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.

**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 adcollaborative.org.nz/didyouknow

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