

HELIUM ABUSE EDUCATION KIT

Alliance for Consumer Education

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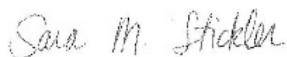
Dear Educators and Parents,

Huffing helium, though perceived as a harmless joke, poses a serious risk to our health, and the health of our children and students. Unlike other forms of inhalant abuse, children can be exposed to helium huffing in their day-to-day routines. Whether attending a birthday party, a school function, or watching a funny YouTube video clip, the temptation to huff helium is a reality for children of all ages. Adolescents may be inclined to try it because helium changes the pitch of their voices. However, what they may not know is that helium cuts off the oxygen supply to their lungs, and when inhaled directly from the tank can cause an embolism, stroke, or even death.

Education and awareness are the first steps to keeping kids healthy and safe. You can help us spread awareness and work to prevent helium abuse by educating yourself, and passing that knowledge onto your own children and students. ACE provides valuable resources and tools to make learning about helium easy, interactive, and fun. Below are ways that you can participate and support our efforts.

1. Share our helium education video which discusses the dangers of inhaling helium. The video is targeted towards elementary and middle school students. It is available on our website, inhalantabuse.org, as well as our Facebook page @AllianceforConsumerEd.
2. Follow ACE on Facebook @AllianceforConsumerEd and on Twitter @consumered and share ACE's educational content across your social media platforms.

We thank you for your continued support.



Sara Stickler
Executive Director
Alliance for Consumer Education (ACE)

Helium Infographic

**Helium
is no
laughing
matter**

**Inhaling helium isn't a funny
party trick- it's life
threatening.**

**Huffing from a
pressurized tank can
cause your lungs to rupture.**

THE DANGERS OF INHALING HELIUM

**Inhaling
helium cuts
off your
oxygen
supply**

**For more
information
visit:
inhalantabuse.org**

**If inhaled too quickly, helium
can cause an embolism,
stroke, and death.**

**Read and follow
all labeled instructions
to use helium tanks properly.**