

INHALANTS

ACTIVITIES AND DISCUSSION GUIDE

5 Minutes

Introductory Group Discussion (Prior to viewing the video)

- What do you know about inhalants?
- What do you think the consequences of using inhalants could be?
- Do you consider inhalants a drug?
- Do you think inhalants are a safer way to get high?

Things to think about while watching the video

- Why would a person use inhalants?
- Do you know people who are abusing household products to get high?

VIEW THE VIDEO

15 Minutes

GROUP DISCUSSION QUESTIONS

25 Minutes or Longer

- Do you think that Wade knew about Sudden Sniffing Death Syndrome when he inhaled Glade air freshener?
- Why do you think that parents, counselors and drug educators don't focus on inhalant abuse the way they do on other drugs?
- Does this video seem to be using scare tactics to get the message across about the dangerous possible consequences of inhaling?
- Wade's parents said that losing him was the worst thing that had ever happened to them. Do most people consider their family members when they decide to do a dangerous drug?
- Why would someone continue to use inhalants if he or she knew it was dangerous?
- After seeing this video would you warn your little brother or sister about "huffing?"

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FAST FACTS

These facts contain information that is supplementary to what is in the video. They can be used to stimulate more discussion, written on the board, or incorporated into the discussion generated by the Group Discussion Questions.

- Sudden Sniffing Death frequently occurs among first-time inhalant users.
- All inhalants can produce Sudden Sniffing Death Syndrome.
- TOLUENE, found in spray paint, glues, and gasoline is the most lethal and the most common chemical abused by huffers.
- Inhalants are the second most common drug used by 8th graders (after Marijuana).
- The contents of most spray cans are poisonous. It is NEVER safe to breathe them in any concentrated way.
- Physical symptoms of someone who huffs: red nose, sores around the mouth, slurred speech, wide based gait (off balance), staggering or stumbling, hearing loss, loss of smell, short term memory loss.
- Statistics show a recent increase in the use of substances with the greatest sudden death potential.
- The risk of sudden death with any episode of inhalant use is greater than the risk presented by any other drug.

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ACTIVITIES FOR ANOTHER SESSION

Role-Play

Try this role-play with your students after they have thoroughly discussed the video. It can be presented as a skit, written assignment, or a small group discussion topic.

Characters: 2 siblings. One is younger than the other.

Situation: The younger sibling is telling the older sibling that he/she has just discovered the greatest high. It's in the house so it doesn't cost anything. He/she has been really depressed lately and it makes him/her feel better. The older sibling has to try to talk him/her out of huffing based on the information learned from the video.

Individual or Group Writing Activity

This can be assigned as an extra-credit or homework assignment.

List all of the products in your home that contain poisons that are not labeled as such. Compose a letter to send to the makers of the products, and offer suggestions about how they could warn people (children and adults) of the dangers of using the product to get high.