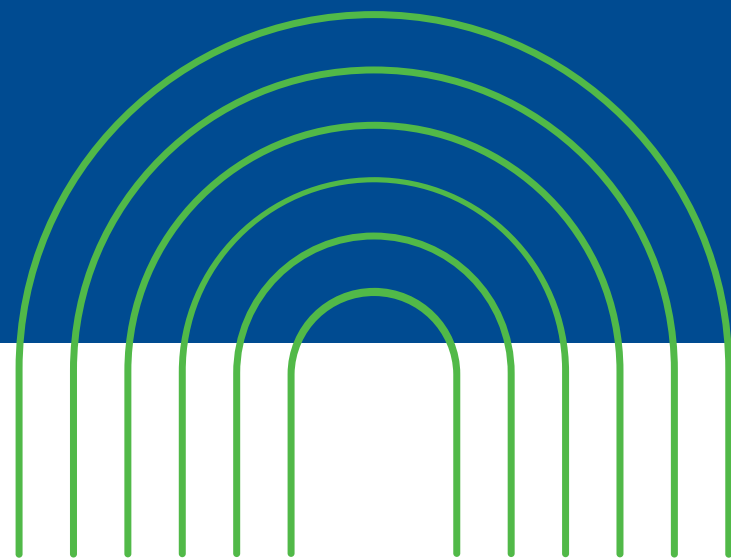
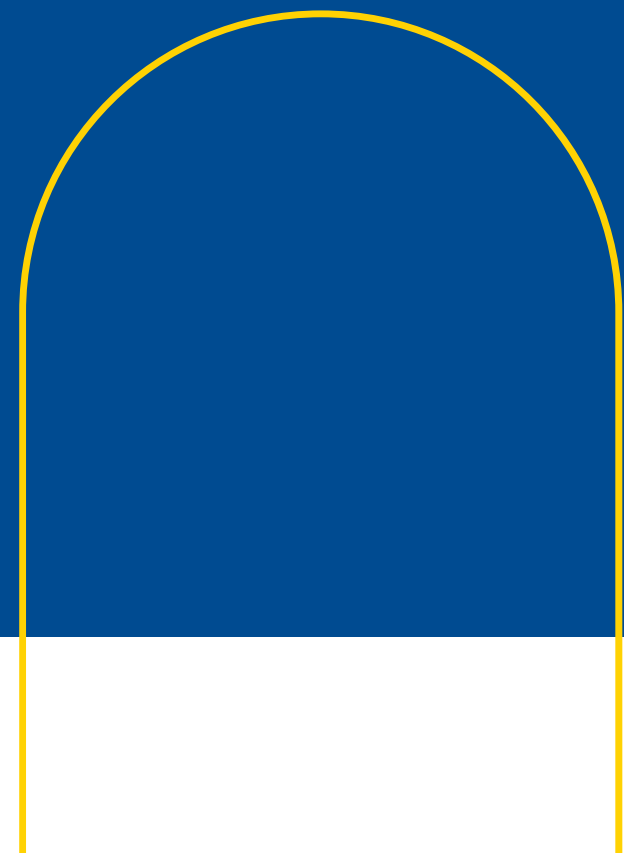


GREATER DANDENONG YOUTH NETWORK

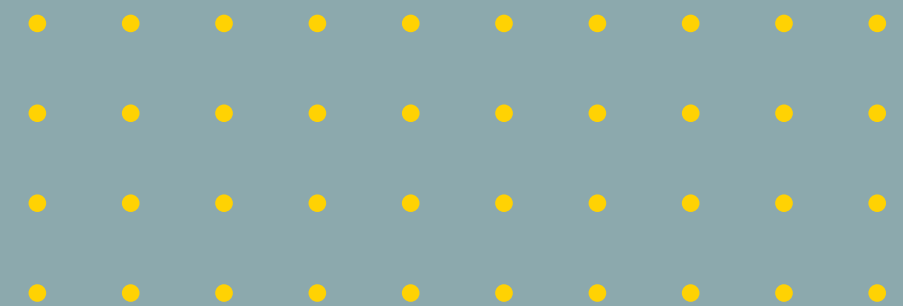
ALCOHOL AND OTHER DRUGS EMERGING TRENDS AND LOCAL CONCERNS

31 March 2026





ACKNOWLEDGEMENT OF COUNTRY



AGENDA

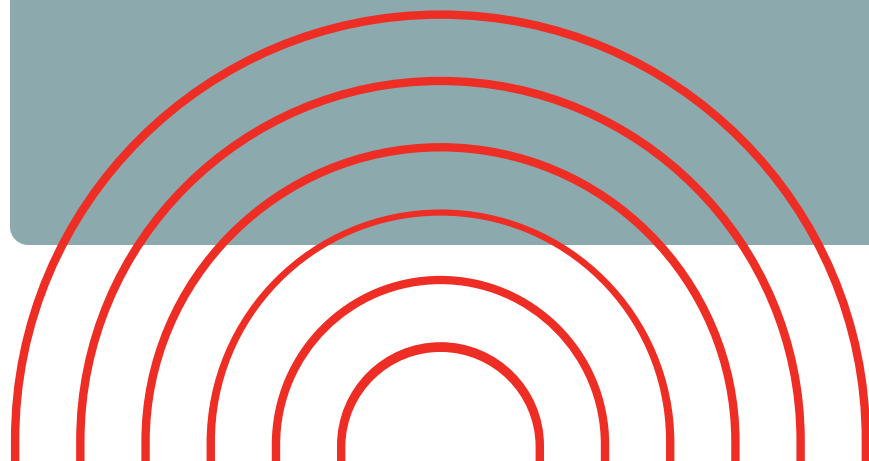
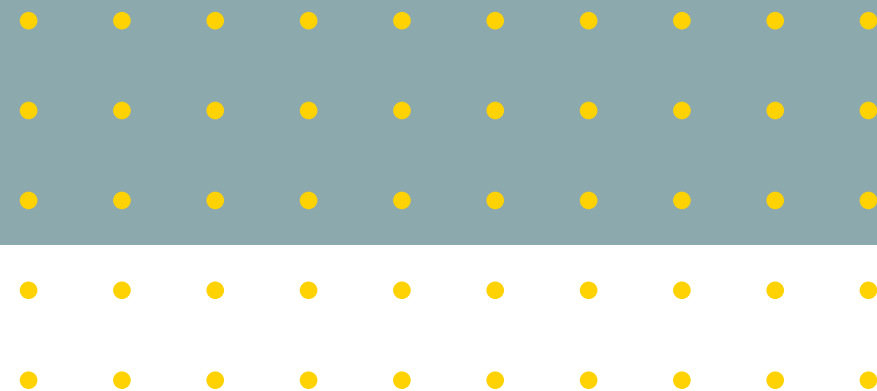


