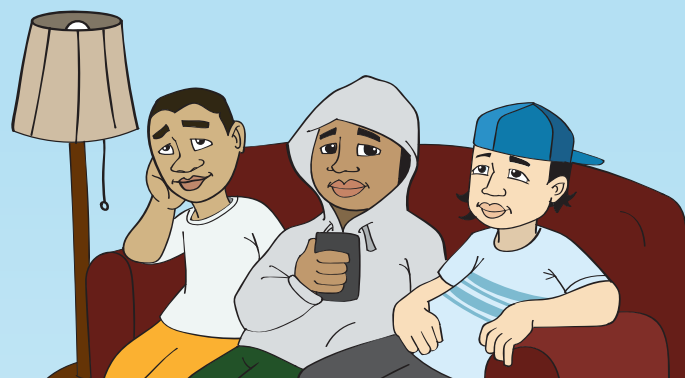


# DID YOU KNOW?



## WHO IS THIS FOR?

A series of short drug information videos are now available to help health professionals, youth workers and family members have conversations with young people about substance use and substance-related harm.

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

## HOW TO USE THE VIDEOS

WATCH THEM TOGETHER



TO CREATE CONVERSATIONS, ASK OPEN QUESTIONS LIKE

WHAT DO YOU THINK ABOUT THESE SUBSTANCES?

WHAT STOOD OUT TO YOU?

WHAT WAS IN THESE VIDEOS THAT YOU WOULD WANT YOUR FRIENDS TO KNOW?



LISTEN TO WHAT THEY HAVE TO SAY



AND OFFER ANY SUPPORT THEY NEED

## ALCOHOL: KEY TIPS



Eat before you drink



Count the standard drinks



Avoid drinking while pregnant

## CANNABIS: KEY TIPS



Smoking a **lot** of Cannabis can affect your health



Stop if you start to feel unwell or uncomfortable



Don't smoke and drive

## SOLVENTS: KEY TIPS



Huffing can cause you serious harm



Solvents are highly flammable and dangerous.



There is no safe level for inhaling solvents or volatile substances

**AND REMEMBER, 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

[aodcollaborative.org.nz/didyouknow](http://aodcollaborative.org.nz/didyouknow)



AOD Provider Collaborative

AT THE HEART OF THE MATTER. NZ DRUG FOUNDATION. Te Tūāpapa Tarukino o Aotearoa



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