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Destigmatizing Cannabis

Cannabis can be seen as a dangerous, highly addictive drug that can alter your mind in negative ways. Ever since cannabis was introduced to the American society in the 19th century, it has gotten a bad rep, thanks in part to its harsh criminalization in the 1930's. This was largely due to political factors set upon by the government to stop the use of cannabis and its spread throughout America. As cannabis was in its early stages of use in America, society and science did not fully understand the effects cannabis had on the human mind and body. It was only seen as a gateway drug for other "harder" drugs that have dangerous effects on the human mind and body. But through education/awareness, policy reform, and normalization through media, society can begin to destigmatize cannabis to create a more positive and safer image for it.

One method of destigmatizing cannabis is through educational awareness. By holding multiple informational meetings, conferences, and classes about the benefits and risks of cannabis, we can begin to tackle the common misconceptions regarding the effects of marijuana on the human mind and body. Since the arrival of cannabis, it has gathered many myths that have spread throughout our schools and workplaces. Some examples include that cannabis is a gateway drug, it is highly addictive, and leads to lung cancer. These accusations of cannabis have been debunked throughout the years, but it seems that it is not shared enough to the public. So, if there are groups or campaigns put together to provide information about the common misconceptions and myths of cannabis, the truth behind everything that comes with cannabis will come to light.

Another method that can be used to destigmatize cannabis is the action of policy reformation within our government regarding the laws around cannabis. Policy reformation is one of the most important and effective ways to destigmatize cannabis because it allows for more acceptance and availability of cannabis permanently. The legalization of cannabis for medical and recreational use is already making headway in the U.S which in turn creates more business and job opportunities for individuals. In creating and promoting new petitions, laws, and ideas that change the arguably harsh laws that surround cannabis may help to reduce the stigma and even decriminalize it in eventually all states in the U.S.

Another effective way to destigmatize cannabis is to normalize it through all outlets of media. Social media is a huge part of society today. It has the ability to get the word out regarding any topic, big or small. All media outlets can be used as a massive tool to normalize cannabis. It is possible to promote different positive effects of cannabis on the human mind and body. For example, we can shift the narrative that cannabis can lead to lung cancer and instead promote that cannabis is used for the treatment of inflammation and pain relief. All types of media can be used to our advantage when it comes to spreading positive informational facts and ideas regarding the use of cannabis.

In summary, the main idea of destigmatizing cannabis is to create a more comfortable, informational, positive image for cannabis. Currently, there are many different ideas about the use and production of cannabis, but nothing that is easily accessible that people can rely on to feel better about cannabis. However, through creative education/awareness, policy reformation, and normalization of cannabis through media outlets, we can begin to unravel the myths behind cannabis and reveal the truth.