

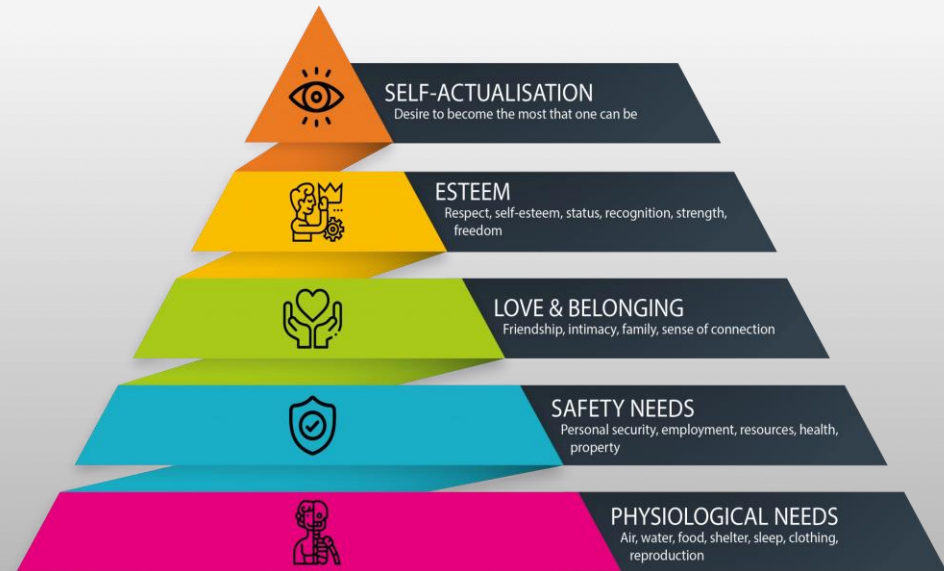
16/07/2026 Mental Health and Cannabis Use

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



What impact do you believe cannabis has on your ability to thrive and aspire?



16/07/2026

Mental Health and Cannabis Use

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Dependency, substance misuse, self-medication, psychological pain, physical pain, psychosis, endocannabinoid system, mood motivation and memory



How far might it be true that teenagers today face a far greater risk from street drugs? Use evidence from all three substance lessons in your response



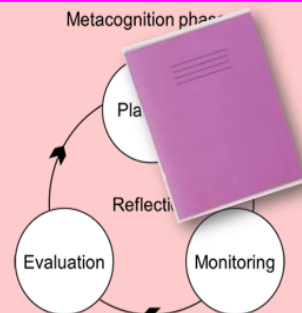
Explain the link between cannabis use, mental health and the impact on a teenager's cultural capital.



Describe how cannabis use affect a teenager's brain and how this may impact on their school life.

Instructions:

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Cannabis facts and fiction:

On a whiteboard create a list of **facts** you know about cannabis.

Then a list of things you have **heard about** cannabis. Good or bad.



Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.



Cannabis is one of the most commonly used substances, and at most venues / occasions.

Why do you think this is?



Cannabis is a plant-based drug: it can be smoked, eaten or vaped





Smoking a whole joint you would inhale around **12 mg THC** and you feel the effects almost straight away

Smoking a bong you would inhale around **13 mg THC** and you feel the effects almost straight away.



Vaping you would inhale around **17 mg THC** and you feel the effects almost straight away

An edible THC gummy has **10-15 mg** per sweet but you have to digest the sweet to feel the effects



What do you think the biggest risk from edibles is?



Mom Calls for Clearer Marijuana Edibles Packaging After 6-Year-Old Accidentally Eats THC Gummy

"THC is a MEDICATION and needs to be packaged as such," Morgan McCoy wrote after her daughter spent a night in the hospital

By [Joelle Goldstein](#) | June 10, 2021 04:11 PM



What do you judge to be the risk from edibles?

