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# *Legalization of* **cannabis**

*by the Canadian  
government doesn't  
make it Halal*

*Imam Foudil Selmoune*



# The Five Necessities

**1**

**RELIGION**

**2**

**SOUL**

**3**

**MIND**

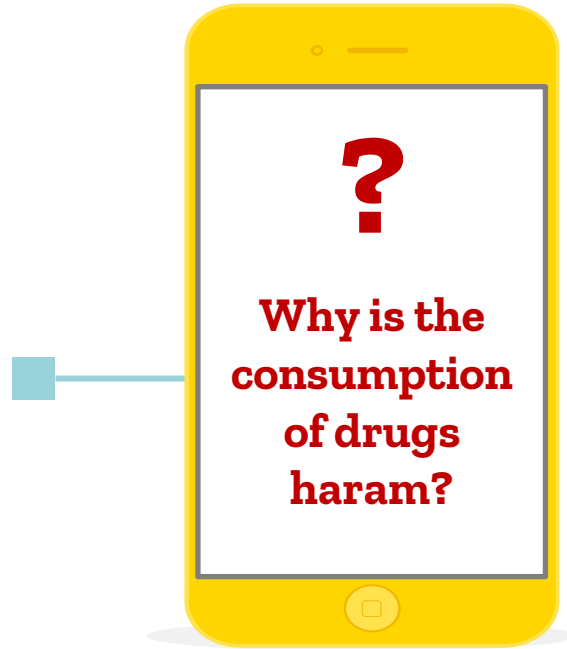
**4**

**HONOR**  
(Dignity)

**5**

**POSSESSIONS**  
(Money, etc.)

The most frequently common asked question by the youth is:



**FAQs**



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يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ  
مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ

*“O believers! Intoxicants and gambling (games of chance), dedication to stones (paying tribute to idols) and division by arrows (lottery) are the filthy works of Satan. Stay away from them, so that you may prosper.”*

**—Surah Al Ma'idah, v. 90**



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إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ  
وَالْمَيْسِرِ وَيَصُدَّكُمْ عَن ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ ۖ فَهَلْ أَنْتُمْ مُنْتَهُونَ

*"Satan's plan is (but) to excite enmity and hatred between you, with intoxicants and gambling, and hinder you from the remembrance of Allah, and from prayer: will ye not then abstain?" —Surah Al Ma'idah, v. 91*

**Sahaabah Said: "We abstain, and we give up".**



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*Imam Qurtubi in his interpretation, mentions the story where it was stated that a drunken man urinated, took his own urine to make wudu and then said: "O Allah, make me of those who repent, and make me one of those who purify themselves"!*

*الضحاک بن مزاحم said to a man: "why do you drink wine?"  
Then man answered: "it digests my food". He said: **"It is digesting your religion and your mind more."***



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*It is narrated in Bayhaqi by Uthman Bin Affan (RA) who said : "A man was asked by a woman to come to her house and give evidence on some matter. On entering the house, he was locked in and given three choices. They were **1. to commit adultery, 2. drink alcohol or 3. kill a child.***

*The man thinking that consumption of alcohol would be the least harmful chose to do so. In his drunken state, he ended up committing adultery and murder also. Uthman (RA) then said: **"Keep away from alcohol as it can never (reside) together with faith in the heart) as one will eventually push the other out"**.*

## Alcohol is prohibited in the Hadith

*The Prophet of Islam, Muhammad, peace be upon him, said:*

- ***“Alcohol is the mother of all evils and it is the most shameful of all evils.”*** — Sunan Ibn Al Majah, vol. 3, Book of Intoxicants, Chap. 30, Hadith 3371
- ***“Anything which intoxicates in a large quantity is prohibited, even in a small quantity”.***  
— Sunan Ibn Al Majah, vol. 3, Book of Intoxicants, Chap. 30, Hadith 3392

**Thus, there is no excuse for a nip, nor a tot.**





## Legal Drugs

- Alcohol (19 years of age and older)
- Tobacco (19+)
- Cannabis/Marijuana (19+)
- Prescription Drugs  
(when prescribed to you)
- Over the counter medication such as Tylenol or Advil (talk to a parent or trusted adult before using to ensure product is right for you and that you are using it safely)



## Illicit/Illegal Drugs

- Cocaine
- Prescription Drugs  
(that were not prescribed to you)
- Ecstasy/MDMA
- Crystal methamphetamine
- Heroin



## Reasons why some young people use drugs...

- symbol of being 'mature'
- to have fun
- to rebel authority
- to increase confidence
- to cope with concerns about body image
- to be "cool" and "fit in" with friends
- to cope with mental health issues/problems and stress
- curiosity



## Intoxicating Substances

- *Some everyday products, when used incorrectly, can act like a drug. They can have negative effects on an individual's health*
- *Often ingested or inhaled*  
Examples: *gasoline, glue, mouthwash, hairspray*



# Addiction

*A term used to describe a behaviour that is out of control in some way. It includes the 4Cs*

- *Craving*
- *Loss of control of amount or frequency of use*
- *Compulsion to use*
- *Use despite consequences*



