

Nitrous Oxide

Nitrous Oxide is a depressant drug. This means it impairs and slows down the brain and body. It might mean that someone's decision-making or their response times are slower.

It's sometimes known as balloons, Nos, Whippits or Laughing Gas. **There are no safe or recommended levels of use.**

What are the effects of Nitrous Oxide?

Nitrous Oxide triggers the **release of other chemicals** in your brain that can make someone laugh uncontrollably, feel relaxed and some people might see or hear things that aren't there.

Nitrous Oxide disrupts the delicate balance of chemicals and the signals in your brain. It can leave people with a **severe headache, dizziness, unsteadiness** and make them **scared** or **anxious**.

When someone consumes Nitrous Oxide it can lead to **suffocation** or **death**. There are also increased risks for people with **asthma** or **heart conditions**.

If someone keeps using Nitrous Oxide regularly it can have serious long-term effects and get in the way of activities they used to enjoy, or put strains on their relationships with friends and family.



Aquarius Young People

SPOT YOUR MATE

MAKE SUMMER GREAT

Summer Safety

-  **Keep hydrated** – make sure you all have some water or non-alcoholic drinks and try to avoid the sunlight during the peak times of 10.00 to 14.00 when it's hottest.
-  **Buddy system** – stick together and stick to the plan with your buddy. If one of you wants to leave, leave together.
-  **Have a back up plan** – to make sure you can both get home safely. Make sure someone else knows where you are and who you are with and contact them if your initial plan isn't working.
-  **Emergency** – in an emergency, or if someone falls and hurts themselves, is being very sick or is unresponsive, **call 999**. If you don't know where you are use **What3Words** to help the crew find you.