- 9.35 WELCOME AND INTRODUCTION**
- 9.40 PRESENTATION 1 – CGD COMMUNITY SAFETY**
MADALENE CURSIO, COMMUNITY SAFETY PROGRAM OFFICER
- 10.00 PRESENTATION 2 – ROYAL CHILDREN’S HOSPITAL**
EMMA CALLEY, CONTENT SPECIALIST – KIDS HEALTH INFO, HEALTH LITERACY TEAM
- 10.20 PRESENTATION 3 – NITROUS OXIDE**
JULAINIE ALLAN, DEPUTY DIRECTOR RURAL HEALTH RESEARCH INSTITUTE, CHARLES STURT UNIVERSITY; SENIOR VISITING FELLOW, NATIONAL DRUG AND ALCOHOL RESEARCH CENTRE, UNSW
- 10.40 NETWORK INFORMATION SHARING**
- 10.55 EVALUATION AND CLOSE**

NEXT MEETING: RESPONSIBLE AI USE IN THE YOUTH SECTOR

Thursday 14 May
9.30am – 11.00am

In Person – different location!
Third Place Youth & Community Hub
26 McRae St, Dandenong

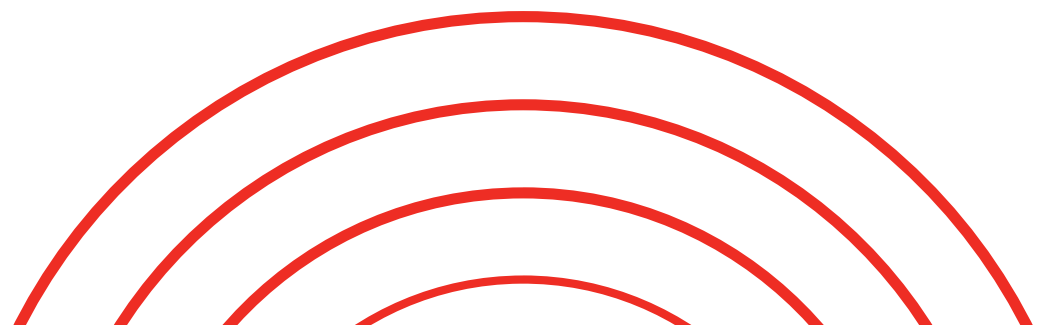




ALCOHOL AND OTHER DRUGS EMERGING TRENDS AND LOCAL CONCERNS

School Workshops

- PartySafe – Alcohol
- PartySafe – Nicotine and Illicit Drugs
- Resistance Skills
- Vapedemic

