



**CANNABIS  
EDIBLES:  
INFORMATION AND  
ADVICE FOR CHILDREN,  
PARENTS AND GUARDIANS**



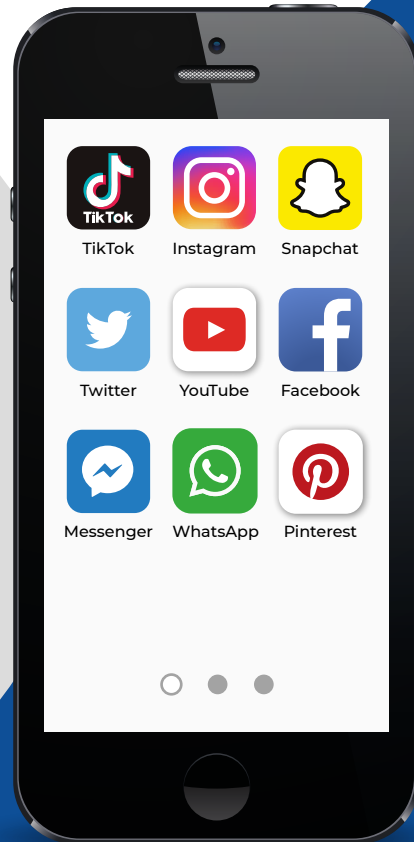
**Serving our communities to  
make them safer and stronger**

## WHAT ARE CANNABIS EDIBLES?

Laced with a mood altering ingredient from cannabis, cannabis edibles are an illegal and really strong 'sweet' aimed at young people/teenagers. They come in the form of sweets, chocolate and drinks. Although cannabis edibles contain an element of cannabis, they do not have the smell or appearance of cannabis. Instead, they look and smell like a shop bought item but are much stronger than other cannabis products.

## PURCHASE AND SUPPLY

Due to being illegal in the UK, cannabis edibles are generally purchased through networks such as social media outlets including TikTok, Snapchat, and Instagram. It is because of these modern communication methods for supply and purchase, young people are able to access cannabis edibles at the touch of a button.



## CAN YOU IDENTIFY CANNABIS EDIBLES?

Cannabis edibles can be difficult to identify. Sometimes the packaging differs slightly from shop bought items. Differences are in the form of appearance, spelling or poor quality packaging. Below are examples of shop bought items and how they compare to cannabis edibles.

### Shop bought items

### Purchased cannabis edibles



Change of name  
Removal of additional logos  
Different font for text



Change of name  
Removal of additional text  
Amended logo



Change of logo  
Removal of additional text  
Change of colour scheme



Small change to title  
Decreased package quality  
Details removed



Change in colour scheme  
Change of package type  
Poor quality packaging



# THE EFFECTS OF CANNABIS EDIBLES

Cannabis edibles are much stronger than other cannabis products. Unlike smoked cannabis, swallowed cannabis is much easier to be consumed but takes longer to take effect. Young people are likely to eat too many due to the delayed effect. Eating one sweet is equivalent to smoking one cannabis joint.

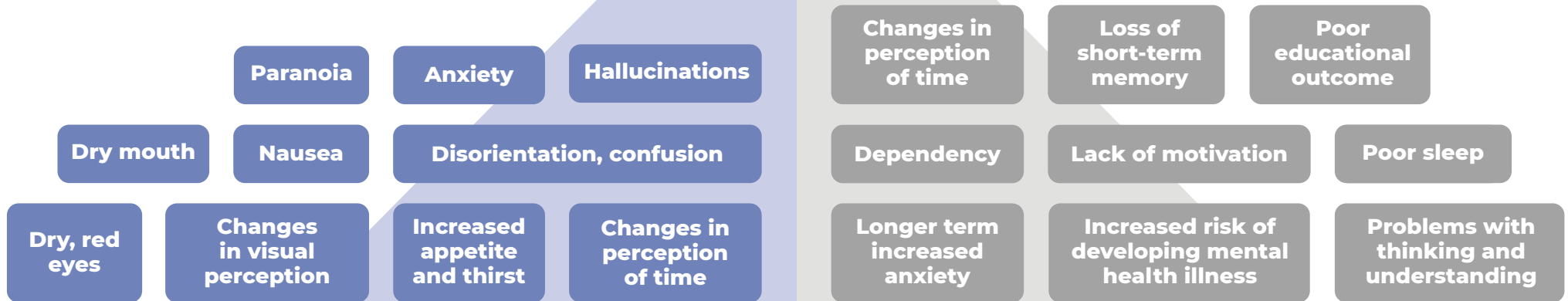


Short term effects

Comparison point	Cannabis edibles	Cannabis joint
THC Strength	10-15mg per sweet	12mg
Time of impact	30-60 minutes	10-15 seconds
Length of impact	Up to three hours	1-2 hours



Long term effects



# My child has taken cannabis edibles. WHAT DO I DO?

Stay calm and try not to panic.  
Assess the situation and gather the facts.

