

Information on Vapes and adulterated Vapes

There are concerns regarding the increasing availability of vapes to young people which contain cannabis compounds or synthetic cannabinoids.

THC and Synthetic cannabinoids in vapes:



Vaping THC is a relatively new and is increasing in prevalence amongst young people under the age of 18.

However, it often is not THC that you find inside these products, but instead Synthetic Cannabinoids referred to as 'Spice'.

These vapes are colourful, with different flavours and use recognisable brands and logos to target young people.

They are often sold on social media such as Snapchat/Instagram/Telegram.

They are also less detectable and easier to use than smoking, increasing appeal to young people. The liquid may also be stored in small plastic bottles that look like eye drops or decongestant sprays making it harder to detect. The quality of printing on the label is a good indicator that the liquid contained is not vape liquid.



Risks of using 'THC' Vapes

- Unable to measure the dose or know the strength – presents a higher risk of overdosing.
- Leave users in incapacitated vulnerable state where assaults/theft can occur.
- Users can experience episodes of Anxiety/Paranoia.
- Dependency – if not THC but Spice which is a very physically addictive substance with severe withdrawal effects.
- Seizures – many young people have been hospitalised.
- Death – there have been reported cases of deaths related to the use of miss sold 'THC' that actually contains Spice.

If you find 'THC' vapes being used by a young person at home

Any young person known to have used or exhibiting signs of use should seek medical attention if unwell. The effects can take several hours to pass depending on the strength and quantity of the substance ingested.

Support for young people and families affected by 'THC' vapes or other drugs.

Support is available for anyone affected by substances. This can be brief advice through to structured interventions that aim to support an individual through their dependency and into recovery.

Vapes

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 20mg per ml, as well as small amounts of flavourings and sweeteners.

Short-term effects can include: coughing, headaches, dizziness, and sore throats. Long-term effects are, as yet, unknown.

Children and Young people's services in Bexley

Website: <https://oxleas.nhs.uk/services/service/bexley-young-peoples-drug-and-alcohol-service-bypdas-161/>

Telephone: 0203 260 5200

Email: oxl-tr.bexleycamhsreferrals@nhs.net

Address: Oxleas NHS Foundation Trust, Bexley Young People's Drug & Alcohol Service (BYPDAS), Erith Centre, Park Crescent, Erith, DA8 3EE

Adult treatment and support services in Bexley

Website: www.prbexley.org.uk

Telephone: 01322 357940

Email: slm-tr.PierRoadProject@nhs.net

Address: Erith Health Centre, 50 Pier Road, Erith DA8 1RQ

Further advice and information can be found online at:

www.talktofrank.com

www.substancemisuseresources.co.uk

[Spice harm reduction information](#)

Report illegal trading - Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf. If you know of anyone who does sell vapes, or tobacco illegally, you can report them to trading standards through the Citizens Advice online portal: www.citizensadvice.org.uk/consumer/

Having conversations with your child about vaping

Ask questions what do they think about vaping? Do they know people who vape? Why do they think people vape?

Listen to them learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless.

Talk about your expectations explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk

Let them know that you care about them explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money

Talk about the different reasons why children may vape give examples such as wanting to fit in, curiosity, stress. Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.

If your child is vaping try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.