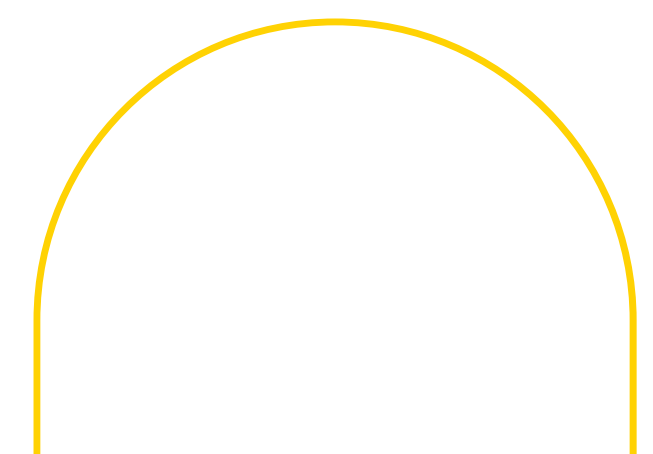
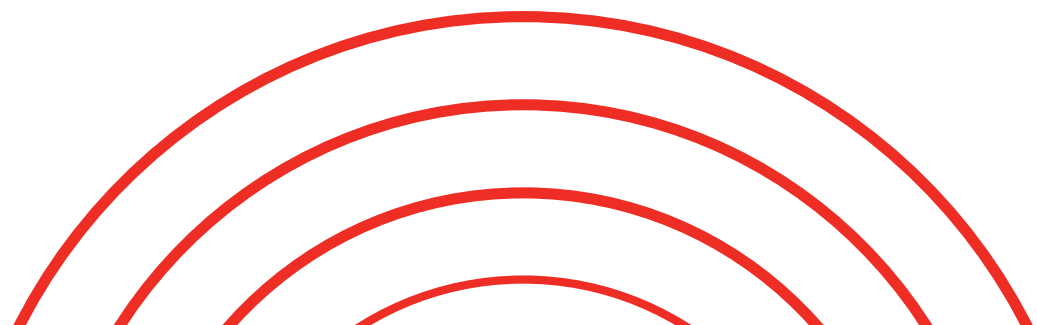
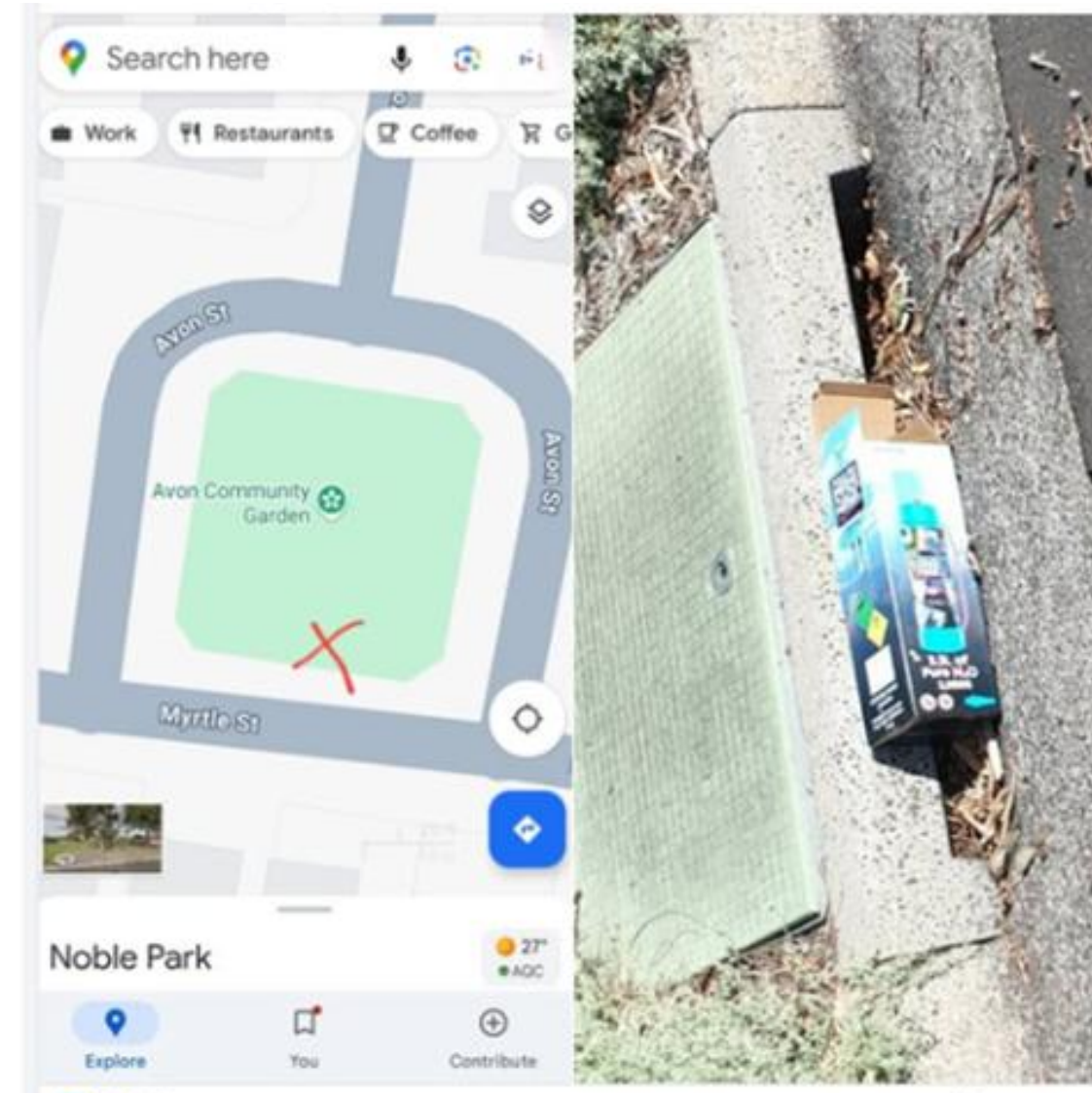


