

MANITOBA ADDICTIONS AWARENESS WEEK

Topic:	Inhalant Abuse
Audience:	Adults
Outcome:	To provide information on what people and communities can do to prevent inhalant abuse.

What Can I Do About Inhalant Abuse?

Everyone in the community can help to prevent inhalant abuse. Everyone can **Be A Prevention Player**. Where do **YOU** belong in this community circle? How can **YOU** make a difference?

What Young People can do:

- Be a positive role model for your peers.
- Learn healthy strategies for dealing with problems.
- Help your friends learn healthy strategies for dealing with problems.

What Parents can do:

- Talk with your children about the issue.
- Keep your home safe! Use safe alternatives to products that contain inhalants. Throw out old or unneeded products in the house.
- Learn the signs of abuse and watch out for your children and their friends.
- Be calm if you suspect abuse and get as much information as possible.
- Watch sniff areas and signs of use – tell authorities if you find something.
- Write to makers of the inhalants and government and civic leaders.
- Encourage store owners to make prevention efforts and obey by-laws.

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What **Teachers** can do:

- Provide prevention education in class.
- Present guest speakers and other activities.
- Set up a school-based action plan to deal with abuse.
- Teach children skills for making good decisions.

What **Community Organizations and Government** can do:

- Accept inhalant abuse as a fact in the community.
- Address the problem but do not overreact to it.
- Encourage more community activities and recreation to relieve boredom.
- Encourage retailers and industries to take responsibility for their products. Hold discussions, write letters, enact by-laws or boycott products when appropriate.

What **Local Stores and Retailers** can do:

- Learn the signs of inhalant abuse and refuse to supply products to minors and known abusers.
- Question people making suspicious purchases.
- Stock products behind the counter or where they are difficult to steal.
- Stock only larger, more expensive sizes of solvents.
- Stock safer alternatives to abused products.
- Publicize and display your policy on inhalants.

What **Industries** can do:

- Take part in funding, organizing and publicizing prevention strategies.
- Improve safety of the products with:
 - Good warning labels
 - Suggestions for proper use
 - Foul smelling substances
 - Hand pumps or atomizers instead of aerosols
 - Non-toxic and non-abusable replacements
- Encourage retailers to take precautions.