



THC Edibles

Key Facts

What are edibles?

Edibles are food products that have been infused with marijuana. These products come in forms that include:

- baked goods
- candies
- gummies
- chocolates
- lozenges
- beverages



Unfortunately, many people who consume edibles are unaware of the dangers associated with their use.

What are the risks?

Unknown strength:

- Edible potency is difficult to measure; regulations for labeling and manufacturing are moderate, at best.
- Dosage estimates are imprecise.
- Many do not know how much THC they are consuming.

Longer-lasting effects:

- Effects typically last three hours.
- Effects can last much longer depending on the amount consumed.

Overdose potential:

- One difference between smoking marijuana and consuming edibles is effect time.
- It can take from 30 minutes to two hours for effects to occur, making overdose a real concern.

Side Effects

- Drowsiness, agitation, and/or confusion
- Anxiety and panic attacks
- Vomiting
- Hallucinations, paranoia, and/or psychotic episodes
- Respiratory depression
- Heart problems*
- Impaired motor ability

*Eight percent of emergency room visitors who consumed edibles had irregular heartbeats.

Edible Appearance

- Look like common baked goods, candies, and beverages
- Designed in a way that appeals to youth
- Labeling may indicate THC, but when unwrapped it may be mistaken for normal food

Where do they come from?

- Can be purchased in stores throughout Virginia, including New Kent County
- Businesses may not offer for sale or sell an edible or inhaled product containing THC to a person younger than 21 years of age
- Businesses may not offer for sale or sell an edible or inhaled product containing THC unless the product is clearly packaged and labeled as containing THC
- THC edibles may also be purchased online



How can I help?

Share this information with your child to open up a discussion about the risks and consequences of THC edible possession, consumption, and distribution. Together, we can keep drugs out of our school system.

What are the legal and school consequences for possession, consumption, and distribution of edibles?

- Anyone under the age of 21 is prohibited from possessing, consuming, or distributing edibles, and face a criminal charge of possession, consumption, or distribution of a controlled substance.
- New Kent County Public Schools' Code of Conduct issues a 10-day out-of-school suspension for the possession, consumption, and/or distribution, with the possibility of a longer-term suspension and/or change of placement for these violations.
- The New Kent Sheriff's Department is notified of and processes all NKCPs THC possessions, distributions, and consumptions.