

## TE TARUKINO E KĪIA NEI KO TE CANNABIS

### Te Ratonga Taurima Ākonga

*"kia kaha ake te puta o te ihu i ngā mahi whare wānanga,  
kia pakari tonu - taha whaiaro, taha tangata"*

Ngā Ratonga Ākonga

Te Kunenga ki Pūrehuroa

Te Papaioea

He tarukino te cannabis nō te Karangatanga C, mā te tohutohu rawa a te tākuta e whakaaetia ai te kai. Ko te cannabis ētahi wāhanga maroke o te *Cannabis sativa*, te tipu hemp o Īnia. Ko te THC (tetrahydracannabinol) te hanga kino o roto. Arā ētahi atu āhua o te cannabis e taea ana, ko te hashish (te pia cannabis kua maroke, me ngā pua raungaiti), me te hinu hashish (te hinu ka tangohia i te tipu ki tētahi momo whakarewa paraumu). He rahi noa ake te THC o roto i te hashish me te hinu hashish, koinā i tohua ai ērā he tarukino nō te Karangatanga B. Waihoki, he rahi ake te THC o roto i te cannabis ka whakatipua i Aotearoa, tēnā i ō tāwāhi.

### **He aha te take he kai cannabis ētahi tāngata?**

He whakapōturi tā te cannabis i te Pūnaha Ioio. Ki te kainga kia iti nei, ka koa katoa te tangata, ā, tērā ka kaha ake tana hiahia whai wāhi atu ki ngā kōrero tahi me ngā ngahau tahi ki ētahi atu. Arā ētahi ka kai cannabis kia wareware atu ō rātou raruraru (engari ko te mate kē, ka hoki tonu mai). He wā anō ka raru te taiohi i ngā akiaki a ngā hoa kia kai ngātahi rātou i te cannabis, pērā anō i te akiaki kia kai hikareti tahi, kia kai waipiro tahi.

### **He aha te raruraru?**

E kore pea te tangata e raruraru ki te kainga e ia te cannabis kia iti nei, i ōna wā ruarua nei. Engari ki te nui ake i tērā:

- Ākene ka whara te tangata i te mea ka āhua pohepohe, ka hē te mahi tahi a ngā wāhanga o te tinana, kāore e ū ōna whakaaro, ka hinengaro makere, ka pōturi tana aro atu ki ngā āhuatanga ka tūpono pā mai, tana whakamāori pārongo, ana mahi ā-tinana, ka mutu, ka kore pea e aro ki te takanga o te wā.

- Ä, ki te kore e ü ngä whakaaro, ki te hinengaro makere, ki te raru te whakamāori pārongo, ka hē anō ko ngä mahi whare wānanga.

### **Ngä pānga tautini ina kaha tonu te kai cannabis**

- Ka kaha ake te tūpono pā o ngä mate pūkahunahū, tae atu ki te pūkawe kakā pā whakarere me te pūkawe kakā tautini, te mate pukupuku i ngä pūkahunahū, i te waha, i te korokoro, me te wāhanga whakarunga o te ara hā (he kaha ake te kakati o te auahi cannabis ki te ara hā, tēnā i te auahi tupeka, ä, ki te kainga ngä mea e rua, kātahi ka tino hē kē atu).
- Tērā ka pā te 'Mate Ngākau-Kore', ko ōna tohu ko te ngoikore, te hihiko kore, me te aha, ka noho papa ko ngä mahi me ngä kaupapa pārekareka.
- Arā ētahi tāngata tokoiti nei ka keka mö tētahi wā ina kai cannabis rātou. Ko ōna tohu, ko te pōkaikaha, te wareware, te pōhēhē, te pohewa, te mātukanuka, te kōmingo, tae atu pea ki te inati o te hari - katoa ēnei tohu ka whakararu i ngä whakataunga.

