



Göteborgs Stad  
Social resursförvaltning

## One in five 17-year-olds in Gothenburg have smoked cannabis

You have received this folder because of the increase in the number of young people in the city who smoke cannabis



7 %

of students in Year 9 at  
secondary school say they  
have smoked cannabis

19 %

of students in Year 2 at  
high school say they have  
smoked cannabis

## My son or daughter wouldn't

Perhaps not, but the risk is greater in a city such as Gothenburg, where cannabis is widely available and the drug is no more than a couple of text messages away. A police crackdown at secondary schools revealed that several young people had drugs in their system. The young people themselves say that getting hold of cannabis quickly isn't a problem. Attitudes to cannabis have changed and many young people and adults believe the drug is harmless.

## Is it really that dangerous?

Hash and marijuana come from the cannabis plant. They are illegal and are classified as narcotics. Smoking cannabis today is considerably more dangerous than it was 20 years ago. Processing has increased the THC content of cannabis, making it stronger. And the price has fallen by half during the same period. A synthetic form of cannabis, known as Spice, has become increasingly common among young people. Smoking Spice is just as serious as smoking cannabis.

## A little cannabis won't kill you?

You can't die from an overdose of cannabis but there is a heightened risk of accidents, mental impairment and alienation when you smoke cannabis. The greatest danger is the gradual onset of dependence and harmful effects. There is a deterioration in key functions, such as memory, concentration, verbal capacity, analytical and orientation skills and the ability to reach correct conclusions.



### Research shows that

- the brain of a teenager is particularly vulnerable to the effects of cannabis
- starting early and regular use lead to reduced IQ

## What can I do as a parent?

It may not always be easy to talk to your son or daughter about drugs but it is still necessary. As a parent, you have an important role to play in influencing the attitude and behaviour of your son or daughter. Your standpoint affects the choices they make. Make your views on tobacco, alcohol and drugs very clear. Don't be afraid to ask questions!

### KEEP A CHECK

Talk to your son or daughter – don't be afraid to ask questions.

Make sure you know where your son or daughter is and who they are with. Talk to other parents.

### BE ALERT TO CHANGES

Be alert to any changes in behaviour.

It is easier to get someone to stop using drugs if they have only just begun.

Take note of any signs of truancy, deterioration in schoolwork or a change in finances.

### ASK FOR HELP

If you are worried about your son or daughter, do not be afraid to seek help.

## Would you like to know more?

The figures in this folder are taken from the report Cannabis and Young People in Gothenburg – an in-depth analysis of the drug use survey conducted every three years. All students in Year 9 at secondary school and Year 2 at high school answer questions about their drug use.

Read the full report and find further information at:

[www.socialutveckling.goteborg.se/kk](http://www.socialutveckling.goteborg.se/kk)

For more facts and research into cannabis

[www.can.se](http://www.can.se)

[www.cannabishjalpen.se](http://www.cannabishjalpen.se)

## Support is available

### Mini-Maria Gothenburg

Four outpatient clinics are available for young people up to the age of 21 as well as their parents and relatives. You can go along if you have any questions or concerns regarding drugs or alcohol.

The Mini-Maria clinics can be reached by telephone:

City Centre 031-367 99 40

West 031-367 92 70

North-East 031-367 92 90

Hisingen 031-367 93 15

### Social services

You can also get in touch with social services for help and support if you suspect that your son or daughter is using drugs, [www.goteborg.se](http://www.goteborg.se). See contact details for your area. The number of the Contact Centre, the City Authority switchboard, is 031-365 00 00.