

# CBD Products & CHILD SAFETY

## WHAT CAN I DO AS A PARENT?

Check the labels on foods you and your children buy to determine whether they contain CBD.

If you have younger children, talk to their friends' parents and let them know if your child should not consume CBD.

If you have older children, talk to them about the dangers of consuming a product that hasn't been tested for safety.

Any use of CBD as a vitamin supplement or homeopathic treatment is risky because it has not been studied for safety and/or effectiveness.

Let your medical provider know if you and/or your child use CBD. Drug interactions between CBD and other common medications have been found and could result in toxicity or serious side effects. (1)



## What is CBD?

Cannabidiol (CBD) is a naturally occurring compound of industrial hemp/cannabis. Marijuana contains both CBD and THC. THC causes the "high" while CBD does not.

## Is CBD safe for kids?

CBD has been studied for effectiveness in controlling seizures in children with a certain type of epilepsy. *No studies have been conducted to determine whether CBD has therapeutic properties or that it is safe for children to ingest.*

A NEJM study reports the most common side effects are *nausea, vomiting, diarrhea, and bloating. 10% of patients in a CBD seizure study showed liver function changes and 3% discontinued study due to possible liver damage. (1)*

## Are children likely to encounter CBD?

Many CBD products are popping up in retail market settings such as Farmers Markets and Food Co-ops. *CBD can be found in products appealing to children, such as candy and honey.*

Vermont law does not currently restrict sales of CBD products to minors. *However, because it has NOT been subjected to scientific study, there is no determination of safety for use by children.*

(1) *New England Journal of Med 2017; 376:2011-2020 DOI: 10.1056/NEJMoa1611618*

### FOR MORE INFORMATION

For more information on this topic and for resources on talking to your teens about safety related to substance use,

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