



When Boys and Men Sniff



Australian Government
Department of Health and Ageing



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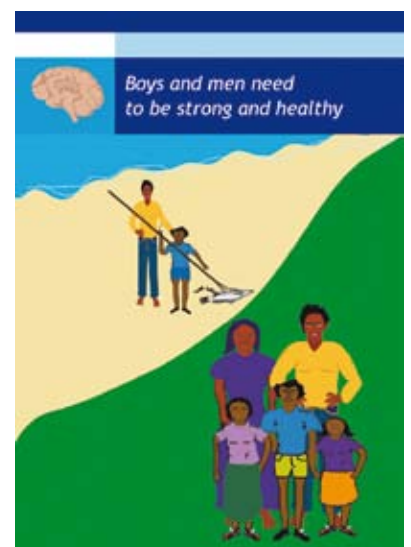
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Boys and men need to be strong and healthy

- Boys and men have important roles to play in their family and their community.
- They need to look after their minds and their bodies to make them strong and healthy.
- Strong healthy boys and men set good examples to other boys and men, of how to be strong.
- Men have to look after their families, make sure they have good food and learn to hunt, fish, play sport, go to school or work and learn about their stories so they grow up strong, healthy and happy.
- Men protect the women, their families and their communities and support each other.
- Men can be great role models!





*Boys and men need
to be strong and healthy*





Why do people sniff?

- Sometimes boys and men sniff petrol or other chemicals that make them feel high.
- These chemicals (like petrol, glue and spray paint) are called 'inhalants' or 'solvents'.
- When people sniff, they feel like they have extra powers.
- They feel like they are really strong and can do anything.
- Sometimes this gets them into trouble because they might break into places, or get in fights with other men or women.
- Sniffing makes people feel good for a short time, and sometimes they have visions. These visions can make them feel strong but sometimes the visions scare them.
- Some people like to sniff because it makes them feel like they are part of something, maybe a gang, and this makes them think they are more important.
- When people sniff they forget about their problems.





Why do people sniff?





When boys and men sniff they hurt themselves

- Sniffing does a lot of damage that can last a long time, and only makes people feel high for a short time.
- The damage from sniffing can last for a long time, sometimes for years and years and sometimes forever.
- When boys and men sniff they can't control their minds and their bodies.
- They can't think properly and don't really know what they are doing.
- Sometimes, they can't stop themselves from doing things they don't want to do.
- They might take other drugs or drink grog at the same time and this makes them lose even more control.
- Sniffing and taking other drugs can also make people get upset, angry, and violent or see things that aren't there.
- Sniffing can make people more likely to get a mental illness like psychosis, anxiety or depression.
- Many sniffers have killed themselves or tried to kill themselves.





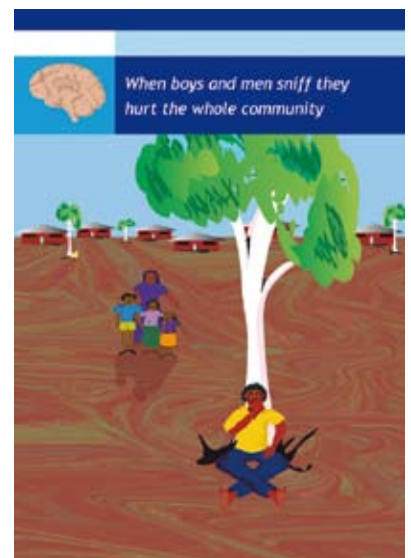
When boys and men sniff they hurt themselves





When boys and men sniff they hurt the whole community

- Sniffing not only hurts the person sniffing but it hurts the sniffers' family and the whole community, and then it's a problem for everyone.
- People in the community can be scared of sniffers.
- Sniffing is addictive so it makes people want to do it more even though it's no good for them.
- When boys are sniffing they can't concentrate at school because they have damaged their brains and then can't learn properly or remember things.
- This makes it hard for people around them to also learn at school, so they stop going to school and don't get an education.
- Men that are sniffing don't turn up to work or can't work properly.
- Men that are sniffing can't care for their family any more and can't even look after themselves.
- They don't eat healthy food, do sport or any of the things that make boys and men strong and healthy.





