

Dear parents/carers,

Important Information Regarding the Dangers of Vaping, THC Products, and Synthetic Substances

We are writing to raise awareness of the increasing risks associated with vaping, particularly the use of THC (the psychoactive component of cannabis) in vapes, as well as the dangers of synthetic substances such as "Spice" and THC-infused edibles, including gummies. These substances pose serious health risks, especially to young people, and we urge you to discuss these dangers with your child.

The Risks of Vaping and THC in Vapes

Vaping has become increasingly popular among young people, often under the misconception that it is harmless. However, many vapes contain high levels of nicotine and other harmful chemicals. Of particular concern is the rise in THC vapes, which can have severe effects, including:

- **Mental health risks** – Increased anxiety, paranoia, and cognitive impairment.
- **Physical health effects** – Breathing difficulties and lung damage.
- **Unknown additives** – Many are illegal and may contain harmful substances, including pesticides, heavy metals, and synthetic drugs.

The Danger of Synthetic Cannabinoids ("Spice") in Vapes

A particularly alarming trend is the presence of synthetic cannabinoids, often referred to as "Spice," in illegal vapes. Unlike natural cannabis, these substances are man-made and can have unpredictable and dangerous effects, such as:

- Hallucinations and severe anxiety.
- Increased heart rate, seizures, and even life-threatening reactions.
- Risk of overdose, as these substances can be far more potent than THC.



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The Risks of THC Edibles, Including Gummies

THC-infused edibles, including gummies, are also becoming more accessible to young people. These products pose serious risks because:

- **They are often mislabelled** – Many contain higher THC levels than advertised.
- **Effects are delayed but stronger** – Unlike smoking or vaping, edibles take longer to take effect, leading to unintentional overdoses.
- **They resemble regular sweets** – This makes them particularly dangerous for children and can lead to accidental consumption.

How You Can Help

We encourage all parents and carers to:

- Have open conversations with their child about the risks of vaping and drug use.
- Monitor any unfamiliar products your child may have.
- Seek advice from professionals if you suspect your child may be using these substances.

If you have any concerns or need support, please do not hesitate to contact the school. We are committed to ensuring the safety and well-being of your children and the wider community.

Thank you for your support in addressing this important issue.

Yours sincerely

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