



## SAFEGUARDING – THC VAPING

**NEWSLETTER** – April 2024

### **The Dangers of THC Vaping**

Vaping THC oil is a relatively new phenomenon. Usually, cannabis has been consumed in plant form in a number of different ways. The two chemicals talked about when it comes to sales of cannabis-based products are tetrahydrocannabinol (THC) and cannabidiol (CBD).

#### **THC –**

Not legal in the UK, because it is the chemical that produces the 'high' effect.

Legal can contain up to 0.2% of THC and Cannabis sold illegally in the UK has been found to contain between 7-30% THC.

#### **THC vape liquid can contain up to 90% THC.**

THC interacts with receptors, associated with brain and central nervous system functioning.

CBD Oil is legal in the UK (for adults) as it does not produce a 'high'. It is popular in wellness products due to its supposed health benefits (these are still being studied).

#### **Undesirable effects of THC**

Mood changes - anxiety, paranoia, hallucinations, psychosis, decline in mental health that can continue when usage is stopped, emotional dependence. Physiological changes - nausea, sweating, lethargy, dry mouth, rapid changes in heart rate and blood pressure, decreased respiration, physical dependence, 'whitey'/'green out', extreme hunger, social changes - social withdrawal, isolation, social anxiety and paranoia.

Behaviour changes - less motivation, less able to engage with work/school, self-neglect, excessive sleeping, lack of enjoyment in normal activities.

#### **Long Term Use Of THC Containing Products**

- Long term health problems and increased risk of long-term psychotic disorders even after usage is stopped.
- Permanent deficits in working memory.
- Male fertility can be affected and increased risk of miscarriage.
- THC use in pregnancy has been linked to low birth weight and cognitive deficits.
- Underlying cardiac or blood pressure issues leading to heart attacks and strokes.

For further information  
please visit:  
[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

Or call 0808 1753981  
(Free phone)

## THC Vaping in Adolescence

Young people may be more tempted to try THC vaping due to it being more discreet than other methods - less visible and less smelly! It can be marketed on social media with appealing colours, flavours and product names and can be perceived as less dangerous than smoking. If a young person already vapes nicotine, they may not see vaping THC as actual drug taking.

THC liquid is much more potent than cannabis in plant form and may not be the same strength batch to batch. High levels of THC can cause all the undesirable effects listed above.

Using cannabis in adolescence can have a permanent impact on brain development. Illicit THC liquid can contain 'Vitamin E Acetate' which is not found in regulated nicotine vapes or vape liquid sold in the UK. When heated it gives off a toxic gas called ketene.