

Parent Information about Adolescent Inhalant Use in Arkansas

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

Of the Arkansas students (grades 6, 8, 10, and 12) who participated in the 2007 Arkansas Prevention Needs Assessment (APNA) survey¹:

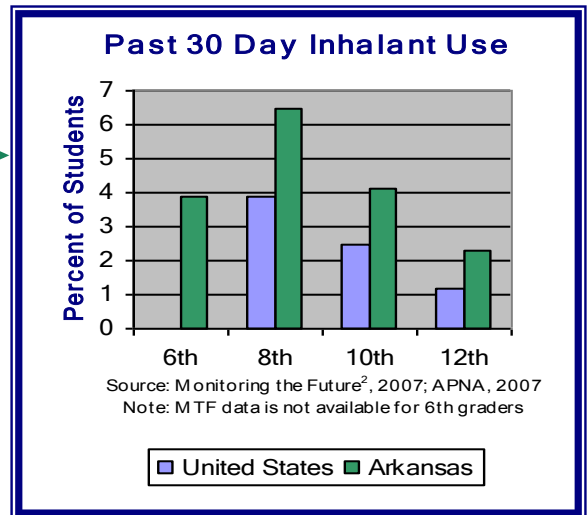
- Thirteen percent (over 10,000 Arkansas youth) admit to having sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays in order to get high
- Nearly 5 percent are considered “regular users” of inhalants, having used in the past 30 days

Teens use inhalants by sniffing 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; or inhaling from balloons filled with nitrous oxide.

Other facts about inhalant use in Arkansas¹:

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

The rate of past 30-day inhalant use among Arkansas youth is much higher than the national rate



Consequences of inhalant use are serious³:

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

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 APNA student survey is conducted annually by the AR Department of Human Services
² The Monitoring the Future Survey is a project of the National Institute on Drug Abuse (NIDA)
³ The National Youth Anti-Drug Media Campaign