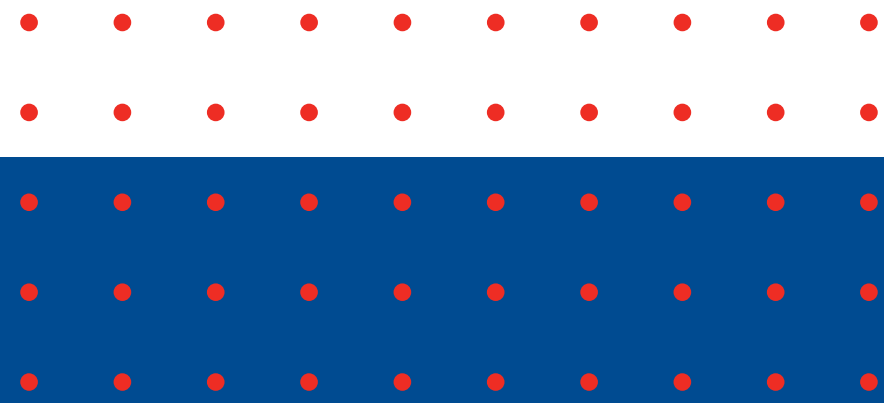
#A PUFF
AIN'T TUFF

DON'T LET
VAPING SMOKE
YOUR LIFE



Nitrous Oxide

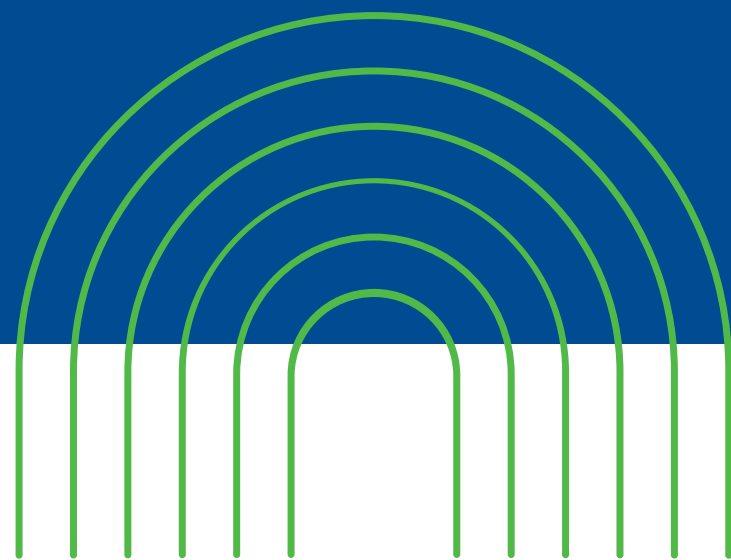
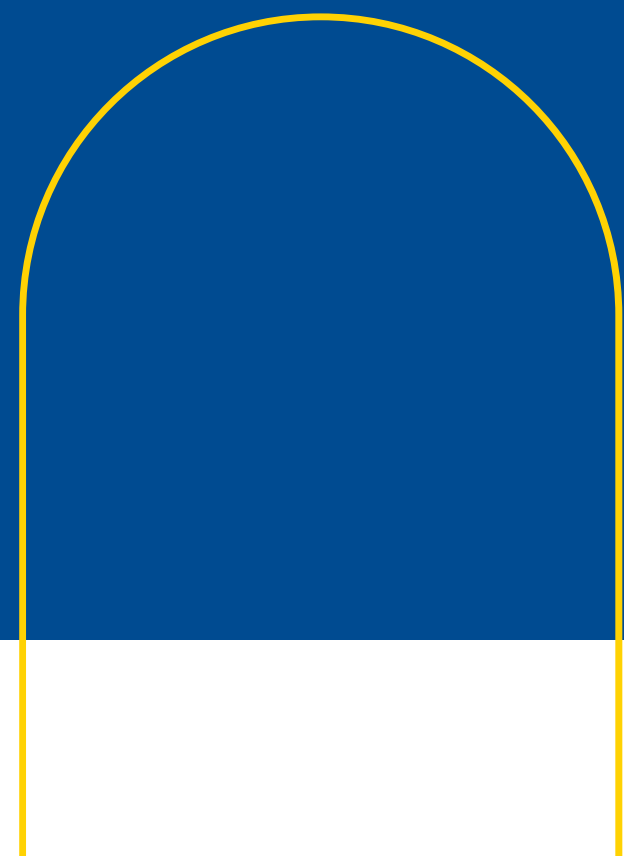




MADALENE CURSIO

COMMUNITY SAFETY PROGRAM OFFICER

[GREATER DANDENONG COUNCIL](#)





**Greater
Dandenong**

**Alcohol and other Drugs
Greater Dandenong Youth Network**

31 March 2026

Council guided work



What is harm?



Health Impacts

- Increases risk of liver disease, cancer, heart issues and mental health disorders.
- Can lead to substance dependence and addiction.



Social Impacts

- Links to accidents, violence and family breakdowns.
- Affects relationships and child wellbeing.



Economic Impacts

- Burden on healthcare system.
- Reduced workplace productivity.

Understanding young people's alcohol and drug use

Alcohol

- Over 2 in 5 people aged 18–24 drank at risky levels in 2022–2023.
- Reduction from 56% in 2010 to 42% in 2022–2023 in number of young people (18–24 years) exceeding adult risk guidelines.
- Younger people are more likely to consume alcohol in ways that exceed the adult risk.

Drugs

- 1 in 3 people aged 18–24 had used illicit drugs in the last 12 months in 2022–2023.
- 35% people aged 18–24 and just under 13.3% aged 14–17 had used illicit drugs in the last 12 months.
- Average age people first tried any illicit drug was 19.5 years.

Burden of disease

- Alcohol and illicit drug use are among the leading risk factors for the total burden of disease among young men and women.
- Young people aged 15–24 in 2024:
 - alcohol use and illicit drug use were the leading causes of the total burden of disease in males.
 - alcohol use and illicit drug use were the second and third leading causes of disease burden in females.

How young people might use and why?

Young people use substances in different ways; not all use leads to harm:

- **Experimental** – trying substances out of curiosity, risk taking or peer influence.
- **Recreational** – social use to enhance experiences (i.e. parties, festivals).
- **Situational** – coping with specific demands (i.e. study, stress)
- **Intensive** – frequent use to cope across multiple situations.
- **Dependent** – loss of control and physical dependence.

Most who experiment do not develop dependence; but increases risk of harm:

- Trauma or adverse childhood experiences
- Mental health issues
- Family violence or abuse
- Low engagement with school family or peers
- Easy access to AOD
- Family history of substance use

Protective factors:

- Strong family, school and community connections
- Supportive parenting
- Participation in activities

High risk groups

High rates of illicit drug use and high-risk drug taking behaviors in a range of young adult groups, and the groups that need targeted engagement.

Young adult males	Overall high drug use across each drug type. Young men led the increase in recent drug use between 2016-2019. 50% more hospitalisations due to drug use than women.
Young adult trainees/apprentices	High instances of risky drug use (particularly in male-dominated industries i.e. carpentry, commercial cooking and hospitality workers).
Young adults who use ecstasy and cocaine	From the increase between 2016-19 (in particular by males), and higher dose per session by young people.
Young adult LGBTIQ+ people	Higher use of ecstasy, cannabis and amyl nitrite. There is a large drug use behaviour and polydrug use.
Polydrug use	Significant among young adults, particularly use of alcohol alongside illicit drugs, role of polydrug use is noted in drug-related deaths and hospitalisations.

