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| **LESSON FIVE – CULTURAL INFLUENCES ON MENTAL HEALTH AND WELLBEING** |
| **STARTER TASK:** Think about Scottish culture. How might it influence out mental health and wellbeing? |
| POSITIVE INFLUENCES OF SCOTTISH CULTURE | NEGATIVE INFLUENCES OF SCOTTISH CULTURE |
| **TASK ONE: Read more to know more. Develop your literacy skills by reading the article you have been given and completing the activities below.**  |
| **Title of Article:** |
| **Summarise the article in four main points:** |
| **Select three of the most important words in the article:** |
| **Evaluation: How trustworthy is this article? Do you consider it accurate?****Give your reasons:** |
| **Review (colour the stars)****Usefulness of article:** ✪✪✪✪✪ Enjoyment of article ✪✪✪✪✪  Would you recommend this article? Yes ☐ No ☐ |
|  |
| **Title of Article:** |
| **Summarise the article in four main points:** |
| **Select three of the most important words in the article:** |
| **Evaluation: How trustworthy is this article? Do you consider it accurate?****Give your reasons:** |
| **Review (colour the stars)****Usefulness of article:** ✪✪✪✪✪ Enjoyment of article ✪✪✪✪✪  Would you recommend this article? Yes ☐ No ☐ |
| **TASK THREE:**  |
| **Can cannabis affect my mental health?**It is widely accepted that cannabis use can cause short-term psychotic episodes. But there is good research to show that cannabis use can cause severe mental health problems, such as schizophrenia, bi-polar and psychosis. Most research seems to have a focus on the link between psychosis and cannabis, and schizophrenia and cannabis. But there is no definite evidence that cannabis causes psychotic illnesses.Cannabis may be one of the causes of developing a mental illness but it is not be the only cause for many people. Not everyone who uses cannabis will develop psychosis or schizophrenia. Not everyone who has psychosis or schizophrenia has used cannabis. But you are more likely to develop a psychotic illness if you smoke cannabis. And are ‘genetically vulnerable’ to mental health problems. Researchers studied a group of 18-20 year olds who smoked cannabis. When researchers followed them up more than 15 years later they found that participants were:* more likely to develop psychosis if they used skunk instead of milder cannabis,
* 2 times more likely to develop schizophrenia than someone who doesn’t take cannabis, and
* 6 times more likely develop schizophrenia if they are a heavy cannabis user compared to someone who doesn’t take cannabis.

Different research studies found the following:* Long-term use can have a small but permanent effect on how well you think and concentrate.
* Smoking cannabis can cause a psychotic relapse if you have a psychotic illness.
* You are more likely to develop depression and anxiety in young adulthood if you smoke cannabis from an early age.
* You are more likely to get psychosis if you start using cannabis in your youth.

Cannabis may affect young people more because their brains are still developing up until the age of 20.**Source:** Rethink Mental Illness Website (rethink.org) | 1. What type of mental health problems can cannibas use cause?2. List the impacts of cannabis use on participants in the study:3. How have studies shown cannabis use can affect people?**EXTENSION:** Scotland has a problem with drink and substance misuse. What more do you think the Government could do to combat this? Aim to come up with at least three ideas. --- |