

# XPLAINED

## SOLVENTS:



# WHAT ARE SOLVENTS?



A solvent can be liquid, gas, solid or a supercritical fluid



Solvents are used to dissolve, suspend or extract other materials. e.g. cleaning products/ nail varnish remover

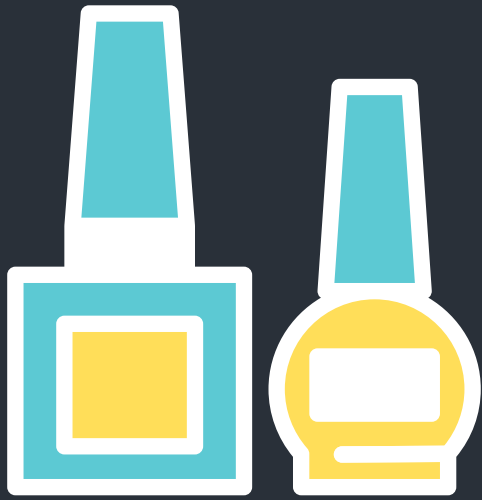


When their vapours are inhaled solvents can produce intoxicating effects similar to alcohol or anaesthetics



Solvents are often used recreationally as they are easily accessible and the detrimental effects are not always known by the user

# EXAMPLES:



**Nail Polish &  
Nail Polish Remover**



**Deodorant**



**Paint**



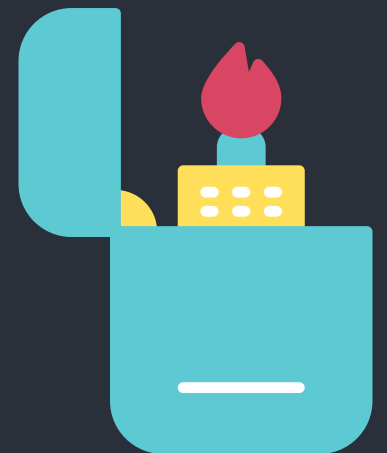
**Glue**



**Petrol**



**Cleaning  
Products**



**Lighter  
Fluid**

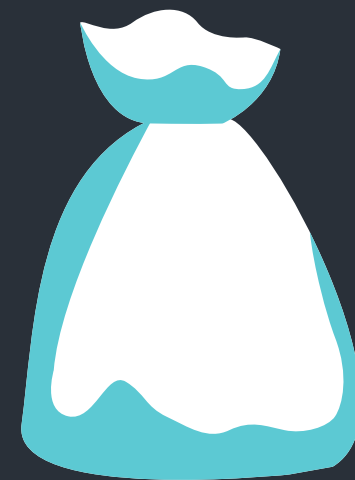
# HOW ARE SOLVENTS TAKEN?



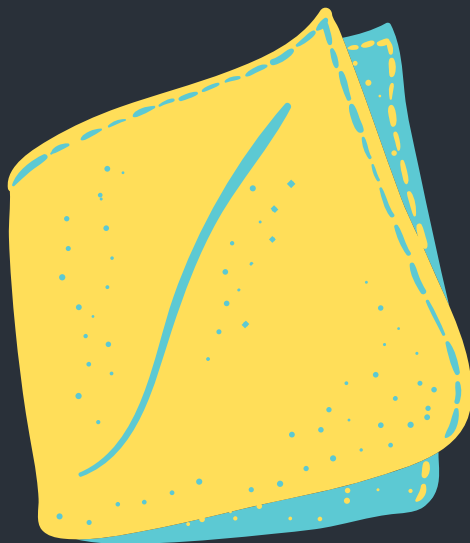
**Sniffing:**  
vapours from  
inhalant containers