Look carefully at the image

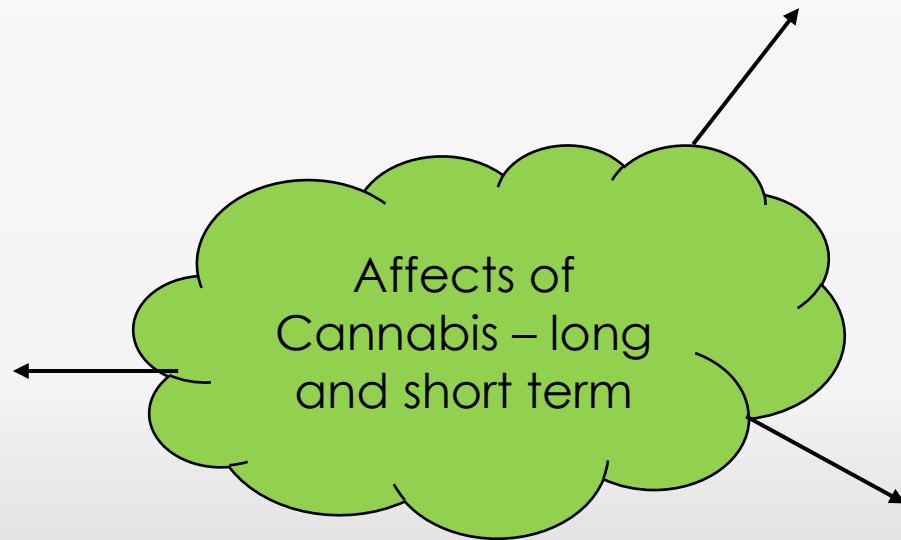




Instructions: after watching the film, complete the following sentence starters:

- 1- Cannabis binds to the receptors in the brain that are responsible for regulation of...**
- 2- Use of cannabis can affect our mental health because...**





Cannabis use and long term effects



<https://www.pbslearningmedia.org/resource/nvtcq-sci-teenagebrain/the-effects-of-cannabis-on-the-teenage-brain-the-cannabis-question/>

Longer term risks associated with substance use?

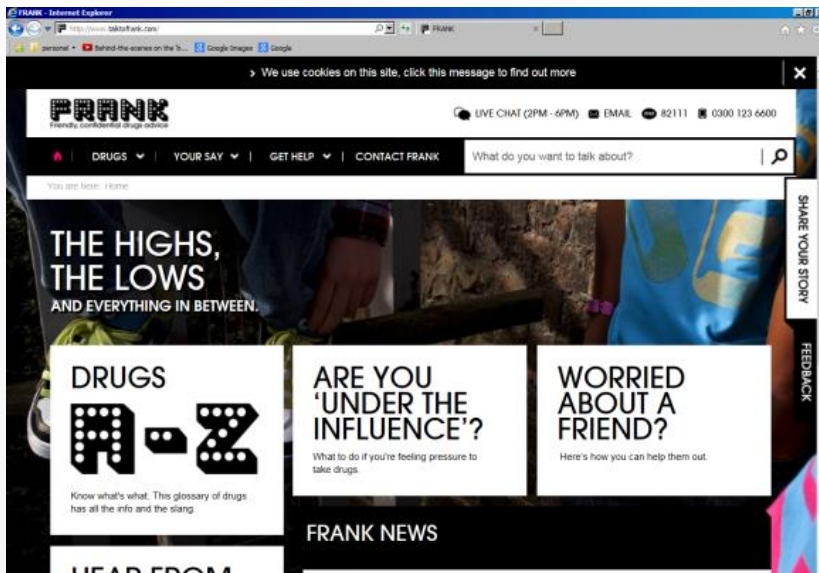
The drug user can never be sure of exactly what they are taking.

When a drug is bought, it's unlikely to be pure and you won't know what it has been mixed with.

Not knowing the strength of what has been bought could lead to accidental overdose.