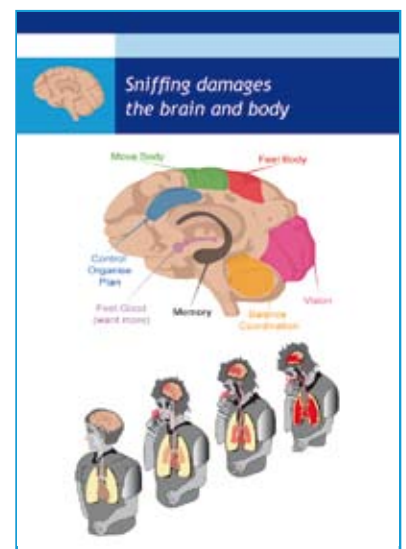
*When boys and men sniff they
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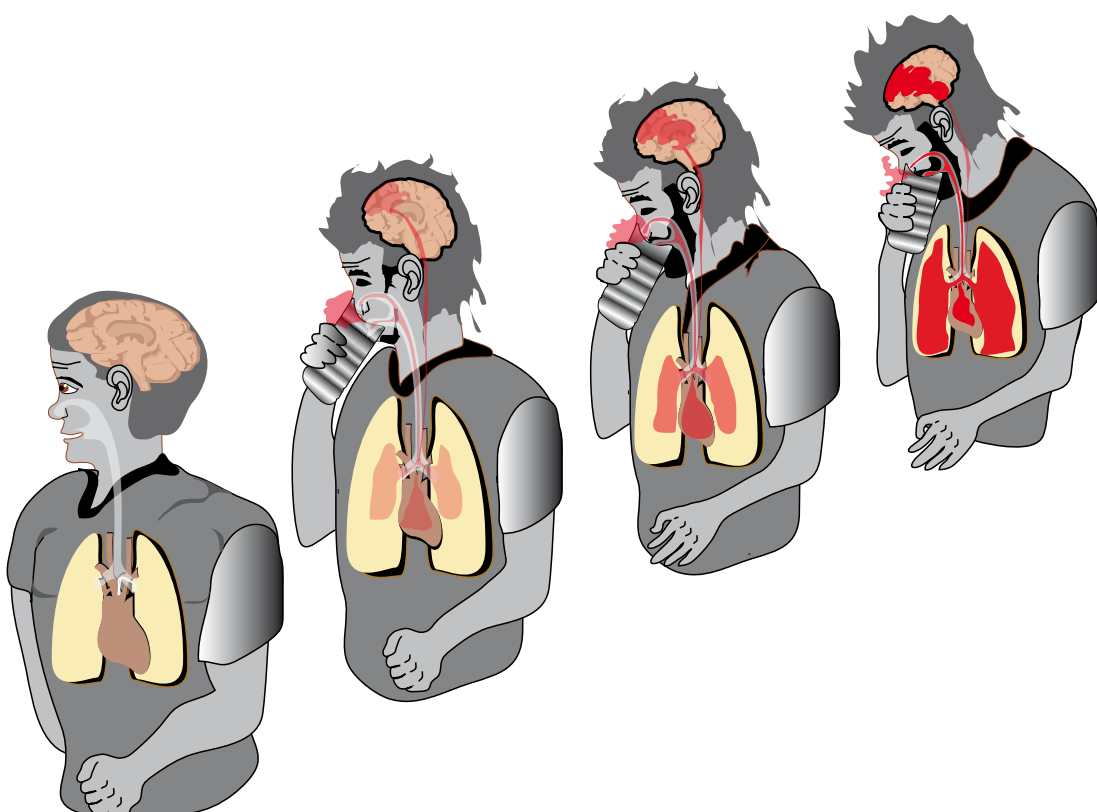
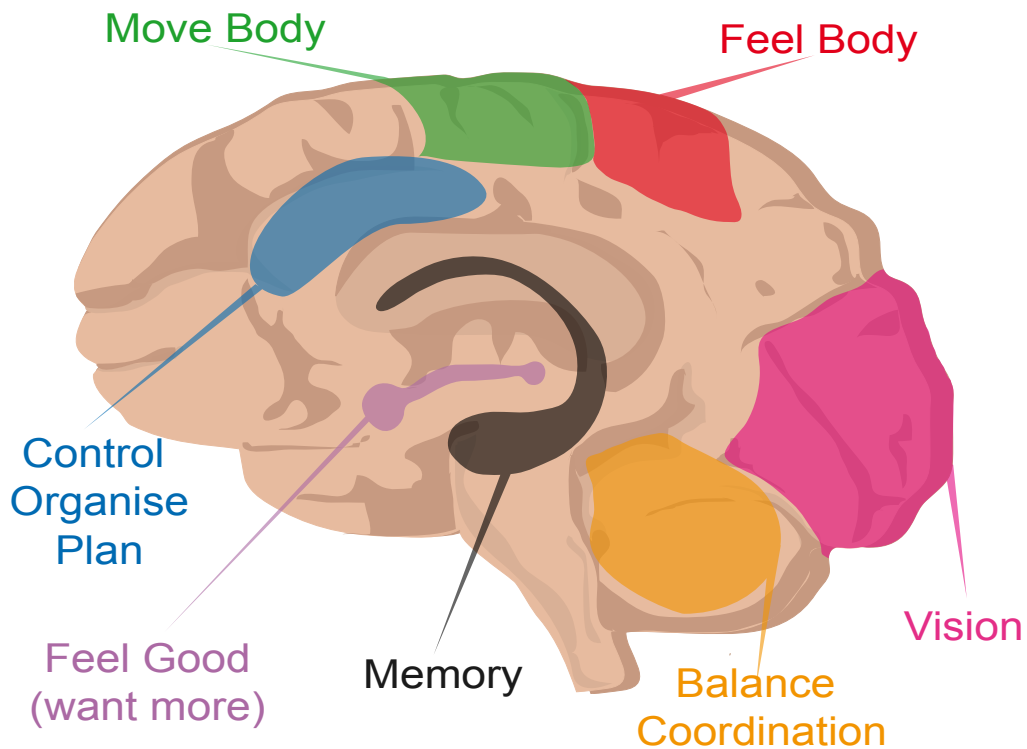
Sniffing damages the brain and body

