

# WHAT PARENTS NEED TO KNOW ABOUT EDIBLES

## WHAT ARE EDIBLES?

Edibles are food products that **contain cannabis**. They usually contain THC (tetrahydrocannabinol) and CBD (cannabidiol).

Edible cannabis products **often look just like regular sweets and snacks**. Some popular THC infused products include:

- gummy bears, chocolate bars, lollipops, fudge and other sweets;
- baked goods and other snacks such as cookies, brownies, cupcakes, popcorn and ice cream;
- sweetened beverages such as lemonade & other fizzy drinks.

The sweet versions are **widely available on the internet and via social media** and can be easily purchased by young people. The packaging is often deliberately targeted to attract young people.

There is **NO quality control of these products**.

## WHY DO YOUNG PEOPLE USE EDIBLES?

Young people take drugs for lots of reasons which may include:

- to experiment
- to escape
- to fit in with their peers

Some will experience feelings of **euphoria, relaxation** and a **sedative effect**, often known as a 'high'. Other users have reported **heightened auditory** and **sensory perceptions**.

Having a better idea of why your child takes drugs will help you talk to them.

## WHAT ARE THE CONCERNS?

The **amount of cannabis** in these products can **vary greatly** and sometimes **other harmful drugs may be added**.

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**. Consequently, the person taking them may end up consuming larger amounts as they think the drug isn't working. 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.

## POSSIBLE SIDE EFFECTS

- Poor coordination
- Dry mouth
- Fainting
- Nausea
- Panic attacks
- Increased appetite
- Hallucinations
- Memory loss
- Paranoia
- Uncontrolled vomiting
- Elevated heart rate
- A psychotic episode
- Impact on mental health
- Dependency
- Hyperactivity

## WHAT PARENTS CAN DO

- Monitor food packaging & wrappers;
- Look for wording such as CBD or THC which suggests the products are infused with cannabis oil;
- Be mindful of any potential medical needs if you suspect they have consumed a drug laced substance;
- Report to the police any social media accounts that are advertising these products.;
- In a **medical emergency call 999**.



If you have concerns you can contact school at:  
[safeguarding@rokeby.newham.sch.uk](mailto:safeguarding@rokeby.newham.sch.uk)