

DID YOU KNOW: VOLATILE SUBSTANCES

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT INHALING SUBSTANCES IS COMMONLY KNOWN AS 'HUFFING'? THERE IS NO SAFE LEVEL OF USE, WHICH CAN LEAD TO 'SUDDEN SNIFFING DEATH,' EVEN IF YOU ONLY TRY IT ONCE.

HUFFING IS NOT VERY COMMON IN NEW ZEALAND.

ONLY 1.2% OF SECONDARY SCHOOL STUDENTS HAVE EVER TRIED HUFFING TO GET OUT OF IT, AND ALMOST TWO THIRDS OF THOSE HAD ONLY DONE IT ONCE.

HOWEVER, HUFFING LED TO THE DEATHS OF 25 YOUNG PEOPLE UNDER 17 WITHIN 10 YEARS.

MOST PEOPLE WILL EXPERIENCE A NASTY HANGOVER OR HEADACHE, WHICH CAN LAST FOR HOURS OR DAYS, DEPENDING ON HOW MUCH YOU INHALE

INHALANTS ARE TAKEN INTO THE LUNGS AND DIRECTLY ABSORBED INTO THE BLOODSTREAM. THESE **POISONOUS** CHEMICALS IMMEDIATELY REACH THE BRAIN AND THE PEAK EFFECT IS FELT FOR AROUND A MINUTE.



HUFFING CAN MAKE YOU FEEL FLOATY OR DROWSY, UNCOORDINATED AND SLOW TO REACT, WITH BLURRY VISION AND UNPLEASANT BREATH.



IT CAN LEAD TO EXTREME AGGRESSION, DEPRESSION, IRREVERSIBLE BRAIN AND ORGAN DAMAGE, SEIZURES, COMA AND DEATH.

VOLATILE SUBSTANCES ARE ALSO HIGHLY FLAMMABLE AND CAN CAUSE DANGEROUS BURNS AND EXPLOSIONS.



SO, REMEMBER

- THERE IS NO SAFE LEVEL FOR INHALING SOLVENTS OR VOLATILE SUBSTANCES
- HUFFING CAN CAUSE YOU SERIOUS HARM
- ALWAYS LOOK OUT FOR YOUR MATES



WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797



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