South East Melbourne and Greater Dandenong

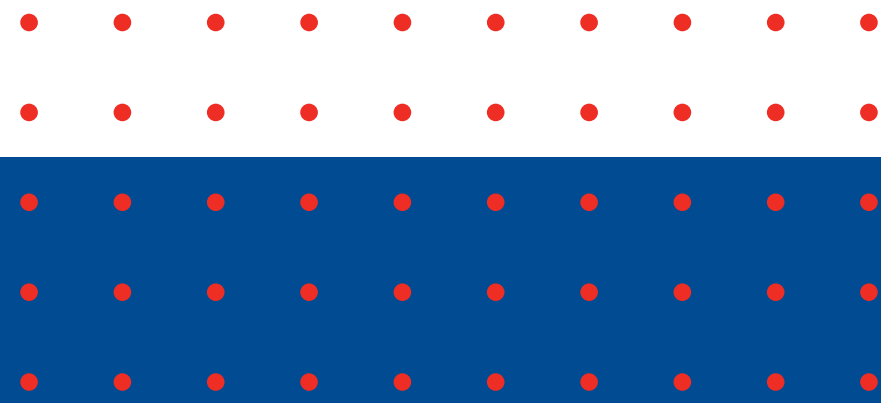
Young people in the south-east are increasingly presenting with polysubstance use, alcohol plus cannabis or stimulants, and using substances alone rather than socially.

While publicly reported prevalence data at LGA level is limited, data from local service providers and harm data indicate elevated complexity. Greater Dandenong has:

- High demand for youth AOD services, including YSAS, Windana youth detox and Monash Health Youth AOD programs.
- A larger proportion of multicultural and refugee young people, requiring culturally appropriate responses to AOD issues and trauma.
- Strong overlap between AOD use, youth justice, family violence and housing stress.

The Victorian Youth AOD Census 2025 found:

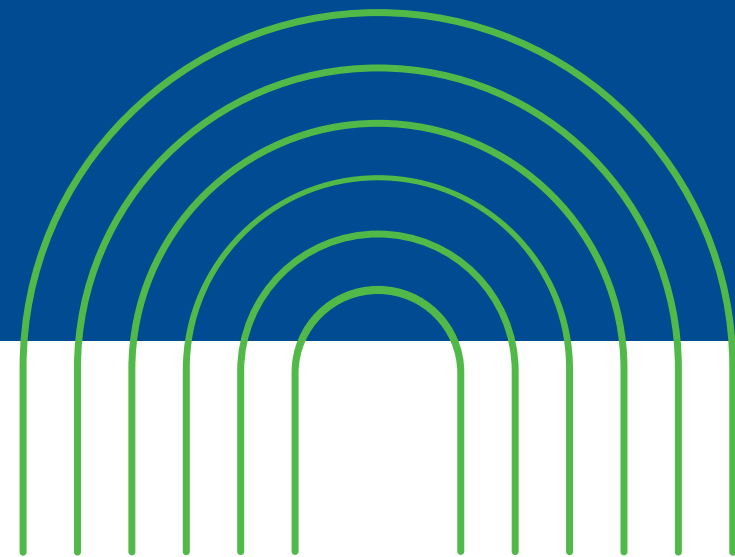
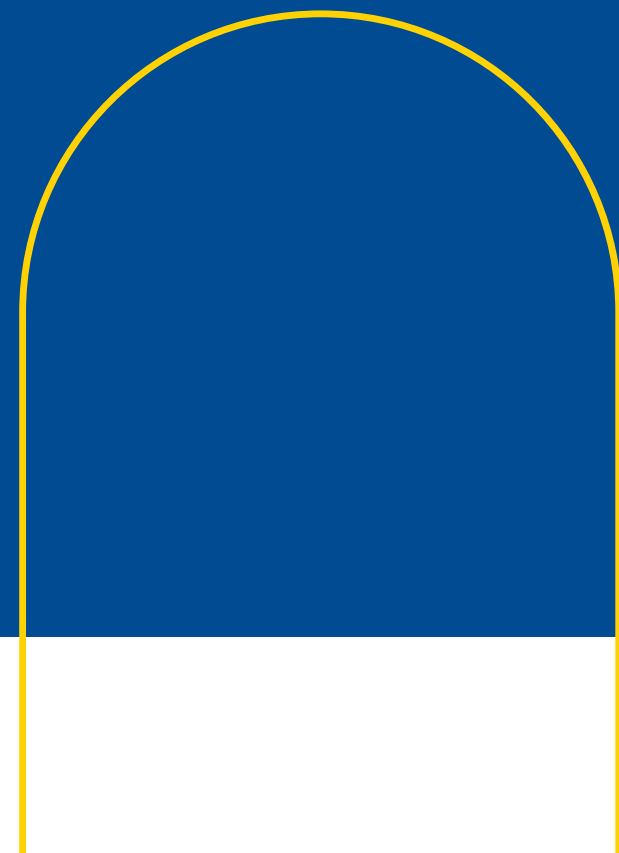
- Over 50% of young people entering youth AOD services had justice system involvement
- 17% had recent criminal activity in the 4 weeks before engagement
- The 16–17 age group showed particularly high justice-AOD overlap



EMMA CALLEY

CONTENT SPECIALIST – KIDS HEALTH INFO

**HEALTH LITERACY TEAM
THE ROYAL CHILDREN'S HOSPITAL**



Sharing alcohol and other drug health messages with young people

31 March 2026





The Royal Children's Hospital (RCH) acknowledges the traditional owners of the land on which the RCH is situated, the Wurundjeri people of the Kulin Nation, and we pay our respects to their Elders past and present.



