



Cannabis Module

This module aims to increase a learner driver's awareness of the dangers of using cannabis and driving.

The outcomes are for the learner to better understand:-

- 1. That cannabis is a depressant, with hallucinogenic properties**
- 2. How cannabis will impact on a driver's ability to react to situations**
- 3. The danger of mixing alcohol with cannabis**

Ask the learner to complete the pre-module evaluation sheet

Introduce the session by explaining that some drivers may use cannabis and drive, so in order to keep themselves safe it is important to be able to understand how cannabis can affect a driver so they can identify a driver who may be under the influence of cannabis.

Show the learner the short 60 second video.

After they have watched the video the instructor should ask the following questions:-

- 1. What type of drug is cannabis? Cannabis is a depressant but with both stimulant and hallucinogenic properties.**
- 2. How much cannabis would a driver need to take to be over the limit? Any amount of cannabis would be enough for a driver to be over the limit. There is a zero-tolerance approach to cannabis, with the limit set at a level where claims of accidental exposure can be ruled out.**

3. **How long will it take for cannabis to leave someone's system?** THC, the main psychoactive substance in cannabis can be detected in blood and urine for up to 1 month after use. It can be detected in saliva for up to 24 hours.
4. **How would cannabis affect a driver's road positioning?** Drivers under the influence of cannabis are less able to steer accurately and maintain an appropriate road position. They are also less likely to maintain a safe following distance from vehicles ahead.
5. **How would cannabis affect a driver's reactions?** Cannabis makes drivers slower to react to situations. In fact, reaction times have been found to increase by 21% after consuming cannabis.
6. **What would the effect be if the driver mixed alcohol with cannabis?** When combined with alcohol, the effects of cannabis can be up to 16 times greater than using cannabis alone.

Key Learning to be summarised by the instructor:-

1. Cannabis is a powerful depressant that slows reactions
2. It can be easily detected at the roadside
3. Alcohol greatly increases the effects of cannabis.

At the end of the lesson the instructor should ask the participant to complete the post-module evaluation.

