

SUBSTANCE MISUSE EDUCATION AND PREVENTION

SOLVENTS

also known as: GASES, AEROSOLS, GLUE, THINNERS,
VOLATILE SUBSTANCES



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

When inhaled, solvents have a similar effect to being drunk, with loss of coordination and disorientation.

In some cases, users can momentarily lose consciousness.

WHAT THE LAW SAYS:

- Solvent misuse isn't illegal.
- It is illegal in England and Wales for shopkeepers to sell you intoxicating substances if they think you are likely to be inhaling them.
- In Scotland the law is different but the effect is similar.
- Since October 1999, the law makes it an offence to supply gas lighter refills to anyone under the age of 18.
- This law applies to the whole of the UK.



THE EFFECTS:

- Users can experience a “hangover” which can consist of very painful headaches and feeling sleepy.
- It can make you feel like you are drunk and cause dizziness.
- It can cause fits of giggles and make it hard to think straight.
- The effects are quite short.
- Users can hallucinate, depending on what is being inhaled. This can last for about 45 minutes.
- A red rash can appear around your mouth depending on the substance.

THE RISKS:

- Nausea – vomiting – blackouts.
- Fatal heart problems which have been known to kill users the very first time they sniff.
- Squirting down the throat can freeze your airway and lead to death through suffocation.
- Mixing alcohol and solvents can increase your risk of death.
- If you inhale from a plastic bag over your head, you risk suffocation.
- Long term use of solvents has been shown to damage the brain, liver and kidneys.

PLAY IT SAFE:

Drugs can severely damage your physical and mental health. They can get you into trouble with the law and even kill you. But if you do decide to use drugs, reduce the risks by finding out as much as you can about the effects, risks, etc, and then decide if it is really worth it.

If you do decide to use drugs, keep these points in mind:

- If you're dancing wear light clothing.
- The smaller you are the less drugs you need to get the same effect, but where you are and the mood you are in will also affect the way you'll react.
- Don't score off strangers; poor quality drugs can give you bad trips.
- Mixing drugs and alcohol can be fatal.
- Never drive if you have had drugs.
- Always carry a condom; never risk unprotected sex.



FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



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**WHEN IT'S LESS
URGENT THAN 999**