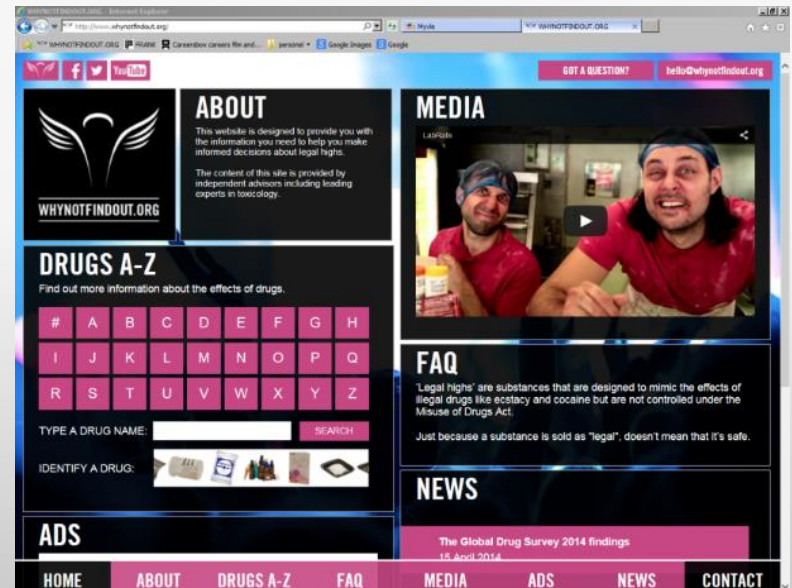
You can't be sure what effect a drug will have, even if it has been taken it before.



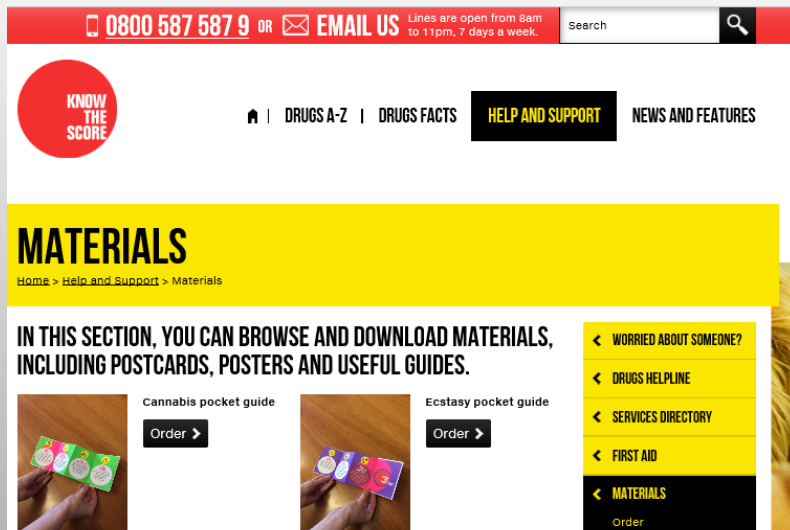


<http://www.talktofrank.com/>

Where can you find out more?



<http://www.whynotfindout.org/>



<http://knowthescore.info/help-and-support/materials>



Ketamine Dependency

Instructions: after watching the animation- explain the term dependency- your teacher may verbally add some information to help you



IMMEDIATE

LONG TERM



- Chest pain

- Nausea
- Vomiting
- Appetite changes



Spice attach to the same nerve cell receptors as THC, the main mind-altering ingredient in marijuana. Some of the chemicals in Spice, however, attach to those receptors more strongly than THC, which could lead to much stronger effects.



Warning a child could 'Collapse on the floor' after inhaling illegal drugs in vapes

🕒 17 hours ago



| Cannabinoids such as spice and THC have been found in vapes in the

By Hugh Pym and Lucy Watkinson

Health editor and health producer

A head teacher is warning that illegal vaping could kill a child after the collapse of a 12-year-old pupil who had used a vape containing an illegal synthetic drug.

'Collapsed on the floor'

In July, a pupil at Mr Potts' school collapsed and had to be admitted to hospital after inhaling a vape containing spice, a laboratory-made drug known for its widespread illegal use in prisons.

"He took one very large inhalation of this vape pen and by the time he got off the bus on the school grounds felt very unwell. By the time he arrived at the school gates he had collapsed on the floor," said Mr Potts.

The pupil has now recovered.

A scientist, who later tested a number of refillable and single-use vapes taken from the school, said it was "very concerning" a child had inhaled spice, because it was known to cause "zombie-like paralysis" in users, particularly children.

Mr Potts said he was confident children could not vape in school but he was worried about incidents away from the premises.

"If they are collapsing in the street or in areas where they are not necessarily going to be found quickly, that gives me nightmares."



<https://www.changegrowlive.org/young-peoples-service-derbyshire/info>



Young People's Service

Derbyshire



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