

# PEOPLE

WHO CAN HELP

- Parents / Family ■
- Peer Educators / Friends ■
- Village Headman ■  
(Turaganikoro)
- Teacher / School ■
- Counsellor ■
- Priest / Pastor / Bishop ■

Every time a person uses glue he/she is putting his/her life in danger.  
You can help save his/her life!

# SAYING NO

You may have friends who use glue. They may ask you to try it too. They may say that you're not "cool" if you don't try it. Or they may say that you're scared. But no one can make you do something that you don't want to do. A real friend won't ask you to do it in the first place. If someone asks you to use glue it's ok to say "No thanks, I don't do drugs".

Working Together  
FOR A DRUG FREE FIJI



MINISTRY of Health  
Shaping Fiji's Health



**For more information, please contact:**

THE SECRETARIAT  
National Substance Abuse Advisory Council  
(NSAAC)

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Old Delainamasi Government School, Nasinu

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Government Buildings, Suva

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SAY NO   
to Glue Sniffing



National Substance Abuse  
ADVISORY COUNCIL

# What is Glue Sniffing ?

Glue is a useful substance. But when it is not used properly it can be harmful. Glue sniffing or 'pun pun' is a harmful thing, especially for growing children.



## What does Glue Sniffing Do ?

Our bodies need air to breathe.

When you breathe in, the air goes from your lungs to your brain and all over your body.

When someone uses glue, it goes into the lungs and brain too. So he or she is putting a DANGEROUS DRUG into their body.

Glue Sniffing is **DANGEROUS** and will **HURT** you!

## How does Glue Sniffing Hurt ?

Many bad things can happen when someone uses glue:

- He or she may become violent
- Hurt himself or other people.
- Failing his or her exams
- He may faint
- He may even die



When a person uses glue, he hurts his body. He hurts his:



- Liver
- Kidney
- Throat
- Nose
- Lungs

Most of these damages [DAM-ee] can't be fixed. A person who uses glue long enough may no longer be able to walk, talk or think.

You may no longer be able to:

**WALK, TALK**  
or Think

## What it does to Your Family?

Glue sniffing can hurt your family by:

- Having lots of arguments
- Paying for expensive medicine
- Causing your Mum and Dad to worry about you

## You can Tell

You can usually tell when someone uses glue. He or she may have:



- Red, runny nose
- Red, watery eyes
- Sores around his or her mouth
- Chemical smell on his or her breath

There is always someone who can:

**HELP YOU**  
Talk to Someone