The RCH Health Literacy Project

- Health promotion initiative to improve health literacy among parents and young people
- Three components:
 1. The RCH National Child Health Poll
 2. Kids Health Info online suite of fact sheets, podcasts and other resources
 3. Social media content (Instagram, Facebook)



Teen Health Info

What? Health topics in simple language for young people aged 12 to 25

Why? To fill a major information gap

-> So much health information online *about* teens, but not for them

How? Worked closely with young people aged 13–18 to pick topics and develop content

Topics? A mix of those suggested by Adolescent Medicine and Health Literacy team, prioritised by young people



Our model of engagement

"The collective"

100+ members (and growing)

Creators, consulted and interested. Option to engage as they want to.

"The advisory committee"

14 members
Steering, passionate, committed heavily engaged.





Teen Health Info fact sheets

- 17 teen fact sheets so far, including **vaping, alcohol and other drugs, and nicotine**
 - All teen fact sheets have an accompanying Kids Health Info fact sheet
 - The fact sheets cover the most common questions, myths and misconceptions on each topic, as well as how to get help
- **34,000+ views** since the launch in August 2025
- Illustrations from a young artist
- Fact sheets inform content creation for youth-led social channel, **@InfectiousInfo**



Teen Health Info

RCH > Teen Health Info fact sheets > Vaping – everything you need to know

Print Share

In this section

About Teen Health Info

Teen Health Info fact sheets

Social media channels

Submit feedback

Vaping – everything you need to know

At a glance

- Vapes are battery-powered devices with liquid inside. The electricity from the battery heats the liquid to make a mist (aerosol) that you breathe in.
- Most vapes have nicotine in them, which makes them addictive.
- In most cases, it's not legal to buy or use vapes under the age of 18.
- Vaping can make you feel more anxious, stressed or depressed; it can also make it harder to breathe.
- The long-term effects of vaping are not yet known because vapes haven't been around for very long.
- If you are thinking about quitting vaping, there are lots of resources to help.
- New laws in Australia mean vapes are now harder to buy.
- **Call an ambulance (000) immediately if you find it hard to breathe.**

[Read the parent fact sheet](#)

What is vaping?

Vapes or e-cigarettes are battery-powered devices with liquid inside (sometimes called vape juice or e-juice). When electricity from the battery heats the liquid, it makes a mist (aerosol) that you breathe in – this is called vaping.

There are two main types of vapes: disposable (single-use) and refillable.

Most vapes have nicotine in them – even if the package says 'nicotine-free.' Nicotine is the same chemical found in 'regular' cigarettes. It's what makes cigarettes and vapes so addictive. Vapes can also contain other active ingredients like [marijuana \(weed\)](#).

In Australia, it's against the law for shops to sell vapes in sweet flavours like lollies or fruit. The only legal flavours for sale are unflavoured, mint, menthol and tobacco. It's usually not legal to buy or use vapes under the age of 18.

WHAT CHEMICALS ARE FOUND IN VAPES?



Alcohol and other drugs – what you need to know

At a glance

- A drug is any chemical or substance that changes how your body works. This includes prescription medicines, caffeine, alcohol, tobacco and illegal drugs.
- When you are young, drinking alcohol can change the way your brain develops.
- Drinking alcohol isn't legal or recommended for people under age 18.
- Drugs can affect your mood, energy, thinking, sense of reality and how you move your body.
- If you are worried that you, or someone you know, might be addicted to alcohol or drugs, there are many places to get help.
- **In a drug or alcohol emergency, such as a drug overdose, call an ambulance (000) immediately.**

[Read the parent fact sheet](#)

Alcohol

What is alcohol?

When people talk about 'alcohol,' they are usually referring to alcoholic drinks, such as beer, wine, or spirits like vodka. These drinks have a chemical in them called ethanol that affects the brain. Every alcoholic drink has different amounts of ethanol; that's why some are stronger than others. More ethanol means a stronger drink.

Harm from alcohol is linked to how much you drink: the less you drink, the lower your risk.

In Australia, it's not legal or recommended to drink alcohol under the age of 18.

What does alcohol do to the body?

The ethanol in alcoholic drinks is a 'depressant.' This means it slows down your brain activity and the messages sent between your brain and body.

- In small amounts, alcohol can make you feel relaxed and more comfortable acting without thinking first.
- In larger amounts, alcohol can make you sleepy, slower to respond and affect how you move your body (coordination).
- In very large amounts, alcohol is dangerous for the body. The ethanol can be toxic and cause alcohol poisoning, leading to vomiting, passing out (losing consciousness) and even death.

Is alcohol bad for teens?

Your brain is still forming as a teen. Research shows that regular, heavy alcohol drinking can cause changes in your brain. These changes might make it harder for you to:

- learn in class
- make good decisions
- remember information
- pay attention
- have healthy relationships with friends and family
- sleep properly.

Drugs

What is a drug?

A drug is any chemical or substance that changes how your body works. The word 'drugs' is often used to talk about illegal or recreational (taken at parties or 'for fun') substances. But medicines that treat pain or sickness are also drugs.

The most common types of drugs are:

- Over-the-counter medicines, like paracetamol
- Prescription medicines used for medical reasons, like antibiotics to treat infections
- Prescription medicines used for non-medical reasons, like taking strong pain medicine when you aren't in pain
- Substances like caffeine (in coffee or energy drinks), alcohol and nicotine (in cigarettes and [vapes](#))
- Illegal drugs like weed (marijuana), cocaine and ecstasy.

Some drugs are taken by mouth, like tablets or liquids. Others are breathed in (inhaled) or injected using a needle.

