

Cannabis is a depressant and a hallucinogen.

It affects these organs: the brain, eyes lungs and mouth.

It is a major cause of psychotic illness which makes you see things that aren’t there, and makes you think that you are going mad.

It links in with smoking – therefore harming your lungs – because many people smoke it by using a cannabis cigarette.

An important issue is the fact that there is a disease called THC and some people say cannabis stops the pain which unfortunately encourages certain individuals to take it.

Short-term effects of cannabis include problems with memory and learning, trouble with thinking and problem solving, increased heart rate, anxiety and a dry mouth and throat.



Smoking (or nicotine), is an addictive drug which is legal and that so many people smoke. It also is a stimulant -so in small doses- can make you more alert.

It affects these organs: the brain, lungs and liver.

Some people use it as something to relax them and help them chill out, yet some use to help them wake up in the morning.

If you smoke you are very likely to have high blood pressure and an increased heart rate. You can develop many kinds of cancer: although lung cancer is the most likely.

Short term affects of smoking are slowed reaction rate, you tire quicker, find it harder to breathe and have some form of a cough.

Long term effects of smoking include reduced visual judgement and it will take longer after exercise for your heart to slow down to a resting rate.

Alcohol is a depressant dunk by the majority of adults and a drug which in small doses, does no noticeable harm.

It affects these organs: the brain, heart and liver.

Alcohol slows down messages between the nerve cells and the brain – therefore reducing your awareness and capability of doing things.

It also creates lots of fatty cells in your liver which when they are built up can cause various problems.

Short term effects of alcohol include blurred vision and coordination problems, hangovers, after excessive drinking, unconsciousness can occur and extreme levels of consumption can lead to alcohol poisoning and death.

