

Cannabis – Edibles

Factsheet



What is edible cannabis?

Edibles are food products that contain cannabis. They usually contain CBD and THC. There are many forms of edibles such as cakes, sweets, drinks, and chocolates. Cannabis sweets are becoming widely available from dealers and online across the country.

Cannabis is most widely used illegal drug in the UK. It is a class B drug which means:

Possession - max 5 years in prison.

Supply - max 14 years in prison.

The Risks

- Edibles look like sweets and can be easily mistaken for these; children and young people may eat them not knowing they contain cannabis. The packaging is easily mistaken for normal sweets such as Haribo's or Gummy Bears.
- Cannabis edibles will take longer to enter the bloodstream than inhaling cannabis. Consuming cannabis takes 30-60 minutes, whilst inhaling is almost instantly. Some young people may become impatient and digest more resulting in potential overdose on cannabis.
- Making homemade edibles can lead to extra consumption. The amount of cannabis in each brownie could vary.
- Overconsumption of cannabis could lead to potential cannabis induced psychosis, which results in paranoia, confusion, and hallucinations – young people have often experienced panic attacks and uncontrollable vomiting.

Edibles Packaging Examples



The Health Risks

- Increased heart rate and blood pressure
- Vomiting
- Dry mouth
- Bloodshot eyes
- Confusion and poor coordination
- Paranoia
- Hallucinations
- Panic attacks
- Impaired brain development
- Impact on mental health
- Psychosis

Harm Reduction Advice:

- Always smoke, eat, or drink a small amount of any substance at first in case it is stronger than you are used to, or has had something dangerous added to it to `bulk it up`
- If you are smoking cannabis don't breathe the smoke in too deeply, this will only damage lungs and won't increase the effect
- Use somewhere you feel safe and with people you trust
- Have someone you trust with you who will stay drug/alcohol free in case of emergency
- If you think someone has taken something and you are worried call an ambulance, don't leave them to sleep it off

How can we help?

MK Young Peoples Drug and Alcohol Service offer support, information, and advice to anyone 18 and under who:

- Is affected by someone else's drug/alcohol use
- Would like support to reduce or stop their own drug or alcohol use
- Would like to learn more about different substances so that they can make more informed choices

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