

Important information on Edible Drugs in local circulation for Parents and Carers, June 2021

We are aware of concerns raised recently regarding Edible Drugs and we understand that this is being promoted on some social media platforms such as Snapchat and Instagram. We are writing to share information with you about edibles so that you are aware of these and how to support children and young people who may have access to them.

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 a 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 and may be easily accessed by young people. The packaging is often deliberately targeted to attract young people and look very similar to well-known sweets such as Haribo, Smarties and chocolate bars. There is NO quality control on 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 end up consuming larger amounts of the drug while thinking 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.

Displayed side effects may include:

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

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 present with symptoms, or if you suspect they have consumed a drug-laced substance. In a medical emergency call 999.

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

Local service:

New hope is a substance misuse service for young people and adults. They can support young people to understand the risks and harm of taking drugs or drinking alcohol. They also offer advice and information to parents and carers and hold a Family and Friends Group which young people can access.

Email: new.hope@bracknell-forest.co.uk

Phone: 01344 312360

Website: [New Hope drugs and alcohol service | Bracknell Forest Council \(bracknell-forest.gov.uk\)](https://www.bracknell-forest.gov.uk/new-hope)

[Bracknell Youth Support Services](#) provide teaching and support services to enhance and compliment the substance misuse curriculum already delivered in school. The aim of the service is to reduce harm from substance misuse, delay age of use, promote healthy alternatives and ensure the early identification of young people at risk. The service effectively enhances the PSHE curriculum.

Text Us service, all questions answered around substances and sexual health, confidential and anonymous service 07860020030

Websites:

The following websites are really helpful sources of information for children, young people and their parents and carers.

[Talk to Frank](#) – the government’s drug advice website/helpline including information and advice for parents on how to talk about drugs with their children. You can phone the advice line on 0300 1236600.

[Thrive!](#) – supporting children and young people’s health and wellbeing across Bracknell

[Young Minds](#) – supporting young people and their parents if they are experiencing mental ill health due to substance misuse

[Rethink Mental Illness](#) – information and advice for young people and their parents/carers about how drugs can affect your mental health

Edibles Packaging Examples

