

## Inquiry into the use of Cannabis in Victoria

██████████  
**Organisation Name:**  
**Your position or role:**

### SURVEY QUESTIONS

**Drag the statements below to reorder them. In order of priority, please rank the themes you believe are most important for this Inquiry into the use of Cannabis in Victoria to consider::**

Accessing and using cannabis, Education, Young people and children, Public health, Public safety, Mental health, Social impacts, Criminal activity

**What best describes your interest in our Inquiry? (select all that apply) :**

Individual

**Are there any additional themes we should consider?**

**Select all that apply. Do you think there should be restrictions on the use of cannabis? :**

Personal use of cannabis should be decriminalised.

(Decriminalised: there are no criminal or civil penalties instead a person is referred to a drug diversion program or other health/ treatment service), Personal use of cannabis should be legal. , Sale of cannabis should be legal and regulated. , Cultivation of cannabis for personal use should be legal.

### YOUR SUBMISSION

**Submission:**

To Whom It May Concern,

I'm a 40 year old happily married dad of two young kids who has been enjoying legal marijuana in California (I'm Australian) for three years now. My only regret is that I wish I had discovered sooner.

A few years ago I went to a dinner party with a friend who I hadn't seen in person for about 4 months. I was amazed when I saw him. He had lost a lot of weight, lost the dad bod and looked healthier and genuinely five years younger. I asked him what he'd changed and it was simply from cutting alcohol way down and taking up marijuana. I started researching and reading about it and there were tons of positive recommendations from a health perspective.

Modern marijuana has come leaps and bounds from where it used to be. In the same way that today, we're not drinking moonshine and home brews of varying strength and safety, legal marijuana these days is much the same as legal alcohol in that you know exactly which strain you're getting, exactly how strong it is and you know exactly how you'll feel. My preferred method is ingestion (cookies, lollies etc). One lolly gummy may contain, say 10mg of THC. Just like pouring a glass of wine, you'll know exactly how that's going to feel and how much of an effect it will have on you. There are thousands of strains, and they will have a slightly different effect but they all derive from two main species, Indica & Sativa. Indica strains tend to be more relaxing and more of a "body high/sleepy" feeling whereas sativa strains tend to be more cerebral and creative.

To further explain the feeling and effect, I would liken it to a glass of red wine. You feel a little relaxed, a

little giggly, a little cosy. It makes movies more immersive, food tastes better and your senses are more acute. Listening to a song you may have already heard a million times before on good speakers or headphones, you'll hear details you never noticed and the feeling of immersion is like you're sitting in the orchestra pit. Sexual enjoyment is also heightened and leads to a better love and sex life with your partner.

There are a lot of myths surrounding marijuana and its demonization. A very plausible argument is that marijuana was demonized to oppress black communities as it was their drug of choice. Unfortunately in some conservative US states it is still used by the legal system for this effect.

The truth as I see it, is that our society would be much healthier and safer if more people switched from alcohol to marijuana. When you've had it, you want to stay in, order some yummy food, cuddle with your spouse and kids on the couch and watch a movie. Then you'll have an amazing sleep and wake up 100% refreshed, without a hangover. You do not want to drive, go out, start fights etc. If use was more widespread, road fatalities, domestic abuse & street fights would be way down. Uber eats and Netflix would be way up.

The positive health effects for me have been astounding. I'm getting amazing sleep, leading to amazing workouts and like my friend, I've lost my dad bod. I look and feel much younger and people have even commented so. Marijuana has an anti-inflammatory effect, the opposite of alcohol and you can see the difference in someone's face when they switch over. I'm a professional and run my own successful business and my motivation and work ethic is as good as it's ever been (or better considering better sleep). I treat it like alcohol, I don't drink while I'm working so this is no different. It's to be enjoyed at the end of the day after all the work is done.

I don't believe it is without it's dangers though. I do believe it could hurt a developing brain and just as with any drug, it can be abused if someone is using it to mentally check out and escape their problems. I believe it does need to be regulated but I would also think that 18 may be too young and 21 would be more appropriate.

The best thing though to me about marijuana is the profound sense of beauty you can get from it. Those days when you're sitting in the sunset watching your kids play, that sense of wonderment and amazement in their childish innocence and beauty is magnified a thousand times. It is not lost when you've "sobered up", it's a memory you'll keep with you. There are so many reasons why I love it, I just wish I'd discovered it sooner.

**Do you have any additional comments or suggestions?:**

## **FILE ATTACHMENTS**

**File1:**

**File2:**

**File3:**

**Signature:**