## What information would be good to know?

It may not always be possible but there are pieces of information which would be beneficial to know if medical professionals are required. This information includes:

- 1 Details of the child (age, name, medical history etc.)
- 2 What actually happened? Did the child digest cannabis edibles or is it believed to have happened?
- 3 What type of edible were they?
- 4 Retain any packaging
- 5 When were the edibles consumed?
- 6 Has your child consumed any other substances/alcohol?

## Is the child conscious and responsive but not themselves?

If the child is conscious and responsive but not themselves as a result of cannabis edibles, gather the facts and **telephone 111 for advice and additional information.**

## Is the child coherent, conscious and responsive?

If the child is stable, speak to your child at an appropriate time.



**If the family pet accidentally eats cannabis edibles seek veterinary treatment.**



Is speech slurred?

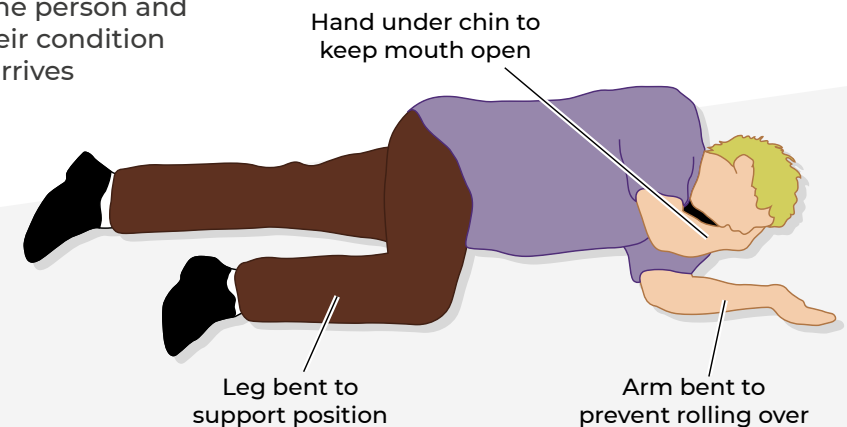
Is the pulse rate elevated?

Are they disorientated, unresponsive or unconscious?

**Call 999 without delay.**

**If a person is unconscious but breathing and has no other life-threatening conditions, they should be placed in the recovery position following the 9 steps below:**

- 1 With the person lying on their back, kneel on the floor at their side.
- 2 Extend the arm nearest you at a right angle to their body with their palm facing up.
- 3 Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.
- 4 Use your free hand to bend the person's knee farthest from you to a right angle.
- 5 Carefully roll the person onto their side by pulling on the bent knee.
- 6 Ensure the bent arm is supporting the head.
- 7 Open their airway by gently tilting their head back and lifting their chin.
- 8 Check that nothing is blocking their airway.
- 9 Stay with the person and monitor their condition until help arrives



## For further information or support regarding drugs and alcohol, please contact your local service:

North Lincolnshire

### DELTA Young People's Drug and Alcohol Service

☎ 01724 298 528

North East Lincolnshire

### We Are With You

☎ 01472 806 890

✉ [northeastlincsadmin@wearewithyou.org.uk](mailto:northeastlincsadmin@wearewithyou.org.uk)

Hull

### ReFresh

☎ 01482 331 059

✉ [refresh@hullcc.gov.uk](mailto:refresh@hullcc.gov.uk)

🖱 [www.refreshhull.org.uk](http://www.refreshhull.org.uk)

East Riding of Yorkshire

### Young People's Drug and Alcohol Service

☎ 01482 336 675

✉ [info@ads-uk.org](mailto:info@ads-uk.org)

If you think that someone is supplying cannabis edibles in your local area please contact **Humberside Police on 101** or visit [www.humberside.police.uk](http://www.humberside.police.uk)

If you prefer to remain anonymous contact **CrimeStoppers** on **0800 555 111**



Serving our communities to make them safer and stronger

