



1 child in 8 tries inhaling solvents

it can kill the very first time

What to do if you find someone sniffing?

Don't chase, panic or upset them. Sudden stress or exertion can cause sudden death

Solvent abuse still goes on

Many of us probably think household items like glues, petrol, gas lighter refills, and aerosols can't be really dangerous. Wrong! The chilling thing about solvent abuse, more accurately known as 'volatile substance abuse' or 'VSA', is that deliberately concentrating the vapours to get high can affect the heart. This makes sudden death a real danger – just like heroin.

A quarter of VSA victims have no history of solvent abuse – until they die.



Adults don't know much about solvents – their children do

By the time children leave primary school they will know about drugs and solvents and may even have been introduced to them by their peers. What they won't understand or believe about solvents is that they could die the very first time they try them – yet VSA is one of the biggest killers of young people. In some age groups, there are more deaths from solvent abuse than from leukaemia, pneumonia and drowning put together.

Who experiments with solvents?

VSA runs right through society – it has no social or geographical boundaries. The products are cheap and easy to get hold of and many may try it just because they are bored. Typical abusers are teenagers but there have been deaths as young as 7.

Make sure children are aware of the dangers

Most children have heard about sniffing but they probably won't appreciate the dangers. Talk to them about important issues, including drugs and solvents, and try to keep the lines of communication open. **Normal use of these products will not harm them, abuse may kill.** Petrol and Nitrous oxide (laughing gas) are a growing problem.

More information

Talk to Frank, the National Drugs Helpline: 0800 776600
www.talktofrank.com

Re-Solv: Telephone: 01785 817885
www.re-solv.org

Solve-It: 24hr helpline: 01536 510010
www.solveitonline.co.uk

The British Aerosol Manufacturers' Association (BAMA) has worked to prevent VSA for many years. The voluntary warning "Solvent Abuse Can Kill Instantly" features on almost all UK aerosol products. **For copies of this free poster** or our free information leaflet, please email: enquiries@bama.co.uk.

BE AWARE. DON'T MISS THE SIGNS



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