

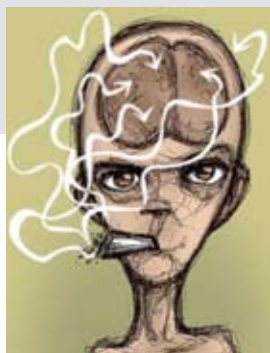


*Finding the right way to use cannabis*

**PORTRAIT OF THE RESPONSIBLE  
CANNABIS CONSUMER**

LEAFLET FOR REGULAR ADULT CANNABIS USERS

## Talking about people: THE USER



### The responsible cannabis user:

- Is of legal age.
- Knows about cannabis. Is aware of its main characteristics and risks.
- Realises that there are different ways of using cannabis: knows that substance abuse can be a problem and moderates their consumption to prevent such problems and abuse.
- Is aware of their own personal use as regards quantity, frequency, what it means to consume cannabis, etc.
- Pays attention to the repercussion of cannabis on their physical, psychological and social health. Ensures that its consumption neither aggravates nor prolongs a disorder of any kind, including psychological, psychiatric, respiratory or cardiovascular.
- Does not hide behind a cannabis screen. Has developed abilities and strategies for dealing with different situations.
- Knows themselves, knows the whys and wherefores of consumption in their lives.
- Reduces to an acceptable level potential repercussions on their health or the appearance of negative consequences. Keeps control of the eventual adverse effects of their consumption.
- Continues to go about the activities and relations of their everyday lives. Their consumption does not interfere with their daily responsibilities and tasks.



Cannabis can be an element of enjoyment in a user's life; it can also minimise potential health risks and even bring benefits. Every use has its moment and context. Planning and rationalising your consumption is a way to ensure a better experience and make sure you stay in good health.



## Talking about the substance: CANNABIS

### The responsible cannabis user:

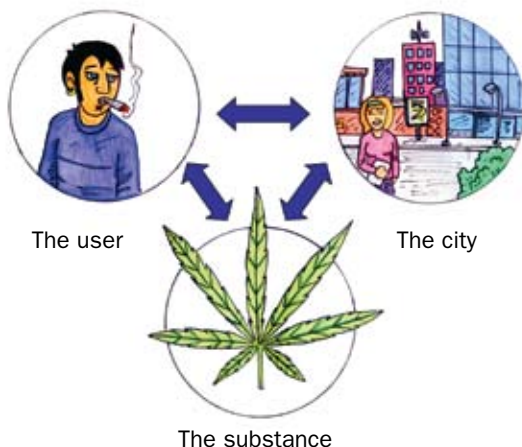
- Knows what they are consuming. Knows the characteristics of the cannabis they are using.
- Consumes good quality cannabis. Uses a quality substance, 100% pure, with no chemical nutrients or pesticides.
- Consumes the variety and strength most suited to the moment and personal situation at hand.
- Uses vaporizers for a gentler effect on the respiratory tract.
- Takes care not to mix different kinds of drugs; doing so can greatly increase the strength and effect of substances.
- Takes regular breaks from their smoking habit, for an amount of time every year. Remember that smoking less means greater enjoyment when you do it.
- Is careful when taking cannabis orally.
- Belongs to a consumers' club and no longer has to buy hashish in the street, which is usually adulterated. This also helps to prevent help trafficking.



## Talking about the social context: THE CITY

### The responsible cannabis user:

- Respects the rights of others, whether or not they are smokers.
- Discourages the under-aged and people with psychiatric problems from consuming substances.
- Avoids legal problems related to consumption. Does not deal, consume in public places, buy in the street, etc.
- Goes about their regular daily activity independently of their cannabis use.
- Consumes at a distance from places of study, work, or when driving vehicles.
- If travelling abroad, they do not carry cannabis and they read up on the legal situation in the country they are travelling to.
- Asks for help in the event of going too far or causing problems.
- Belongs to a consumers' club that gives guarantees as to the quality of the substance, helps them in the frame of legal protection, and offers them guidance as regards responsible use of the substance.



## **THE RESPONSIBLE CONSUMER REGULATES their personal consumption by:**

- Giving occasional thought to their relationship with the substance, the effect of their consumption and its potential risks.
- Admitting that use could cause problems, abuse and dependence on cannabis. They also realise that their personal circumstances make may sometimes make its consumption unadvisable.
- Having clear-cut objectives as regards consumption, thereby preventing inappropriate use, and taking steps to fulfil them.
- Establishing and following personal limits that distance them from problem or inappropriate use.
- The user is in control of themselves, of the substance, and of what they do when they consume cannabis. They know their priorities in life and place consumption after other interests in life.



### **They decide whether to consume or not depending on:**

- Their personal situation. They realise that their mood and state of mind have a strong influence on the way the substance affects them. They therefore postpone consumption when they are feeling down or psychologically negative.
- Whether or not the place is suitable for consuming cannabis. This depends on the legal situation of cannabis, on whether children are present, etc.
- They decide whether or not it is the right personal moment to consume cannabis, depending on what they have to do, with whom, etc.
- They do not use cannabis to dodge their responsibilities, or to avoid making decisions.
- Consumption neither blocks nor inhibits the user's personal development or potential.