### **Ngä pānga taha hinengaro**

Arā ētahi tāngata tokoiti he kino tonu ngä pānga taha hinengaro i tā rātou kainga tuatahitanga i te cannabis, ina ruarua noa iho rānei ngä wā kai ai rātou i te cannabis. Ko ētahi ka kino tonu te mauri rere, he tuatahi mö rātou, ina kai cannabis rātou. Mö te hunga he kaha tonu, he rite tonu rānei tā rātou kai cannabis, he kaha ake te tūpono pā mai o:

- te mātukanuka, te mauri rere, te mate manawa-rau, te whakaaro kua pōrangi rātou
- te hinapōuri
- ngä tohu keka, tae atu ki te pōhēhē me te pohewa (ki te kainga kia rahi tonu).

### **I mahara au kāore te tangata e warawara ki te cannabis**

Ki te kai cannabis koe i ngä wā tino ruarua nei, e kore pea koe e riro hei kiriwara nā te cannabis. Engari ki te rite tonu tö kai i te tarukino nei, tērā tonu pea ka whakawhirinaki koe ki a ia - ä-tinana, ä-hinengaro. Me te aha, me rahi ake te cannabis e kainga e rongō ai koe i ōna 'painga'. Ina kaha tonu te kai cannabis, ka kaha ake te tūpono pā o te mātukanuka, te kōmingo, me te hinapōuri, ä, i tērā tonu kua kaha kē ake te kainga hei patu i ērā āhuatanga kino. Arā anō ngä hua kino ka hua ake i tērā.

## Ngā pānga ki ngā hononga tāngata

- Ākene pea ka raru ō hononga tāngata i te kai cannabis. Ina rehua te tangata e te cannabis, ka hē pea ko tana kōrero tahi me tana whakapāpā tahi ki ētahi atu, kāore rānei ia e aro ki ngā kawenga e tika ana kia pīkautia e ia.
- Ka raru anō pea, taha moni nei, i te nui o ngā moni e pau ana ki te hoko tarukino, ā, tērā pea kua whakatā i ētahi wā e tika ana kia mahi ia.
- I raro i te ture, kāore e whakaaetia te kai cannabis i Aotearoa. Tērā ka whakawhiua te hunga kai i tēnei tarukino e te ture.

Ka māuiui anō au i a au e whakamutu ana i taku kai cannabis?

Ina tahuri te tangata he kaha tonu tana kai cannabis ki te whakamutu i tēnei mahi āna, ākene pea ka rongō ia i ētahi āhuatanga, tae atu ki ētahi o ēnei:

- te mānukanuka, te kore e tau o te noho, te kōmingo
- te kiripiro, te nihoniho
- te kore e moe
- te kore e hiakai
- te mate tikotiko
- te tinana pōkākā, te heke o te werawera
- ētahi tohu rewharewha

Ka kotahi wiki noa iho pea koe e māuiui ana, engari i ētahi wā ka rongō tonu koe i ētahi tohu mate ngoikore nei mō te kotahi marama.

Me aha au ki te hiahia whakamutu au i taku kai cannabis?

- Whakaritea he hui ki Te Ratonga Waipiro, Tarukino (kei ngā hōhipera katoa tēnei ratonga).
- Kōrero ki tētahi kaiārahi i Te Ratonga Taurima Ākonga. Kei a mātou ngā pārongo me ngā tautoko e kitea ai te momo āwhina e hiahia ana koe.
- I ngā wāhi e rua kua huaina i runga ake nei, ka noho tapu nga kōrero mōu.

He kupu whakatepe:

Ko tā te hashish e hoatu ai ki tētahi o ana ringa, ka tangohia ki tētahi: inā rā, māna ka tukua tō hinengaro kia rere, engari māna anō e kore ai koe i whiwhi i ngā painga o tērā āhua.

Baudelaire

1860

Ki te hiahia whakarite wā koe hei hui tahi ki tētahi o ā  
mātou kaiārahi i Te Ratonga Taurima Ākonga, waea mai ki a  
Julia i 350 5935.

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