

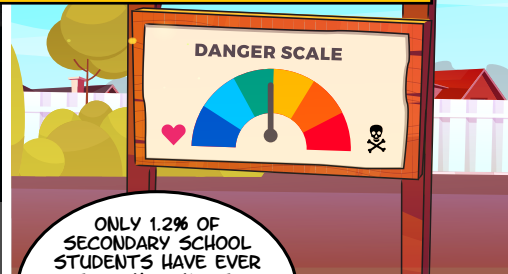
DID YOU KNOW?

VOLATILE SUBSTANCES

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.

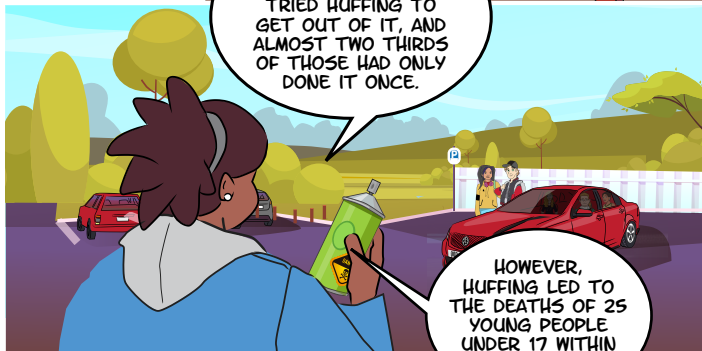
HOWEVER, HUFFING LED TO THE DEATHS OF 25 YOUNG PEOPLE UNDER 17 WITHIN 10 YEARS.

NEWS

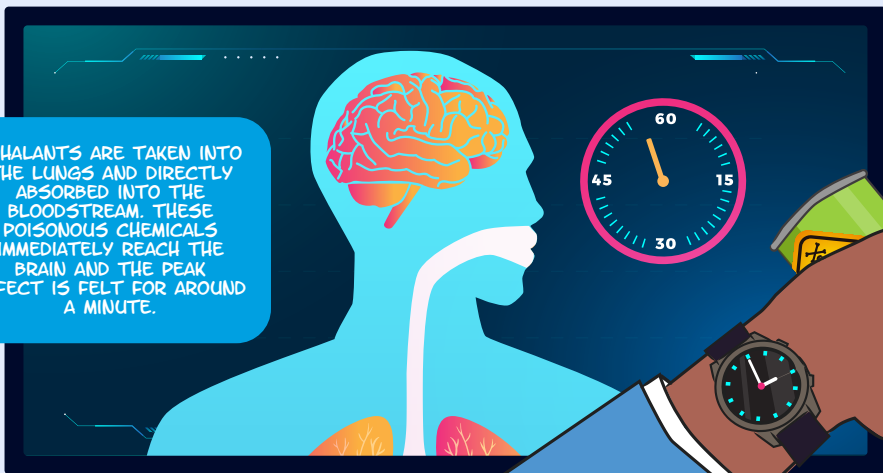
1.2% of all secondary school students have tried huffing!

UPDATE

TWO THIRDS ONLY TRIED IT ONCE!

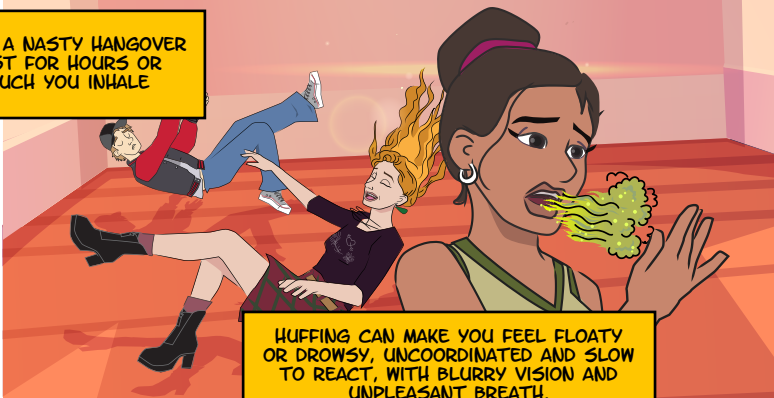


INHALANTS ARE TAKEN INTO THE LUNGS AND DIRECTLY ABSORBED INTO THE BLOODSTREAM. THESE POISONOUS CHEMICALS IMMEDIATELY REACH THE BRAIN AND THE PEAK EFFECT IS FELT FOR AROUND A MINUTE.



AN

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



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 Aotearoa New Zealand?

Call the Alcohol Drug helpline on 0800 787 797 or free txt 8681

The Did You Know series is produced by



Ti Puna Whakaiti Pāmanoa Kai Whakapiri
New Zealand Drug Foundation

WHĀRAURAU

Developed in partnership with



AOD Provider
Collaborative