



**Categories of Inhalants:**

There are 1,400 inhalable products on the market in these four categories: Solvents, Aerosols, Gases, and Nitrites.

**Solvents:**

- model airplane glue
- paint/paint thinner
- toluene (pure)
- lighter fluid
- carburetor cleaner
- correction fluid
- household glue/cement
- toxic markers
- gasoline
- kerosene
- fingernail polish/remover
- grease/spot remover

**Aerosols:**

- spray paint
- deodorant
- room deodorizer
- hair spray
- fabric protector
- vegetable cooking spray

**Gases:**

- butane
- nitrous oxide
- propane
- helium

**Nitrites:**

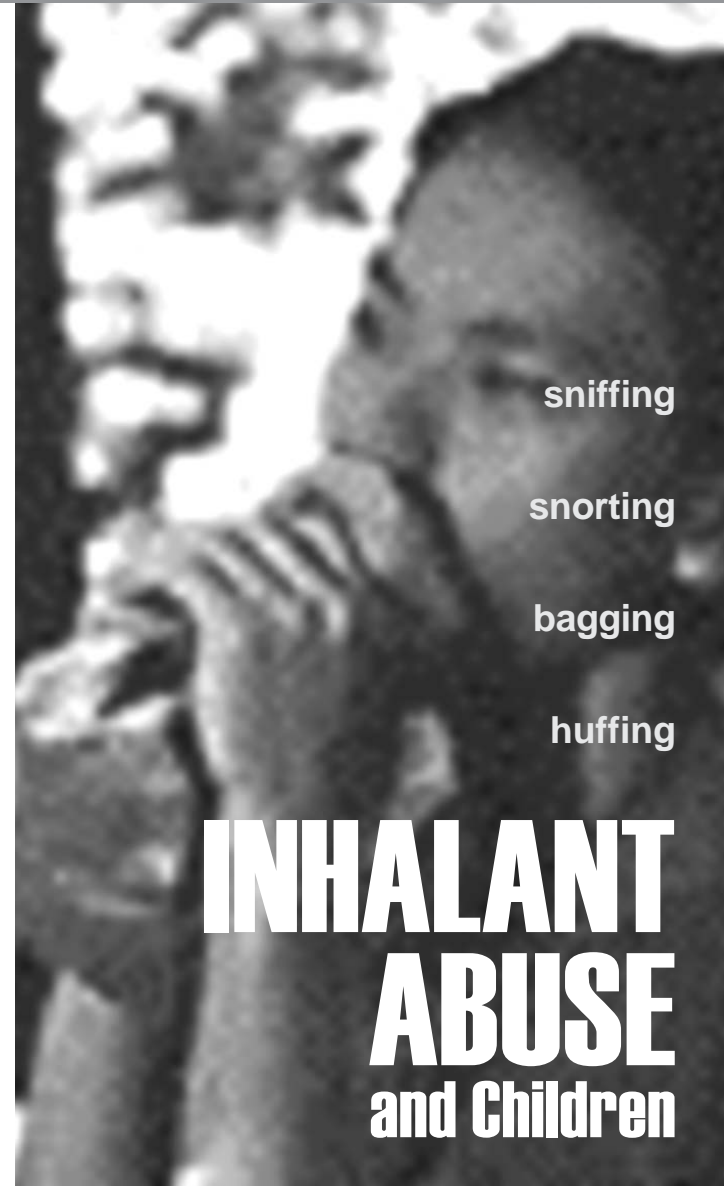
- amyl
- butyl

For additional information related to the contents of this brochure, please contact the Office of Attorney General Education & Outreach Unit.

**Truth & Choices**

The Office of Attorney General has created this new anti-drug program to introduce middle and high school students to Shane. A popular kid from a suburban Pennsylvania school, Shane shares this true story of hard choices and near death experiences due to drugs and alcohol. The presentation features interviews with Shane (from prison), his family, law enforcement and the medical community. It's a reality check for all students and will open a unique dialogue about the realities of substance abuse. There is also a program for parents. Both programs are available on DVD and can be ordered free-of-charge from the Office of Attorney General Education & Outreach Unit.

To order a copy of the DVD and/or to request a "Truth & Choices" school or community presentation to be given by the Office of Attorney General, please contact our Education & Outreach Unit toll-free at 800-525-7642 or via email at [education@attorneygeneral.gov](mailto:education@attorneygeneral.gov).



sniffing

snorting

bagging

huffing

**INHALANT  
ABUSE  
and Children**



*Inhalant products are generally inexpensive, readily accessible, and conveniently packaged for the abuser. It is easy to maintain a “sniffing” habit in school, home or in public due to the lack of awareness of the problem by adults and because of methods/items used by abusers.*

*A campaign against inhalant abuse must involve our youth as well as other responsible individuals and groups. We must all work together to educate our children, ourselves and our communities about the dangers of these products.*

**It could save your child's life.**

**TOM CORBETT**  
*Attorney General*

## **What is Inhalant Abuse?**

Inhalant abuse is the deliberate misuse of chemicals, which include a broad array of cheap and easily attainable household products, to reach an intoxicated state of mind or “high.” Tragically, many adults do not put inhaling in the same category as alcohol and other drugs. In fact, some people tend to view inhalant “sniffing,” “snorting,” “bagging” (fumes inhaled from a plastic bag), or “huffing” (inhalant-soaked rag in the mouth) as a kind of childish fad. That kind of attitude could turn out to be a very grave mistake.

## **Inhalant Abuse is Dangerous!**

Abused products contain substances which are quickly absorbed into the blood stream and carried directly to the brain. Minimal amounts may produce a feeling of light-headedness, dizziness and euphoria within seconds. Depending on the substance, the method of abuse and the physical characteristics of the abuser, these substances can cause anything from mild intoxication to unconsciousness. Inhalant use can cause a number of physical and emotional problems and even a one-time use can result in death. In addition, inhalants frequently lead to more addictive and dangerous drugs such as crack or heroin.

## **What are the Signs of Abuse?**

General signs of any kind of substance abuse include problems in school, less concern about appearance, temperamental behavior, poor memory, confusion, anxiety, irritability, excitability, lack of concentration and mood swings. Some behaviors associated with chronic abuse of inhalants may include:

the prevalence of spray or soda cans, plastic bags, old rags or socks that smell of chemicals around the house, car or bedroom; red, runny nose or nosebleeds; sores or rash around mouth or nose; hand tremors; chronic cough, decrease in appetite, weight loss or headaches.

Signs of acute intoxication may include:

slurred speech; drunk, dazed or dizzy appearance; drowsiness or unconsciousness; paleness, chemical smell on breath or clothing or paint stains on clothing or skin.

## **Profile of an Inhalant Abuser**

A recent Department of Health and Human Services study showed that, beginning in fifth grade, one in five students at each grade level has tried inhalants at least once in his or her lifetime. The study further showed:

- The average age of inhalant abusers is 14 years old, but can begin even younger.
- Inhalant abuse is the highest among eighth graders and many of these students started before they were 10 years old.
- Inhalant abusers generally have close friends who use alcohol or other drugs.
- One in four inhalant abusers have quit or been permanently suspended from school.
- Two out of three inhalant abusers had at least one failing grade on their last report card.
- Inhalant abusers almost always move on to other drugs as they become older.
- Nearly one out of three inhalant abusers has been arrested for a substance abuse-related offense.
- Some inhalant abusers never used drugs before, are active in sports, earn good grades and have no criminal involvement.
- Most inhalant abusers are very young, often beginning inhalant abuse without knowing about the consequences.
- Most inhalant abusers use inhalants with others as a group activity.