



## Edibles: Information for Parents & Carers, June 2021

We thought it was important to keep you up-to-date about ‘edibles’. Elsewhere in England there have been reports of young people becoming seriously ill as a result of consuming them. We want to make sure you are aware and fully informed about ‘Edibles’ including how to identify them and potential implications of their use.

### What are edibles?

Edibles are food products that may contain cannabis and other drugs. They are available in many forms including sweets, gummies and lollipops. They usually contain – or are marketed as containing – a number of chemicals, many of which are harmful and controlled under the Misuse of Drugs Act (1971) including tetrahydrocannabinol (THC).

THC is the psychoactive compound in cannabis and can make people feel a range of effects, while cannabidiol (CBD) is the non-psychoactive chemical compound, which does not have the same effect. Any CBD product containing THC is illegal in the UK.

The sweet versions are widely available on the internet and via social media. The packaging is often deliberately targeted to attract young people. There is **NO** quality control of these products, therefore no one but the manufacturer knows what they contain.

### PICTURES TO BE INSERTED AS MANY PARENTS WON'T KNOW WHAT THEY LOOK LIKE

#### Why are edibles a concern?

We are aware that the amount of cannabis and any other drugs which may be added to these products, varies and is unknown to the user. This lack of information/labelling/ingredients means that anyone taking them cannot predict how they will feel or react.

The effects of consuming edibles are unpredictable, and because they are ingested there is no control once they have been consumed.

It is easy to accidentally take a larger dose because the effect is not felt immediately, and the young person may take more to achieve a quicker effect. Edibles can take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver.

An example of displayed side effects may include: (not exhaustive )	
Paranoia	Panic attack
Nausea	Impaired mobility
Hyperactivity	Elevated heart rate and blood pressure
Hallucinations	Increased appetite
Fainting	Memory loss

As edibles may look like other products such as sweets, they may be mistaken by young children to be such. Children and Young People therefore may come across them and take them, believing they are sweets due to the targeted packaging.

### What can you do?

We recommend having a conversation with your children about the importance of not taking anything that they do not know the ingredients of. Also, you can monitor food packaging and

wrappers, looking for wording such as CBD or THC suggesting the items are cannabis oil-infused.

If your child or young person reports taking the above and has symptoms, related to taking a drug laced edible, ensure their medical needs are met. **In a medical emergency call 999.**

If you are made aware of any social media accounts advertising these items, we ask you report this information to the police, school (if relevant) or [Crime Stoppers](#).

#### Local Services:

**Switch Bucks** If you are concerned about a child or young person using drugs or alcohol contact our young people's service; Switch Bucks, Phone: 01494 527000 Email: [Switchbucks@cranstoun.org.uk](mailto:Switchbucks@cranstoun.org.uk) Website: [Switch Bucks - Cranstoun](#)

**One Recovery Bucks** - a confidential adult service, which is available for anyone who has concerns about or wants information/advice, and or support with substance use Phone 0300 772 9672 Email [OneRecovery.Bucks@nhs.net](mailto:OneRecovery.Bucks@nhs.net) Website <https://onerecoverybucks.org/>

**One Recovery Bucks' Family and Carers service** can support anyone that is affected by or want support to help understand a loved one's substance use Phone 0300 772 9672 Email [OneRecovery.Bucks@nhs.net](mailto:OneRecovery.Bucks@nhs.net) Website <https://onerecoverybucks.org/family-carers/>)

#### Website:

The following website is a helpful source of information for children, young people, their parents and carers:

[Talk to FRANK](#) – the government's drug advice website/helpline and their specific page on cannabis – [www.talktofrank.com/drug/cannabis](http://www.talktofrank.com/drug/cannabis)

For friendly, confidential advice, Talk to FRANK on 0300 1236600.

### Edibles Packaging Examples

