**CANNABIS TIMELINE – Common claims about cannabis**

1. I have discussed about cannabis at home.

* What did you talk about?
* What was the situation?
* How has it affected you?

1. I think cannabis is safe

* Why it is, why it is not?

Everyone reacts differently; it is impossible to know in advance. Why take the risk? Increases the risk of mental illness. Transmits carcinogenic substances, etc., to the body when smoked.

1. I think the use of cannabis changes the person’s appearance and behaviour

* How exactly, how does it show up?

*Long term cannabis use, for example, can cause apathy, lack of concentration and memory problems.*

1. Cannabis affects the ability to study

* Why does it not, or why does it?

Cannabis impairs working memory and perception. Long term cannabis use impairs cognitive abilities, especially verbal learning, memory and perception. The connection is particularly evident when cannabis use is started at a young age. Cannabis use can alter the brain structure permanently if started at a young age. The use of cannabis among young people has also been associated with general apathy, lack of motivation and poor work and academic performance.

1. Has social media affected the way you perceive cannabis?

* How, why?

1. In Finland, cannabis is regulated by the law

* What is illegal in Finland?
* What will happen if you break the law?

Cannabis is classified as a drug in Finland. Its use, growing, purchase, sale, dealing, and possession is prohibited by the law. If you break the law, you commit a drug offence, the least serious of which is a drug use offence. The possession of a small amount is also considered a drug use offence, resulting in a fine and an entry into the criminal record. Record of a drug use offence stays in Police registers for a maximum of three years, drug offences a minimum of five years. It can affect, for example, when applying for studying or in the army.