

# WHAT IS...

# SOLVENT ABUSE ?

Solvents are usually household items that give off fumes

They can be: CORRECTING FLUID GLUE  
PAINT LIGHTER REFILLS HAIRSPRAY

The fumes are inhaled, usually through a plastic bag

Sniffing makes you feel light-headed and giggly

The effects only last 15 - 40 minutes:

When they wear off, the user has a headache and feels sick



## THE RISKS

Severe damage to the brain, liver and kidneys

A rash around your mouth

Damage to the lining of your nose

Sniffing solvents can cause problems similar to the effects of alcohol:

CONFUSION

DROWSINESS

AGGRESSION

Spraying solvents directly down your throat can leave you very sick or cause DEATH

## THE LAW

It is illegal for shopkeepers to sell solvents to anyone under 18, if they suspect they are for sniffing



Produced by the  
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Information correct  
as of July 2008