

CANNABIS

Cannabis is the name of a family of hemp plants that cannabis and marijuana come from. The plants contain THC (tetrahydrocannabinol), a substance that gives a high which is both a stimulant and a depressant. Cannabis is usually smoked in special pipes or hand-rolled joints.

EFFECTS AND SIGNS:

Red eyes, increased appetite, slower reflexes, high pulse, dizziness, time and space are confused, impaired memory and learning ability, sleep disorders. Prolonged use disrupts the hormonal balance and increases the risk of depression, psychotic conditions and schizophrenia.

ALCOHOL

Alcohol is one of the oldest known intoxicating substances. It influences many neurotransmitters in the brain, as well as reward centres. Alcohol can cause damage and create dependency.

There are surveys that show most people who get into fights are drunk. The risk of being exposed to crime and accidents is higher when people are drunk. Most young people who have unwanted and/or unprotected sex are drunk.

EFFECTS AND SIGNS:

People have worse judgement, memory, reactions and ability to think in general. Liver damage at risk levels/abuse. Depressive illnesses and palpitations.

TOBACCO

Tobacco contains nicotine, which is a central nervous system stimulant that is both addictive and toxic. It creates an imbalance in the brain's reward centre, which causes a desire to smoke. There are many diseases which may be a result of smoking, including cardiovascular disease and cancers of the lung, mouth and oesophagus. In addition there is an increased risk of contracting pulmonary diseases such as asthma and COPD (chronic obstructive pulmonary disease). Smoking is behind a large proportion of all deaths in Sweden.

EFFECTS AND SIGNS:

Increased heart rate, higher blood pressure and deterioration of the immune system. Smoking reduces fitness and can also reduce the chances of having children.