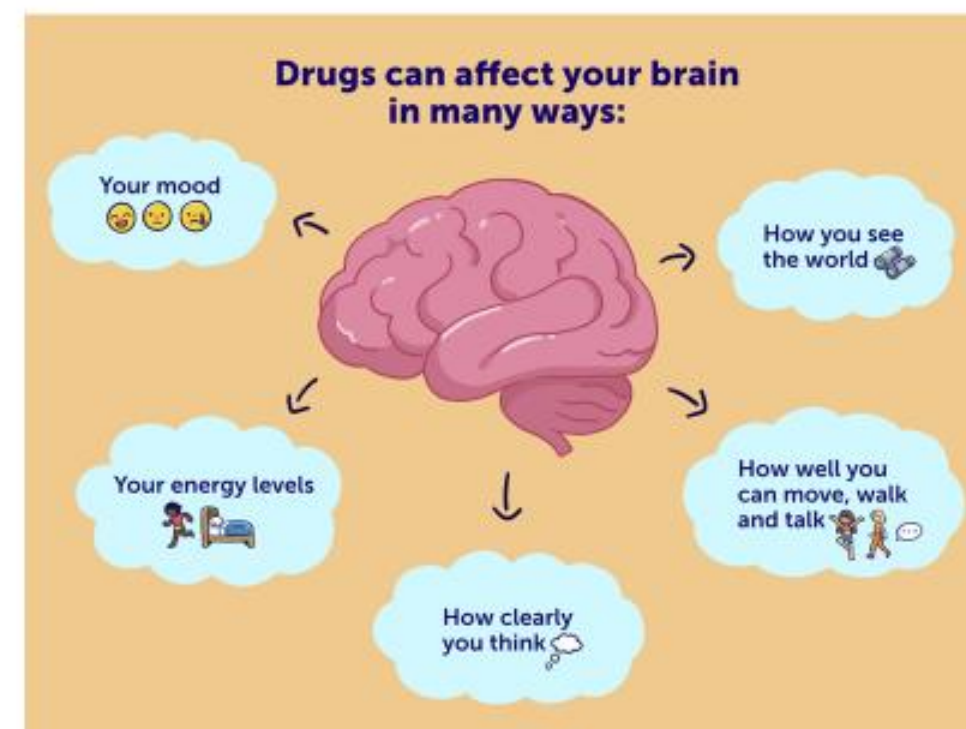
What do drugs do to the body?

After you take drugs, they get into your bloodstream and impact different parts of your body. Most drug effects happen when they reach your brain.

In the brain, drugs can change:

- your mood (making you feel happier, calmer or sadder)
- your energy (giving you lots of energy or making you sleepy)
- how you think
- how well you can move, walk and talk
- your sense of reality (perception). For example, you might see different colours or things that aren't there.

Some drugs have effects when they wear off. For example, you might feel depressed or very tired the day after taking them. This is called a 'come down.'



RCH NATIONAL Child Health POLL



The Royal Children's Hospital (RCH) National Child Health Poll is a quarterly, national survey of Australian households shedding new light on the big issues in contemporary child and adolescent health – as told by the Australian public.



40

Reports released
from 2015 - 2026



63,000+

Parents polled



86,000+

Children represented



3,000

Teens polled
(2025 only)

Hooked early: Nicotine use among Australian teens



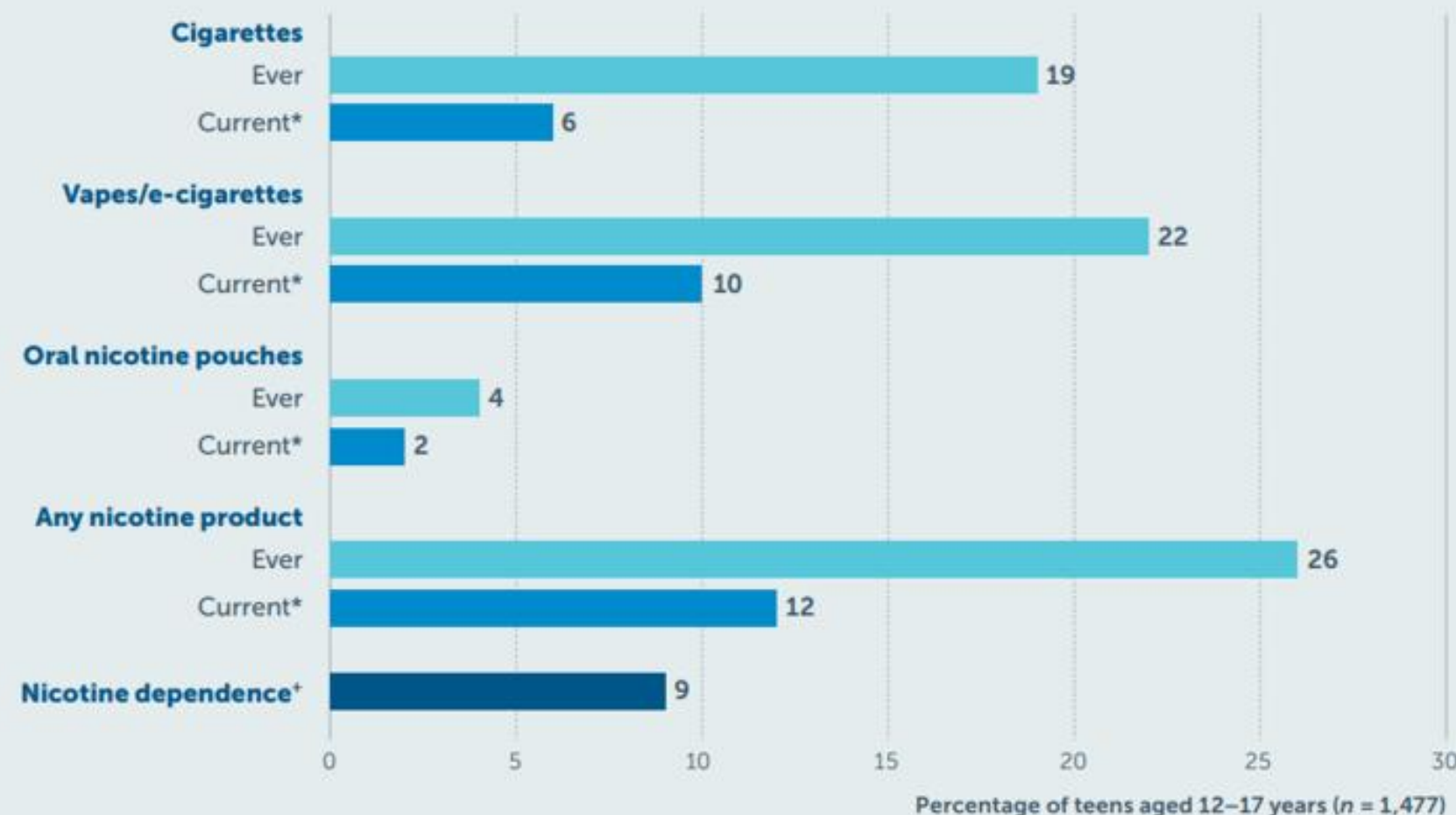
- 2,012 Australian parents and 1,488 children, aged between 12 to 17 years.
- Survey comprised two questionnaires – one completed by a parent or caregiver, and the other by their child aged 12 to 17 years.
 - For parents with more than one child in the target population, one child was randomly selected to participate.