### **They stay in control of themselves and of the use they make of the substance:**

- They dose the substance to suit their interests, the environment and their health.
- They know how to tell when they have had enough and when to stop.





## THE RESPONSIBLE CONSUMER REGULATES their personal consumption by:

- They know that the objective is to enjoy a safe, pleasurable and productive experience. They therefore have no problems saying NO when the conditions for consumption are not advisable:



- When pregnant or breastfeeding.
- When mixed responsibilities and consumption are involved. They postpone consumption for later, when their obligations have been fulfilled. They do not consume at school, at work, when driving or handling material.
- Consumption should be suspended in the event of problems that persist or become worse with use.
- They are able to stop consuming for a period of time decided by themselves.

### **They plan and rationalise their consumption:**

- They choose the right time and place for a productive, safe and enjoyable experience.
- They know how to enjoy themselves with or without cannabis. They have healthy alternatives to its consumption.
- They consume for pleasure rather than to relieve the displeasure of not doing so.



# QUESTIONNAIRE ON RESPONSIBLE CANNABIS USE

Extracted from the book "Cannabis y consumo responsable: Guía para un uso adecuado". Iñaki Martínez.

<b>MYSELF</b>	YES	NO
1. I am a consenting adult and I consume cannabis		
2. My cannabis consumption is excessive		
3. Consuming cannabis has a negative effect on my personal, health or social state		
4. Its consumption blocks or hinders the development of my personal capacities		
5. I don't know when I've had enough and I overdo it		
6. Members of my immediate family have a background of psychological problems		
7. I'd like to stop consuming for a while, but I can't		
8. When I'm feeling down, or when I'm in a negative psychological place, I am unable to postpone consumption		

<b>THE SUBSTANCE</b>	YES	NO
1. I am familiar with cannabis. I am aware of its main characteristics and risks		
2. Normally I know what I'm smoking (type of substance, characteristics, strength, quality, etc.)		
3. I choose to smoke the cannabis variety most suited to my personal circumstances at each particular moment in time		
4. I use the vaporizer as a way to take care of my lungs		
5. I don't usually mix different types of drugs		
6. I am aware of the risks of consuming cannabis orally and I usually take precautions		
7. The amount I consume is not excessive. I am a moderate user		
8. If I occasionally feel weak or faint, I eat chocolate or something sweet to help me over it		

<b>THE CONTEXT</b>	YES	NO
1. Consumption maintains or aggravates personal, financial, work or social problems		
2. I usually smoke before I go about my work or obligations		
3. I role myself a joint wherever I feel like it		
4. I often drive my car or motorbike having had a smoke, a drink, or both		
5. The way I consume separates and distances me from my family or partner		
6. Most of my free time is invaded by consumption		
7. I will never ask for specialised help, even if I need it, it's not my style		
8. Whenever I travel abroad, I take my own dope/grass		

This questionnaire is drawn up in such a way that affirmative answers in the Myself and The Context areas, and negative answers in The Substance area indicate potential inappropriate use. We should therefore pay attention to risks of this kind. The greater the number of affirmative answers in the Myself and The Context areas and the greater the number of negative answers in The Substance area, the greater the risk of inappropriate and irresponsible cannabis use.

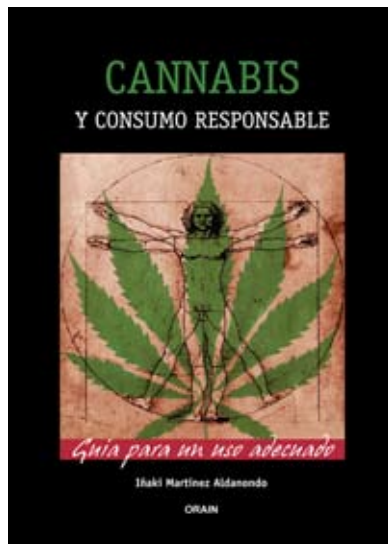


*“Cannabis is like fire: a little warms the heart,  
but too much burns the soul”*

SIDDI HIDI.

Using cannabis properly can be a perfect part of a balanced, responsible lifestyle. But like any other habit, it can sometimes be practised incorrectly and irresponsibly. The key lies in the use we make of the substance. It is we ourselves who are responsible for using it rightly or wrongly.

At the Orain Association we organise TALKS AND WORKSHOPS ON RESPONSIBLE CONSUMPTION for adult users to encourage appropriate, responsible uses of cannabis.



If you'd like to learn more about responsible use, you can read further on the subject in the book:

**“Cannabis y consumo responsable. Guía para un uso adecuado”.**

Autor: Iñaki Martínez Aldanondo. Editorial ORAIN. 2014

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