

# REMEMBER THE LAW

As of January 2009, Cannabis is once again a **Class B** substance under the Misuse Of Drugs Act 1971.

**It is illegal to possess, grow or supply Cannabis.**

### **Possession:**

Maximum penalties are 5 years in prison, an unlimited fine or both.

### **Supply or Intent to Supply:**

Maximum penalties are 14 years in prison, an unlimited fine or both.



### **Under 18:**

The Cannabis will be confiscated and you will be referred to the Youth Offending Service or arrested. If it is not your first offence it may lead to a drugs conviction in court.

If you need support or advice here are some useful contacts:

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)

North Lincolnshire Young  
Person's Substance Use  
Service

**DELTA**  
**(01724 - 298528)**

*North Lincolnshire*  
Youth Offending Service

# CANNABIS

**PREPARING YOURSELF FOR  
EXAMS**



Weed

**BE**

**AWARE**

## People who use weed, especially over long periods of time, find their cognitive abilities less effective than normal.

THC binds itself to nerve cells in the areas of the brain which are responsible for memory.

THC disrupts short-term memory by making it harder to learn new information or tasks, especially if it involves several stages.

### Consequences for education:

- Reduced concentration
- Make more errors
- Trouble remembering things
- Effects your recall system or short-term memory.

**Cannabis effects your ability to learn new things, focus, multitask, or retain information is impaired,**

It's harder to, or takes longer to, recall information and it's harder to switch attention between several tasks.

### Your Working Memory:

You use this constantly, whatever tasks you are involved with, it's used to store and recall information.



**When you are in exams you will need to recall information and make snap decisions**

Long-term cannabis use effects your long-term memory...

## TIPS TO...

Start reducing your use now

Try to reduce to weekends only

Don't use before Exams

Use single skins

Make your weed last longer

Reduce your daily amount

Don't use the night before an exam

Think about your trigger / cravings

**...REDUCE YOUR USE**

## TIPS FOR SLEEPING

- Stop revision at least an hour before bed
- Make sure your bedroom is comfortable – this includes light, noise and temperature
- Don't worry about not getting enough sleep
- Don't drink caffeine drinks close to bedtime – including energy drinks
- Don't play games consoles before bedtime
- Prepare yourself for bed, warm, quiet environment – you can try relaxing music, scents such as lavender, and having a bath before bed
- Try to keep to a regular bedtime
- Try to avoid conflict and stress before bed
- Have a set morning routine – including breakfast
- Try breathing exercises
- Avoid alcohol

