

Adolescent Inhalant Use in Arkansas

Use of inhalants by Arkansas youth is a serious health and safety problem...



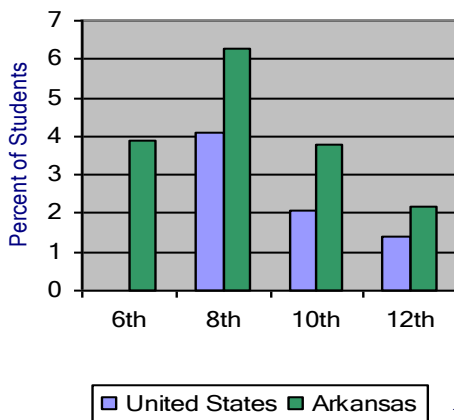
ADULTS: THE INFORMATION ON THIS FLYER IS FOR ADULTS ONLY. TALK WITH CHILDREN AND YOUTH ABOUT INHALANTS ONE-ON-ONE, **NOT** IN LARGE GROUPS.

Consequences of inhalant use are serious¹:

- Permanent damage to the brain and other organs
- Hearing and vision loss
- Problems with thinking and movement
- Sudden death, even from just one use

Teens use inhalants by sniffing, huffing, or "snorting" fumes from containers; spraying aerosols directly into the mouth or nose; bagging, by inhaling a substance inside a paper or plastic bag; huffing from an inhalant-soaked rag; inhaling from balloons filled with nitrous oxide, etc.

Past 30 Day Inhalant Use^{2,3}



Facts about inhalant use in Arkansas²:

- 8th and 10th grade females are more likely to have used inhalants in the past 30 days than males.
- More Arkansas 6th and 8th graders have tried inhalants than have tried chewing tobacco, marijuana, cocaine, sedatives, methamphetamine, stimulants, heroin, or ecstasy.

The rate of inhalant use among Arkansas youth is much higher than the national rate.

Follow these steps to reduce the risk of inhalant use among children and teens:

- Talk with your youth about the dangers of inhalant use. To reduce the possibility of giving youth ideas about how to get high, small group and one-on-one discussions are recommended (instead of large group presentations).
- With younger children, simply talk about not putting any non-food substance in the body.
- Watch for these physical signs of inhalant use: Unusual breath odor or chemical odor on clothing; spots and/or sores around the mouth; nausea and/or loss of appetite; slurred or disoriented speech; drunk, dazed or dizzy appearance; red or runny eyes or nose.

¹ The National Youth Anti-Drug Media Campaign, retrieved electronically 2008

² Arkansas Prevention Needs Assessment, 2008 (the APNA is conducted annually by the AR Department of Human Services)

³ Monitoring the Future, 2008 (the Monitoring the Future Survey is a project of the National Institute on Drug Abuse -NIDA)