



Myth Buster Quiz

1. Breathing in cannabis for longer will result in more cannabis getting to the brain

- A. True
- B. False

2. If a woman drinks the same amount of alcohol as a man it will have the same effect.

- A. True
- B. False

3. Cannabis skunk and weed is more potent (stronger) than cannabis grass and resin

- A. True
- B. False

4.. Cannabis has different effects depending on how you take it

- A. True
- B. False

5. Everyone who takes drugs is addicted

- A. True
- B. False

6. . Class A drugs are more harmful than class C drugs

- A. True
- B. False

7. Legal highs are legal because they are safe

- A. True
- B. False

8. Drinking coffee does not help a person sober up

- A. True
- B. False

9. 'Legal highs' with the same name are always the same drug no matter where I buy if from

- A. True
- B. False

10. If you smoke weed at the weekend you will be fine by Monday

- A. True
- B. False

Your score /10

Well done!

1. False. Breathing in (inhaling) cannabis for a long time, before breathing out (exhaling) does not get the user more (stoned) intoxicated.

Breathing in longer will increase the amount of tar and other dangerous chemicals that can cause lung problems/ damage.

2. False. Generally if men and women drink at the same level there is a greater health risk to women.

Women's bodies can't process alcohol as well as men's. Women tend to weigh less than men, have more body fat and less water to dilute the alcohol in the body so the alcohol stays in the system for longer. Women are also more vulnerable to alcohol related organ damage and start to have alcohol related problems at lower drinking levels than men do.

3. True. Weight for weight, skunk weed has higher levels of tetrahydrocannabinol (THC) in it than the most common forms of cannabis – grass and resin. Therefore, regular, daily use increases the risks of psychological dependency problems. Some American research has reported that users have experienced physical withdrawal symptoms. As skunk weed is stronger, it increases the effects of cannabis, such as: memory loss; impaired judgement; mental health problems – paranoia, anxiety, and in some cases psychosis; accidents, and work performance.

4. True. When cannabis is eaten it takes longer to absorb into the blood from the stomach than through the lungs so you may think it has not worked and eat more, only to find the first lot then kicks in followed by the second or third dose. By that point it's too late to control any adverse effects.

5. False. Not all people who take drugs are addicted. Discuss the difference between physical and emotional addiction. You won't necessarily get addicted to cannabis but you will get addicted to nicotine.

6. False. Discuss the classifications & particularly alcohol .

7. False. Legal highs try to mimic the effects of illegal drugs through combining different legal chemicals. Websites often sell these chemical products with a warning that states '*not for human consumption*' – this way they by-pass any problems with the law. However, the effects on humans of the chemicals used in these products are often untested or poorly researched, and as such can be very unsafe to use as a drug. Legal highs are as unsafe to use as any current illicit drug.

8. True. Coffee has no influence on the rate at which the liver breaks down alcohol.

9. False. You cannot rely that manufacturers are using the same combinations of chemicals. This means that one batch of legal high's can be very different to another, and as such each time it is purchased the risks of adverse affects are increased due to the likelihood of new and untested chemicals being added to the mix. In research studies of the same legal high being purchased from a number of websites, it was found that the chemicals used varied so much that they could not be classed as the same product. In short, you do not know what you are buying even though the name of the legal high is the same.

10. False. The effects can last for up to 3 days. It impairs memory, reflexes and coordination.