



Safety Plan – THC Vapes

SPACE: Young people's substance misuse service

Young
person's name

Date
completed

In an emergency	
Who can I contact in an emergency?	What to do in an emergency Call 999 If calling for someone else, stay with them until emergency services arrive Let ambulance workers know what you've taken – it will help them give the right support

Know the juice	Check your vape
- It is difficult to know for sure what is in any vape juice – THC is more likely to be yellow / green / clear in colour and may smell like cannabis - Buy from a trusted source – have you bought from them before with no bad side effects? - Start with small amounts, test the effects and strength by taking a few draws then a 10 minute break.	- Make sure to regularly clean your vape - Check if it feels overheated / warmer than usual - Look out for smoke, other than what you would usually expect when it is in use - Dispose of your vape responsibly and not in the general waste to avoid the battery exploding and catching fire. Re-fillable vapes allow you to remove and recycle the battery.

General harm reduction principles	
- The best way to stay safe is to not use substances at all - Avoid mixing substances, including alcohol - Avoid using alone if you can or let someone know where you are and what you are using - Can someone in the group stay more sober to help keep everyone safe? - Sharing isn't caring – it can lead to infections and is also legally classed as supplying which is an offence. - Using substances could increase your risk of impulsive suicide: avoid using when feeling low, avoid using alone - Avoid using when feeling down or low in mood as THC / SPICE can make this worse.	- Use in a safe place (e.g. not near open water, high up, near a train line) - Have a plan for getting home – have emergency money - Your tolerance may drop after a period of not using: take smaller amounts and slow down - If you're likely to have sex under the influence, prepare with contraception - Eat regular meals, choose healthier options if you can - Try and get enough sleep and rest after a binge - Save emergency numbers and make sure your phone is charged - If you have a mental health diagnosis, avoid the use of cannabis and related drugs to help you keep well.

Risk	How can we manage this risk?	Actions	Who is responsible?
Younger siblings finding drugs/alcohol and using	Parents to keep alcohol and medications locked away lock boxes can be provided by SPACE	Check weekly to see if anything is missing.	Parents
	If comes home under the influence do not challenge the behaviours as soon as they return home, allow 'cooling off' period for all. If under the influence let them go to bed and check on them regularly and discuss the following morning.	Check in regularly through the night	Parents
Getting in trouble with the police if caught and if sharing with friends			