



# Edibles: Information for Parents & Guardians

June 2021

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## **What are edibles?**

Edibles are food products that may contain cannabis. There are many forms of edibles, 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 amount or concentrate of THC is illegal in the UK and any CBD product containing THC is illegal in the UK.

The sweet versions are widely available on the internet and via social media and may be easily accessed by young people. The packaging is often deliberately targeted to attract young people. There is no quality control of these products.

## **What are we worried about?**

The amount of cannabis in these products can vary greatly and sometimes other harmful drugs are added too. The effects of consuming edibles are unpredictable and it can be very easy to accidentally take a larger dose. Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the person taking them may consume a larger amount of the drug not realising the delay in effects.

As edibles may look like other products, there is also the risk someone may ingest them without realising they contain drugs, this could include other children in the home.

### **Displayed side effects may include**

- Paranoia
- Nausea and vomiting
- Hyperactivity
- Elevated heart rate
- Hallucinations
- Impaired mobility
- Panic attacks

## **What can you do?**

We recommend monitoring food packaging/wrappers, looking for wording such as CBD or THC suggesting the items are cannabis oil infused.

Please be mindful of the medical needs should a child be present with symptoms, or if you suspect they have consumed a drug-infused substance. In a medical emergency call 999.

If you have any local information or intelligence please share it with: Crimestoppers, Fearless.org, Staffordshire Police 101, via facebook or the website.

### **Local support Services**

Stoke on Trent Community Drug & Alcohol service (CDAS)

**01782 221090**

**referrals@sotcdas.org.uk**

T3 stars (Covering all areas of Staffordshire; Newcastle-Under-Lyme, Staffordshire Moorlands, Stafford & Stone, Rugeley, Cannock & Burntwood, East Staffordshire & South Staffordshire) Excluding Stoke-on-Trent

Suite 1, 7-8 Mill Street, Stafford ST162AJ

**01785 241393**

**t3stars.stafford@humankindcharity.org.uk**

### **Websites:**

The following websites are really helpful sources of information for children, young people and their guardians: Talk to FRANK – the government’s drug advice

website/helpline and their specific page on cannabis –

<https://www.talktofrank.com/drug/cannabis>

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