- Sniffing, especially when you are young, can damage your brain and body permanently.
- People can also die suddenly because they don't have enough oxygen getting to their brain when they sniff.
- Sniffing damages the brain and body in many ways. Some of the damage can get better when the person stops sniffing, but the longer they sniff, the less chance they have of getting better.
- Sniffing damages the brain and makes it difficult to see and hear things properly, control your actions and feelings, concentrate, learn new things, remember anything or walk and talk properly.
- Sniffing also damages other organs in the body like the heart, lungs, liver and kidneys.
- Sniffing makes the heart work extra hard and sometimes people can die suddenly because their heart is under too much pressure.
- Sniffing damages the 'immune system' of the body. The immune system helps your body fight off disease and infection so if you sniff you will probably get sick a lot.
- Another way sniffers damage their bodies is from burns or accidents that happen while they are high from sniffing.





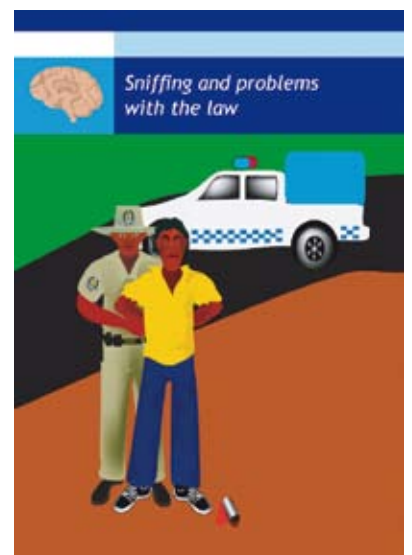
Sniffing damages the brain and body





Sniffing and problems with the law

- Boys and men can't control themselves or think properly when they sniff.
- They often try and break into places like the shop or houses to steal things. They might steal food or be looking for something else to sniff.
- Sniffing can also make boys and men angry or scared and they can hit or abuse other people.
- When boys and men are sniffing they think they are in control but they are not.
- These problems have led to sniffers getting into trouble with the police and the law.
- They can be reckless and take risks with their health and the law and put themselves in dangerous situations.
- Many times, sniffers end up in prison.
- When boys and men are sniffing they might not go through ceremonies, or play sport and other things that keep them strong and belonging to the community.





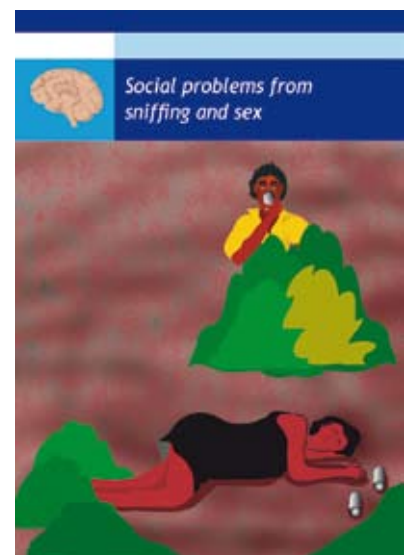
Sniffing and problems with the law





Social problems from sniffing and sex

- When boys and men sniff, they have less control over what they are doing.
- They might end up having sex with someone they didn't want to have sex with, and later wish they didn't do it.
- Sometimes when men and women have sex when they are sniffing the woman can get pregnant and then not want the baby.
- They may be from the wrong skin group and their families won't help them with the baby.
- Then the baby suffers for a long time. It feels like nobody loves it.
- Men or boys who have been sniffing sometimes force girls or women to have sex with them against their wishes. This is called sexual assault or rape and is a serious crime. It hurts the woman in her body, her mind and her feelings and she can carry the hurt for a long time and may never get better.
- Men need to protect girls and women and look after them. Men should not hurt girls or women. They should not hit, attack or rape girls or women.
- It is important that men stop other men from hurting girls or women.
- Men and women need to treat each other with respect.





