# INHALANTS

Household products, serious risks, and a problem that starts young.

## Know the Basics

### What they are
Breathing in fumes from products like aerosol sprays, spray paint, glue, markers, cleaners, gasoline or nitrous oxide ("whippets") to get high.

### Starts young
Indiana students report trying inhalants at younger ages than almost any other substance.

### Sudden death risk
Inhalants can make the heart stop suddenly, even the first time someone uses them.

### Brain and body damage
Inhalants cut off oxygen and can damage the brain, nerves, liver, kidneys and hearing.

### Flavored nitrous products
Brightly packaged, flavored nitrous oxide canisters are sold in some smoke shops. FDA has warned people not to inhale them.

## BY THE NUMBERS

**99%+**

of Indiana students in every grade, 6th–12th, did **not** use inhalants in the past month.

**0.7%**

of Indiana 6th graders used inhalants in the past month, the highest rate of any grade.

**0.5% vs. 1.9%**

Indiana 8th graders vs. U.S. 8th graders who used inhalants in the past month.

*2026 Indiana Youth Survey; Monitoring the Future 2025*

## Data Check: Using These Numbers Right

- **"Significant" doesn't mean large.** Rates for 7th and 8th graders rose significantly from 2024, but both are still under 1 in 100.
- **The wording changed in 2026.** The survey added new examples to its inhalant question, so some of the increase may reflect the wording.
- **Match the audience.** Rates peak in middle school, so focus campaigns there, plus parents of younger kids. Never describe how inhalants are used.

## Laws & Safety in Indiana

- **Inhaling fumes to get high is illegal** in Indiana.
- **If someone collapses:** call 911, get them to fresh air and start CPR if they aren't breathing.
- **Don't startle or chase** someone who has been inhaling. Stress can trigger heart failure.

## Campaign Angles

- **Lead with the majority:** more than 99 in 100 Indiana students don't use inhalants.
- **Reach parents:** encourage storing products safely and watching for warning signs.
- **Work with retailers** and your LCC on sales of nitrous oxide products.

**Sources:** 2026 Indiana Youth Survey, Prevention Insights, IU School of Public Health-Bloomington; Monitoring the Future 2025, University of Michigan/NIDA; National Institute on Drug Abuse (NIDA); U.S. Food and Drug Administration (FDA); Indiana Code.