

KNOW WHAT'S UP INTOXICATION AND RISK



In the spotlight: Cannabis

Substance	<ul style="list-style-type: none">Tetrahydrocannabinol (THC) is the primary active compound of the cannabis plant. It's also responsible for the intoxicating effect (THC levels varying significantly between different plant varieties).The plant also contains cannabidiol (CBD), which has a tranquilising effect.Synthetic cannabinoids are novel mixtures of plant and synthetic cannabinoids which may mimic THC's effects.
Methods of consumption & Effects	<ul style="list-style-type: none"><u>Method of consumption:</u> mainly in the form of marijuana (dried flowers and leaves of the cannabis plant) or hashish (made from bud resins)Smoking joints is the main method of consumption, in which the crumbled hashish or marijuana is mostly mixed with tobacco and rolled into a cigaretteCannabis products are also smoked using a wide range of pipes, water pipes, and heaters (vapes)Cannabis products are sometimes dissolved in tea and drunk or baked into pastry (space cookies) and ingested.<u>Possible effects:</u> lifting of one's mood, a sensation of relaxation and wellbeing, exhilaration, increased need to communicate, intensification of acoustic or visual sensual perceptions, depressed mood, psychomotor agitation, restlessness, anxiety, panic reactions, confusion, phantasies of being persecuted, paranoid delusionsCannabis' spectrum of activities is very broad and subject to the method of consumption, amount of active substance, situation of consumption, prevailing mood, and mental stability of consumers.
Mixed consumption	<ul style="list-style-type: none">Cannabis enhances the effects of alcohol, but not the other way round. Mixed consumption amplifies the undesired effects.Risk: physical warning signals are ignored.
Legal appraisal	<ul style="list-style-type: none">From 18 years: possession of up to 25 grammes permitted for one's own consumptionStorage at home: up to 50 grammesConsumption prohibited: in the presence of children and adolescents, at schools, playgrounds, facilities for children and adolescents, publicly accessible sports grounds, and within the range of vision of such places or at a distance of 100 m, in pedestrian zones from 7 a.m. to 8 p.m.Cannabis is generally out of bounds for adolescents. In case of breach, the parents or legal guardians will be informed; information and consultation measures may be prescribed.When driving a motor vehicle in road traffic, a THC threshold value of 3.5 ng/ml THC in the blood serum must not be exceeded. For novice drivers in the probation period and before reaching 21 years of age, prohibition of consumption is absolute. Attention: Because cannabis degradation in the body is slow, urine may test 'positive' during a road check even though consumption took place several days ago.



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Acute risks & Long-term effects	<ul style="list-style-type: none">The <u>risks</u> are particularly high for young people, as THC can impair brain development. Research suggests that early and regular cannabis use can increase the risk of schizophrenia and disrupt personality development. Young people who use cannabis regularly may be at an increased risk of depression and suicidal ideation later in life.<u>Possible long-term effects</u>: brain performance suffers with increasing duration and intensity of use, reduced learning and memory performance, psychological dependence, increased incidence of bronchitis, reduced lung capacity, the same health risks as tobacco smoking when cannabis is consumed together with tobacco, increased risk of heart attack, increased risk of psychosis, trigger for previously hidden schizophrenia.
Prevention & Recommendations	<ul style="list-style-type: none">Partial legalization could lead to a less critical attitude toward cannabis. It is important for caregivers to take a clear stance and engage in an open, non-judgmental dialogue with young people to help them develop their own critical perspective.<u>www.cannabisprävention.de</u> offers information and tips for psychological parents.
Statistics	<ul style="list-style-type: none">A study conducted by the Federal Center for Health Education (BZgA) in 2023 revealed that about 91 out of 100 young people between the age of 12 and 17 have never taken cannabis (91.7%), 1.3% have smoked cannabis more than 10 times in the last 12 months, and 0.4% have a problematic consumption pattern. Among 18- to 25-year-olds, 47.2% have some experience with cannabis, 8.0% have smoked cannabis more than 10 times in the last 12 months, and 3.2% have a problematic consumption pattern.

References

<https://www.niedersachsen.de/cannabis> (accessed: 22.09.2025)
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