**Spraying:**  
aerosols directly  
into nose or mouth



**Bagging:**  
inhaling fumes place in a  
plastic or paper bag

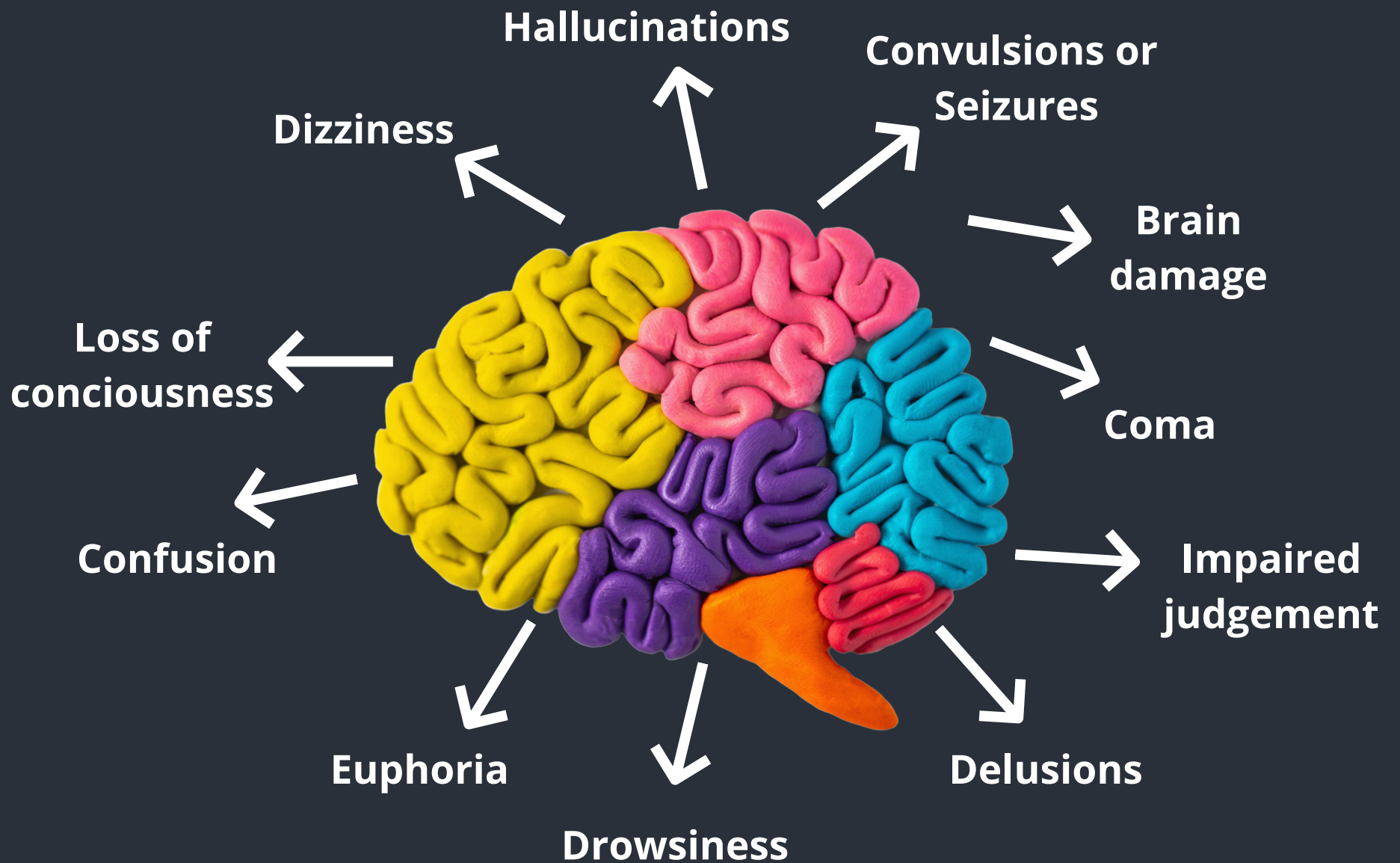


**Huffing:**  
rag soaked in solvent and held to  
face or stuffed in mouth

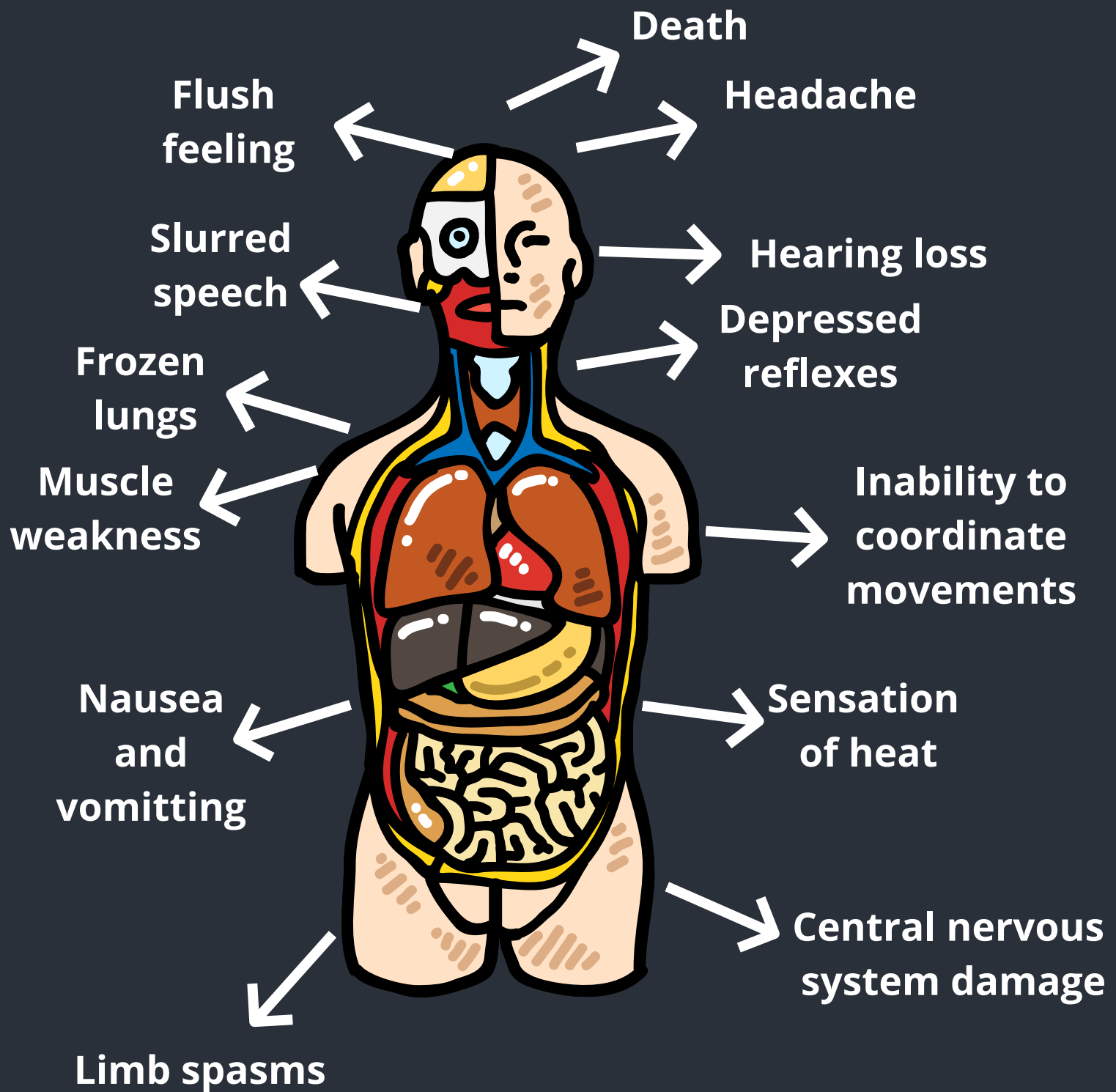


**Inhaling:**  
from balloons filled with  
Nitrous Oxide

# IMPACT ON BRAIN:



# IMPACT ON BODY:



# **HARM MINIMISATION?**



**There is no safe way  
to use solvents!**

**Using solvents can cause instant death and every year many young people lose their lives due to solvent use and complications!**

**If your child or someone you know has a problem with solvents do not be afraid to seek help immediately!**

**If you know a young person showing signs of problematic substance use, it is vital to do a referral as soon as possible! AfC's substance misuse team is available for specialist services.  
For referrals contact:**

**[smsreferrals@achievingforchildren.org.uk](mailto:smsreferrals@achievingforchildren.org.uk)**

**020 8547 6920**



**achieving  
for children**