

YOUTH SUBSTANCE USE PREVENTION

Chroming Household Dangers

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Latest Product Misuse Among Teens

WHAT IS 'CHROMING'?

You may have heard teens refer to something called “Chroming” or other popular phrases like “Galaxy Gas”, “whippets” or “huffing”.

These are all terms used to describe the act of inhaling nitrous oxide (aka “laughing gas”) from some everyday household products.

Nitrous Oxide, commonly known as “laughing gas,” is used medically as a sedative due to its psychoactive properties to create a sense of calm and ease pain.

It is also used industrially as a propellant in aerosol products and in the automotive industry to enhance engine performance.

Unfortunately, social media trends, a lack of information on the dangers, combined with the ease of access to these products, have resulted in the emerging trend of inhaling this colorless gas for recreational purposes among middle and high school students.

What is “Galaxy Gas” and why is it popular?

VIRAL TREND GONE WRONG

“Galaxy Gas” refers to a specific brand of nitrous oxide sold for culinary use. It is used in various culinary capacities including to make nitro-cold brew coffee or homemade whipped cream.



It is advertised in multiple flavors which not only appeal to younger teens & tweens but can also lead to a lowered perception of risk.

In July of 2024, a TikTok video emerged featuring a teen inhaling the gas from these products while being asked his name.

When his response of, “My Name Lil T Man” featured a deep voice (a side effect of use), the video went viral, sparking this very dangerous trend over the very recent months.

The videos featured on platforms such as X and *TikTok* show teens abusing these products often in public places.

Unfortunately, the algorithms used by social media conglomerates often cause students who watch, comment on or share this kind of video to continue to be shown similar videos.

This increase in exposure to this type of risky behavior can sadly, normalize it leaving students with a misperception of its popularity and a seriously impaired perception of its risks.

Health Risks

Doctors in the UK have identified multiple victims who have died as a result of inhaling these toxic chemicals, one as young as 11 years old.

Due to the chemicals' severe toxicity and its ability to penetrate the blood-brain barrier, significant brain and body damage can occur, especially among young users. Even death can occur with one use.

Doctors warn of the following dangers:

1. **Brain damage** - learning & behavioral
2. **Cardiac arrest** - Sudden Sniffing Death Syndrome
3. **Respiratory damage** to lung tissue
4. **Liver & kidney** damage
5. **Addiction**

The euphoria experienced by users lasts only 1-2 minutes and students may start to search for a longer lasting high, leading to increased tolerance and the use of other substances.

How Can Kids Access These Products?

While recreational use of these products is both dangerous and illegal, the purchase and sale of them is not.

They are available through most major online retailers, local smoke shops, gas stations, bike shops and other retailers for as little as \$25.



Prevalence

USE IS ON THE RISE

The Monitoring The Future Study of 2023 showed less than 3% of middle and high school students reported having used inhalants in the last year.

The Florida Youth Substance Survey of 2023, shows mixed numbers with evidence of a rise in 7th graders using in the last 30 days (from 2.3% in 2022 and up to 3% in 2023).

While these statistics suggest the trend is not prevalent, it is important to keep in mind that this was prior to the spread of videos on social media which occurred just before the start of the 2024-25 school year.

How To Keep Kids Safe

Knowledge is Power

Listening for teens using the following terms:

- “huffing”
 - “chroming”
 - “Galaxy Gas”
 - “My name Lil T”
 - “whippets”
 - “sniffing”
 - “bagging”
- Look out for evidence of used products, whipped cream cans, deodorant sprays, small silver cannisters approximately 2.5 inches in length as pictured above.
 - Watch for signs of chemical burns or sores around the face, hands, or clothing.

