

SAFER CANNABIS USE



IF YOU CHOOSE TO USE CANNABIS, CHOOSE TO STAY HEALTHY

Many New Zealanders enjoy cannabis. It is safer than alcohol, and has medicinal benefits. While no one has ever died from using cannabis, it is not harmless.

Safer consumption techniques

→ Most of the harm related to smoking cannabis is from heat, tars that result from burning plant matter, and solid particulates and ash in the smoke.

“Nearly half this country’s adult population has used cannabis at some point in their lives and about one in seven were classified as current users” - NEW ZEALAND LAW COMMISSION, 2011

→ You can try smokefree ways of consuming cannabis, such as vaporising, edibles, teas or tinctures.

→ **Vaporisers** create no tar, no ash and very little heat.

→ **Waterpipes (bongs)** cool and filter smoke, but avoid taking deep tokes or holding in smoke for a long time as this can be harmful to your lungs.

→ **Use a screen** in your pipe or bong so you don’t inhale burning embers or ash.

→ The strength of cannabis can vary a lot. Try a small amount of any new smoke to see how strong it is. Wait 10 minutes before deciding if you want more.

→ Use better weed, so you need less of it. Try to grow or buy organic.

→ Real cannabis is likely to be safer than synthetic substitutes.



NORML's Principles of Responsible Cannabis Use

Hygiene & purity

→ Use fresh bong water each time to avoid bugs and bacteria. Sterilise bongs with denture cleaners.

→ Meningitis is transmitted through saliva. Don't share spit on joints, or pipe and bong mouthpieces.

→ Never smoke weed that appears dyed blue, as it may have been sprayed with poison by the Police.

→ Don't consume cannabis that has mould or fungus as they can be very harmful if inhaled.

- Adults Only
- No Driving While Impaired
- Consider Set and Setting
- Resist Abuse
- Respect the Rights of Others

learn more at www.norml.org.nz/about/responsible-use/

If you need help or more info:

Alcohol Drug Helpline
0800 787 797
or visit drughelp.org.nz

Be careful mixing weed with other drugs.

→ The effect is more unpredictable and can increase health risks. Mixing cannabis with alcohol can make you feel more out of it than you intended - and greatly impair your ability to drive.

→ Adding tobacco to a 'spliff' is more harmful and can make you become nicotine dependent. Keep it pure!

Psychological safety

→ Some people are very sensitive to cannabis and can experience more intense effects. Moderate your use accordingly. For many people, less is more. For some, especially those with a predisposition or history of mental illness, cannabis is simply not advisable.

→ Be sure that benefits outweigh any problems. If not; use less, or stop. All regular users are advised to take a break sometimes.

→ And remember: when using any drug, look after yourself and your mates.



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Working to reform NZ's cannabis laws, since 1980