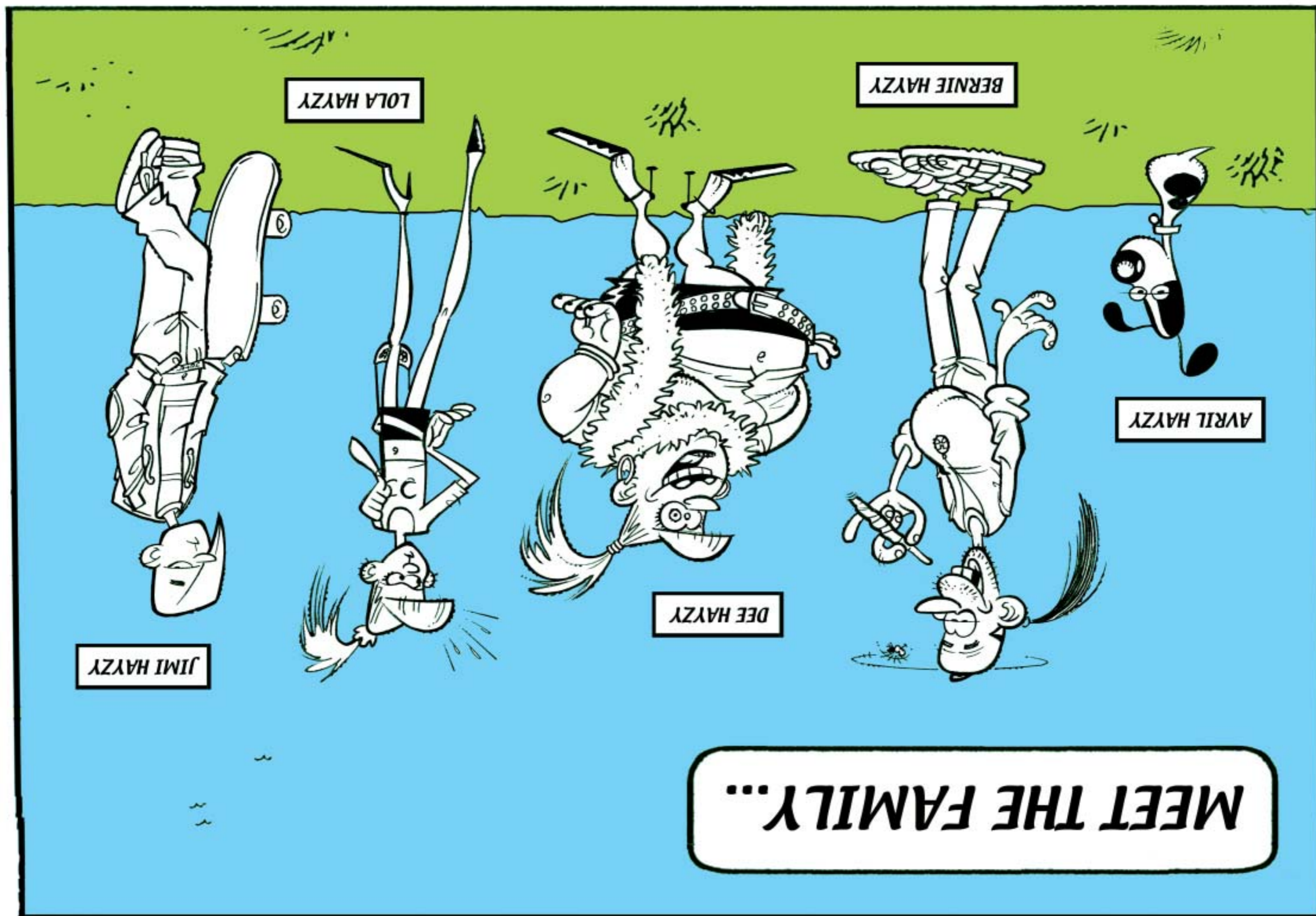
YOU THINK EVERYONE'S STARING OR LAUGHING AT YOU. OR GOING ON ABOUT YOUR WEIGHT...OR HOW OLD YOU LOOK. YOU THINK YOU'RE A HOPELESS FAILURE AND YOU'LL NEVER DO ANYTHING WORTHWHILE...

OH NO! HERE WE GO AGAIN!!

IF YOU GET UPSET OR DEPRESSED EASILY, TAKING CANNABIS IS A REALLY BAD IDEA. CANNABIS DOESN'T HELP YOUR MENTAL HEALTH - AND THAT INCLUDES SCHIZOPHRENIA.

THAT'S CANNABIS SORTED, EH KIDS? NOW LET'S TALK ABOUT **SEX!!!**

I'M NOT HANGING AROUND EITHER. DON'T FORGET, IF YOU NEVER START TAKING CANNABIS, THEN YOU'LL NEVER HAVE TO STOP TAKING IT...



Don't forget!

Using cannabis harms your health.

- Smoking cannabis may be more harmful than smoking tobacco because cannabis has a higher concentration of the chemical 'nasties' that cause cancer.
- Smoking cannabis with tobacco can get you hooked on nicotine.
- Smoking anything can give you bronchitis and cause cancer, heart problems and strokes.
- If you suffer from asthma, smoking cannabis can make it worse.
- Regular, heavy use makes it harder to learn, concentrate and remember things.
- Some people feel tired all the time and can't seem to get motivated, and some people have difficulty giving up cannabis even when they want to.
- Cannabis can cause a range of mental health problems, from short-term anxiety to paranoia, and is associated with longer-lasting difficulties that may require medical help.
- Cannabis doesn't help your mental health - that includes schizophrenia.
- For men, smoking cannabis regularly can affect sperm count. For women it can stop ovulation (the producing of eggs).
- Smoking anything when you're pregnant can harm your baby.
- Cannabis is illegal and if you are under 18 the police will arrest you.

If you would like to talk to someone about drugs, alcohol, smoking or mental health you can contact the following:

- **FRANK** - free and confidential advice on drugs 24 hours a day 0800 77 66 00 www.talktofrank.com
- **Drinkline** - a national alcohol helpline offering information and advice to those with alcohol related problems Tuesday to Thursday 9am to 11pm and 9am Friday to 11pm Monday 0800 917 8282
- **NHS Smoking Helpline** - source of help and advice on smoking and giving up lines open daily 7am to 11pm 0800 169 0 169
- **QUIT** - charity offering advice to help smokers to stop 9am to 9pm 7 days a week 0800 00 22 00 www.stopsmoking@quit.org.uk
- **Rethink** - for advice about mental health or mental illness opening times 10am to 3pm Monday to Friday 0845 456 0455 www.rethink.org/at-ease

Developed by Mentor UK. www.mentorfoundation.org

Supported by
 Barnardo's
 British Youth Council
 Drug Education Forum
 National Association of Youth and Community Education Officers
 National Children's Bureau
 National Society for the Prevention of Cruelty to Children
 National Youth Agency
 QUIT
 Rethink
 UK Youth

For further copies of this leaflet call 08701 555 455 and quote ref 40191.



FRANK
 0800 77 66 00 talktofrank.com

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