## Effects of tobacco use

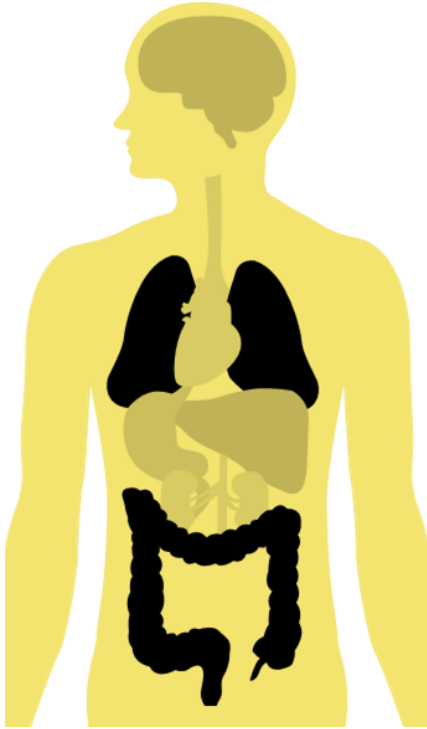
- *Yellow teeth*
- *Bad breath*
- *Cough*
- *Decreased exercise tolerance*
- *Lung damage*
- *Increased risk of heart attack and stroke*
- *Addiction*

## Electronic Cigarettes/Vapes



- *Battery operated (some have exploded)*
- *Some cartridges may contain nicotine (addictive)*
- *The aerosol contains other chemicals that may be harmful*

# What Alcohol Does to the Body



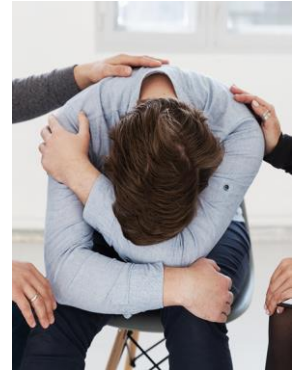
- *Enters the blood stream and affects brain function*
- *Blurred vision*
- *Cannot react as quickly*
- *Increased risk taking*
- *Slurred speech*





# Alcohol Poisoning

- *Cold/Clammy, pale or bluish skin*
- *Slow breathing*
- *Could vomit*
- *Confusion*
- *Shakiness*
- *Slow and weak pulse*
- *Unconsciousness (passed out)*







## Cannabis (Marijuana & Hashish)

- Comes from *cannabis sativa* plant and contains the chemical THC
- Street Names : pot, weed, reefer, joint, grass, Mary Jane, weed oil, honey oil, hash
- Can be "laced" with other substances



## **Cannabis ...**

### ***What does it do to your Body?***

- *Increased appetite (munchies)*
- *Loss of coordination*
- *Decreased concentration*
- *Hallucinations*
- *Memory loss*
- *Lung disease*
- *Addiction*



## Consequences of Drugs and Alcohol

- *Decreased athletic performance*
- *Poor grades*
- *More fights and more injuries*
- *Sexual assault/dating violence*
- *Vehicle crashes*
- *Decrease decision making ability*

## What You Can Do

**if someone is asking you to try drugs, you can:**

- *Respond with humor – say you don't want to end up like "insert the latest celebrity to get arrested for a drug-related offence".*
- *Reference a health issue that may worsen (such as asthma or bronchitis).*
- *Respond that real friends don't make you do things you don't want to.*

## What You Can Do

if someone is asking you to try drugs, you can:

- *Make up an excuse that you need to go, or that you have something to do tomorrow, so you don't want to feel like garbage.*
- *If you are really being pressured, **focus on the things that mean a lot to you. Ask yourself how this decision could impact your life** (in terms of getting into the college/university/apprenticeship you want, making the sports team you are trying out for, staying in the school band/other clubs, your relationship with your girlfriend/boyfriend or your parents etc.). **Tell them that you would rather focus on those things than drugs.***



## Staying Safe

- *Good friends*
- *Refusal skills (knowing how to say "No")*
- *Safety agreement*
- *Texting a Code Word*
- *Knowing where to go for help*



## Twelve Steps to Recovery

1. *We admitted that we were neglectful of our higher selves and that our lives have become unmanageable.*
2. *We came to believe that Allah could and would restore us to sanity.*
3. *We made a decision to submit our will to the will of Allah.*
4. *We made a searching and fearless moral inventory of ourselves*
5. *We admitted to Allah and to ourselves the exact nature of our wrongs.*
6. *Asking Allah for right guidance, we became willing and open for change, ready to have Allah remove our defects of character.*



## Twelve Steps to Recovery

7. We humbly ask Allah to remove our shortcomings.
8. We made a list of persons we have harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through Salaat\* and Iqraa\* to improve our understanding of Taqwa\* and Ihsan.\*
12. Having increased our level of Iman (faith) and Taqwa, as a result of applying these steps, we carried this message to humanity and began practicing these principles in all our affairs.



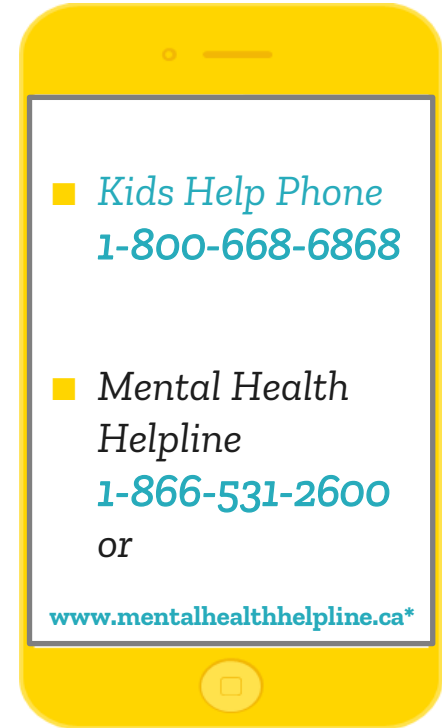


## If you need help:

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- Parents/Trusted Adult
- Teacher/Principal
- Child and Youth Worker
- Public Health Nurse
- Doctor

\* [www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)



# THANKS

*Do you have any questions?*  
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