

## KEEPING SAFE

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

#### 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 – avoids bugs and bacteria
- Use glass. Plastic and rubber give off toxic fumes

## HELP FOR CANNABIS USERS

If a person is concerned about their cannabis use, they need to be encouraged to get help from their local Aboriginal Health Worker, doctor or a drug and alcohol service.

Families and friends who are concerned about someone they care about can also get support and information from these places.

Use the body picture to help identify the effects (short-term and long-term) that this drug is having on your body.



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



**INDIGENOUS  
SUBSTANCE MISUSE  
HEALTH PROMOTION UNIT.**

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All the information in the pamphlet is believed to be accurate at January 2004. As ADAC has no control over the way that this pamphlet will be used, or by whom, we disclaim any responsibility for the outcomes of training or interventions which rely on, or make use of this material.



# CANNABIS

## Effects on the body



USE THE BODY PICTURE TO IDENTIFY THE EFFECTS (SHORT TERM AND LONG TERM) THAT THIS DRUG IS HAVING ON YOUR

BODY