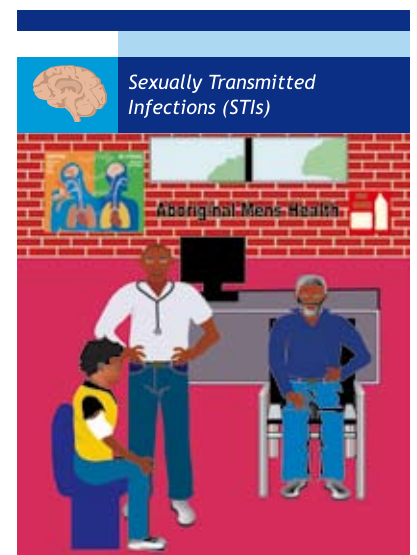
Social problems from sniffing and sex





Sexually Transmitted Infections (STIs)

- When men and women sniff they can get a strong desire for sex. They can't control themselves so they may have sex without thinking too much or be forced to have sex when they didn't want to.
- When people are in these situations they are more likely to have 'unsafe' sex, or sex without a condom. This way, they may get pregnant but they are also more likely to get sexually transmitted infections (STIs).
- STIs are spread through unprotected sexual contact.
- Many sniffers or victims of sexual assault get STIs.
- This can also happen with too much grog (alcohol).
- STIs are a problem everywhere in the world but they can be prevented and treated.
- Some STIs that you may have heard of are syphilis, gonorrhoea, chlamydia and donovanosis.
- Some other types of STIs are HIV/AIDS, hepatitis B, genital warts and genital herpes.
- You may not know that you have a STI because often there are no symptoms.
- This is a problem because with most STIs you can get better if you find them and treat them early. If you don't know you have them and don't get treatment, they can lead to other diseases like cancer.
- Wearing a condom when you have sex is the safest way to stop you from getting a STI.
- If you have had sex without a condom, you should get a test at the clinic as soon as possible to find out if you have a STI.





Sexually Transmitted Infections (STIs)



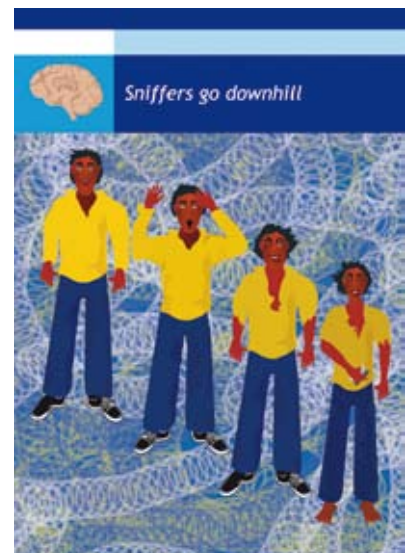
Aboriginal Mens Health





Sniffers go downhill

- When people sniff petrol, they hurt their brain and their body and they can't be healthy.
- They can't think properly and don't know how to care for their families anymore.
- Sometimes sniffers don't know what they are doing.
- They don't care about themselves or anyone else.
- When this happens, their families and their children suffer. They don't have anyone to love them and look after them.
- If people keep sniffing they get worse and worse.
- At first they can still do things like sport and hunting but after a long time of sniffing, people can't do anything.
- They can't do sport, hunting, painting, dancing, singing and ceremonies.
- If they keep sniffing, they won't be able to think, eat or walk properly.
- They won't be able to look after themselves.
- They will need other people to look after them.
- The only way to get better is to stop sniffing.





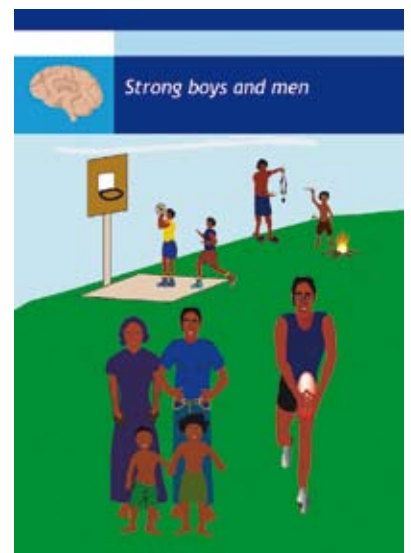
Sniffers go downhill





Strong boys and men

- It is important for boys and men to be strong. They need to look after themselves and their families. They can't do this when they sniff.
- This information is about sniffing inhalants like petrol, glue and spray paint but other drugs like gunja (marijuana), grog (alcohol), kava and cigarettes can also damage your health and hurt your children, your family and your community.
- Boys and men can choose to be strong and healthy.
- They can be good role models for their family and their community.
- They can show their people how to do healthy things that make them feel good.
- Sniffing hurts everybody - even people in the community who don't sniff.
- Everybody can and should work together to reduce the damage caused by sniffing.
- Sniffers need love and support to stop sniffing.
- Strong men can help other boys and men to become strong and healthy.





Strong boys and men

