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National Inhalants and Poison Awareness Week March 14 to March 20, 2010

YOUR FIRST INHALE COULD BE YOUR LAST BREATH:

Inhalants are substances that are breathed in -huffed- for the purpose of altering one's consciousness. Any number of household and/or cleaning products can be huffed. But, keep in mind- INHALANTS ARE NOT DRUGS; INHALANTS ARE POISONS! Household and/or cleaning products contain various poisonous chemicals, any one of which can kill with the first inhale. When breathed in, these chemicals flood the brain in a matter of seconds. What happens next could be any or many of the following: dizziness, tiredness or fainting; nausea, vomiting, loss of appetite; loss of bowel or bladder control; eye trouble, seizures, headaches, hallucinations; confusion; deafness; or, loss of the sense of smell. At any time, the chemical(s) inhaled can cause an irregular heart-beat that could result in cardiac arrest (death); and, The chemical can slow breathing to the point where breathing stops- also death.

The following are ways to spot an inhalant user:

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| ⇒ Unusual breath odor | ⇒ Nausea and/or loss of appetite |
| ⇒ Chemical odor on clothing | ⇒ Shows anxiety, excitability, irritability or restlessness |
| ⇒ Slurred or disoriented speech | ⇒ Hides rags, clothes or empty containers in strange places |
| ⇒ Drunk, dazed or dizzy appearance | ⇒ Spots and/or sores around the mouth |
| ⇒ Paint on fingers, hands, face, clothes | |
| ⇒ Red or runny eyes | |



Call 911 if someone is passed out or acting very strange

QUICK FACTS

- ? Nearly one in five kids has abused inhalants by the time they are in grade eight
- ? Adults also abuse inhalants
- ? Inhalants are easy to get
- ? Products are generally free—items found around the house or office
- ? Inhalants can be used anywhere
- ? Aside from damage to the brain, heart and lungs, inhalants can damage the liver, kidneys, blood, bone marrow and nervous system
- ? Inhalants can cause a person to lose judgement and/or motor skills
- ? Inhalant users can suffocate from passing out, break bones from sudden fainting, and/or become involved in an accident while driving under the influence
- ? Inhalant users can suffer from burns from the chemicals themselves or from a fire from flammable products

THE VSAAC VIEW

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TAKE A STAND ? BULLYING -IN ANY FORM- IS UNACCEPTABLE Adults, Especially Parents, Must Get Involved

Bullying is a conscious, willful, deliberate, hostile and repeated behavior by one or more people, which is intended to harm others. Bullying.org



N2641 www.k12usaarch.com

Bullying is a problem. So much so that Gov. Rell signed into law (on June 12, 2008) a measure that strengthens state and local efforts to prevent bullying in schools. The law, called *An Act Concerning School Learning Environment*, requires that every school board implement a bullying prevention strategy, that the state Dept of Education develop model policies and that bullying prevention become an in-service training topic for school personnel.

Parents should be aware of policies in their child's school. **For the safety, protection, mental, physical and emotional health of all children, every parent must insist that policies around bullying be in place and be enforced.**

What is the harm in a little bullying? Harassment and humiliation; isolation, fear of going to school or riding the bus; and, loss of interest in school activities or sports. Signs that a child is being bullied might include damaged or lost personal items and/or clothing; unexplained marks or bruises, episodes of crying, depression, anxiety and/or moodiness; complaints of headaches or stomach aches; changes in sleeping habits, and bad dreams.

Depending upon the intensity of the bullying— emotional trauma can last a lifetime. Although suicide is not a common reaction to bullying, we are hearing about it all too often.

One of the most frightening aspects of bullying is the fact that it is supported by friends and peers of the bully. Bullies often form groups and as a group attack one person. Watching someone perpetrate a crime or violence against another, and then broadcasting the aggression (often using cell phones) is becoming more acceptable to young people. All adults, especially parents and educators must inform children and teens that any such behavior is unacceptable behavior and

There are Different kinds of bullying:

Emotional bullying: Isolating or excluding someone from activities. Also, spreading rumors.

Physical bullying: Kicking, hitting biting, pinching, hair pulling, punching, pushing and threats of physical harm.

Racist bullying: Racial slurs, offensive gestures or making jokes about someone's cultural traditions.

Verbal bullying: Name-calling, incessant mocking and making jokes at someone's expense.

Sexual bullying: Unwanted physical contact and/or sexually abusive or inappropriate comments.

Cyber bullying: Through e-mail, instant messaging, internet chat rooms, and camera cell phones, bullies forward and spread hurtful messages and/or images. All forms of bullying (except physical bullying) is engaged in on-line. This may be the most damaging of all because hundreds of people can be reached and many people can be involved in spreading lies, rumors and images. Worst of all, the initiator of the bullying will often remain anonymous.

If an adult knows a child is being bullied, they should listen and be supportive.

Tell the child that they are not to blame. Help a child to do the following:

Don't get angry— it gives the bully more power. If possible, walk away and ignore the bully; and, if possible, use humor to defuse a situation. Bullying should always be reported.

Cyber bullying is more difficult to deal with but this kind of bullying should never be tolerated. Report it to school personnel, to parents and, if necessary, to police.

