

Inhalants Facts



Poppers, Whippets, Huffing, Sniff, Bang, Kick, Glue, Texas Shoe Shine

~~~~~Dare Lesson 5~~~~~

- Inhalants are substances or fumes from products, that are sniffed or “huffed” to cause an immediate ‘high’.
- Inhalants affect your brain with much **greater speed & force** than many other substances. They **cause BRAIN DAMAGE!**
- Inhalants cause **irreversible mental and physical damage** before you even know what’s happened. They cause severe depression.
- **Inhalants can kill you the very first time you use them!**
- Inhalants **affect your heart** to beat more rapidly and beat irregularly because they starve your body of oxygen.
- Inhalants **damage many parts of your body!** People who use them can develop liver, lung, & kidney problems. You can also get sores on your nose and mouth.
- Inhalants **can cause sudden death!** Inhalant users can die by suffocation, choking on their vomit, or having a heart attack.
- Inhalants include a **large group of chemicals** that are found in household products such as aerosol sprays, cleaning fluids, paint, paint thinner, glues, gasoline & propane, nail polish removers, marker pens & correction fluid. **NONE of these are safe to inhale- they ALL can KILL you!**
- Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking, and thinking!
- The **vast majority of teens are not using inhalants!** 94% of teens have never tried inhalants.
- **The BEST choice to inhalants is JUST SAY NO!!!**

