

HEADS UP REAL NEWS ABOUT DRUGS AND YOUR BODY



True or False?

● What's the truth? Read these statements about inhalants. Mark "T" for statements you think are true, and "F" for statement you think are false. Then, double-check your answers by reviewing what you read in "Top 10 Things You Need to Know About Inhalants."

___ Inhalants can cause heart attacks.

___ Aerosol sprays are not toxic.

___ Toluene (a chemical found in spray paints) is the only harmless inhalant.

___ Inhalant abusers are at risk for depression.

___ According to a 2002 study, more than 50% of 8th-graders surveyed had tried inhalants.

___ Inhalants help speed messages through nerves by building myelin.

___ Inhalants can cause permanent hearing loss.

___ Sniffing chemicals through the nose is safe; inhaling through the mouth is not.

___ "Huffing" refers to a safe method of inhaling chemical fumes.

___ Inhalants can cause kidney damage.

