

about

TEENAGE INHALANT USE IN FAIRFAX COUNTY

what you need to know ...

Inhalant use (sniffing or breathing aerosol or other gases to get high) is the second most common drug behavior for 6th- and 8th-graders ahead of cigarettes and marijuana. Four percent of both 6th- and 8th-graders report use in the past 30 days.

Inhalants are the only substances used to get high where use decreases with grade level. Four percent of 6th- and 8th-graders report use in the past 30 days compared to 1% of 12th-graders. Inhalant use in Fairfax County is comparable to national use at every grade level.

Gender is not a significant factor in the prevalence of inhalant use. Just as many girls as boys report having used inhalants in their lifetime and within the past 30 days.

Common Inhalants

- | | |
|--|---|
| glue | correction fluid |
| shoe polish | degreasers |
| gasoline or lighter fluid | cleaning fluid |
| spray paints or other aerosols | nitrous oxide in whipped cream dispensers |
| air fresheners or locker room odorizers known as "poppers" or "rush" | known as "whippits" |

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Fairfax County youth self-reported inhalant use

| | |
|---|---|
| 14% of 8th-graders reported ever trying inhalants | 1% 12th-graders reporting past 30-day use: |
| 8% of 6th-graders reported ever trying inhalants | 4% Both 6th- and 8th-graders reporting inhalant use in the past 30 days: |
| 3% of all boys and girls surveyed reported past 30-day use | |

2008 Fairfax County Youth Survey Report

what can you do?

if your teen shows signs of ...

- Chemical odors on breath or clothing.
- Paint or other stains on face, hands, or clothes.
- Hiding empty spray paint or solvent containers and chemical-soaked rags or clothing.
- Drunk or disoriented appearance.
- Slurred speech.
- Nausea or loss of appetite.
- Inattentiveness, lack of coordination, irritability, and depression.
- Missing household items.

consider this ...

- Inhalant use can cause a number of short-term health problems such as heart palpitations, breathing difficulty, dizziness, or headaches.
- Inhalant use can cause long-term health problems such as depression, damage to the brain, nerve cells, heart, lungs, liver, and kidneys.
- **Death can occur the first time inhalants are used.**
- Most users do not realize how dangerous inhalants can be. Many young people don't think these substances can hurt them.
- **Products used as inhalants are widely available, inexpensive, easy to conceal, and legal.**

if you are concerned ...

- Don't try to talk while your child seems under the influence.
- In a calm moment, explain that inhalants are deadly chemicals and poisons.
- Discuss the short- and long-term effects of inhaling toxic products.
- Where appropriate, offer access to a counselor or other qualified professional.



Source: adapted from [Parents, The Anti-Drug and The National Inhalant Prevention Coalition](#)

who can help?



Fairfax-Falls Church Community Services Board (CSB) Alcohol and Drug Services
24-Hour CSB Emergency Services Phone: 703-573-5679 | TTY: 703-207-7737
www.fairfaxcounty.gov/csb/ads

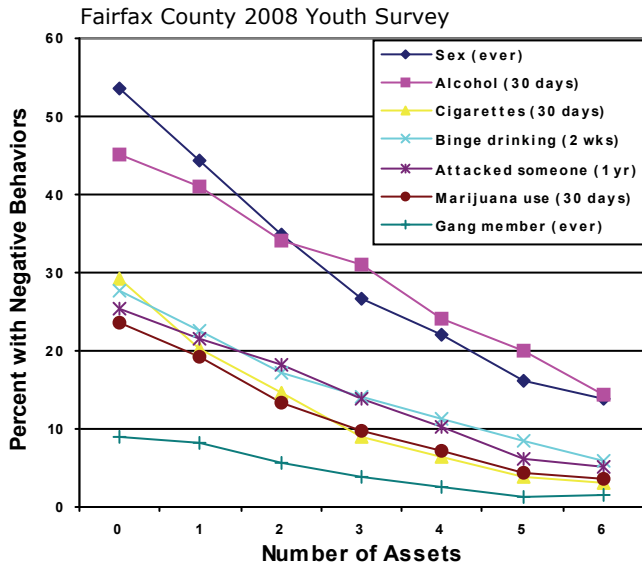
Fairfax County Public Schools Department of Intervention and Prevention
703-423-4020

Fairfax County Public Schools Student Safety and Wellness Section
www.fcps.edu/dss/ips/ssaw



THREE TO SUCCEED

Thriving in Fairfax



The Three to Succeed concept is based on the youth survey analysis that shows how just having three assets (or strengths) dramatically reduces risk behaviors and promotes thriving youth.

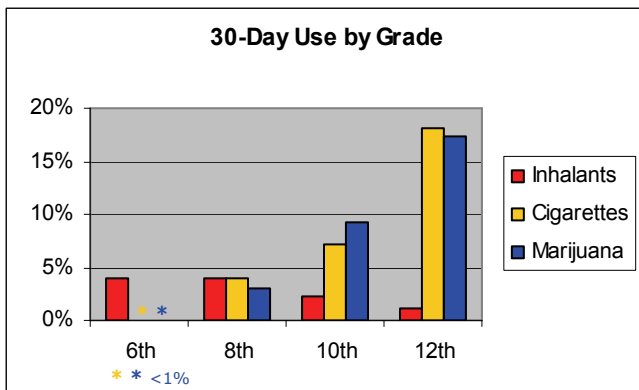
and daily life, and in a safe environment. The more assets an individual has in their lives, the fewer risk behaviors are reported.

Young people in Fairfax County report positive influences from their communities, families, schools, and friends demonstrating the benefits of everyone taking a role in ensuring that EVERYONE'S CHILDREN are thriving in Fairfax.

Assets are strengths in young people, their families, schools and communities that help them thrive in health, in school

| Assets | |
|--------------------------------------|--|
| Good grades | Parents notice when doing a good job |
| Involved in decision-making | Involved in extracurricular activities |
| Adults in my neighborhood to talk to | Involved in community service |

Inhalants & Other Drug Use



National Data Comparison

| | Ever Used | | Used in Past 30 Days | |
|------|----------------|--------------------|----------------------|--------------------|
| | National YRBS* | Fairfax Countywide | National YRBS* | Fairfax Countywide |
| 6th | - | 8% | - | 4% |
| 8th | 16% | 14% | 4% | 4% |
| 10th | 14% | 10% | 3% | 2% |
| 12th | 11% | 6% | 1% | 1% |

The Fairfax County Youth Survey was administered in the spring semester of 2008 to a randomly drawn, statistically valid sample of students. National comparisons are made to the *Youth Risk Behavior Survey (YRBS) administered by the Centers for Disease Control (CDC). YRBS does not include data for 6th-graders.

web sites for more information

Fairfax County Prevention System (*links to Youth Survey*)

www.fairfaxcounty.gov/dsm/prevention

Unified Prevention Coalition of Fairfax County Public Schools

www.unifiedpreventioncoalition.org

National Inhalant Prevention Coalition

www.inhalants.org

The Partnership for a Drug-Free America

www.drugfree.org

Parents, the Anti-Drug

www.theantidrug.com

SAMHSA Family Guide

www.family.samhsa.gov



A publication of Fairfax County, Va., and Fairfax County Public Schools

related factors

Youth who use inhalants are ...

- More likely to report having been depressed or considered suicide.
- More likely to have had sexual intercourse.
- More likely to have skipped school or been suspended.
- More likely to have used alcohol, cigarettes or marijuana.
- More likely to know adults who use drugs.