Report highlights

- One quarter (26%) of teens have ever tried a nicotine product, 12% are current users, and 15% are considering trying a nicotine product.
- Three quarters of teens (74%) using nicotine products shows signs of dependence.
- Half of all teens (53%) who are using a nicotine product would like to quit or cut down.
- Less than half (45%) of parents know about all the types of nicotine products their teen has tried.

Nicotine product use among teens



Note: All proportions are weighted by teens' age, sex, SES and state

* current use was defined as using in the last 30 days

+ dependence was classified as reporting any of the following: inability to get through the day without it, believes it would be difficult to stop using it, feels bad if not using it, uses when first wakes up, uses it every or most days or had tried unsuccessfully to cut down in the past.



Scan to open the fact sheet on your device



@InfectiousInfo

- Bespoke social media channel for young people, by young people
- Topics informed by content in the Teen Health Info fact sheets



Scan to follow @InfectiousInfo



Questions?



Scan for our Teen
Health Info page



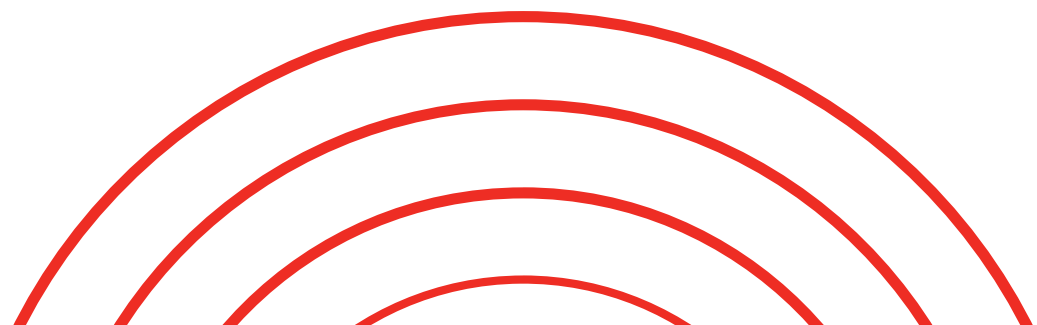
Scan for the full
Nicotine Poll report

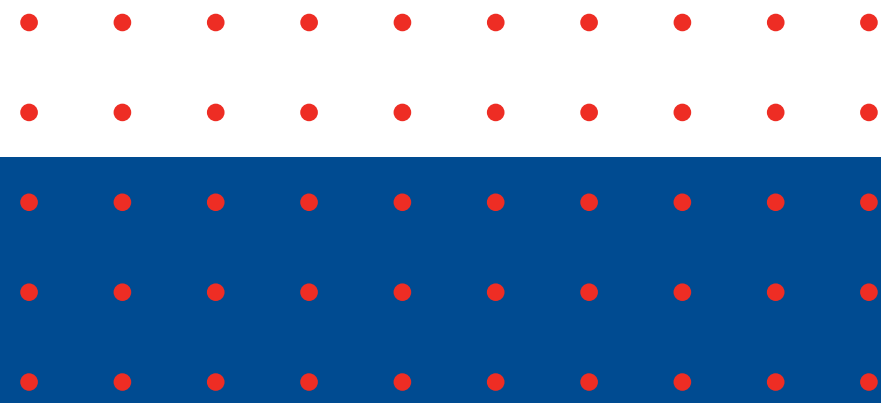
Want to learn more?

Contact me at
emma.calley@rch.org.au

NITROUS OXIDE

- Colourless, tasteless gas commonly known as laughing gas, nangs
- Severe health risks incl. hypoxia, frostbite, memory loss, limb spasms and numbness, B12 inactivation
- Environmental concerns and dumping across Greater Dandenong
- Shift from small bulbs to large colourful canisters
- Easily accessible and low-cost substance
- Community Education Campaign: Get in touch with the Youth Services team if you have noticed use among young people in CGD and/or would like to be informed about the next steps

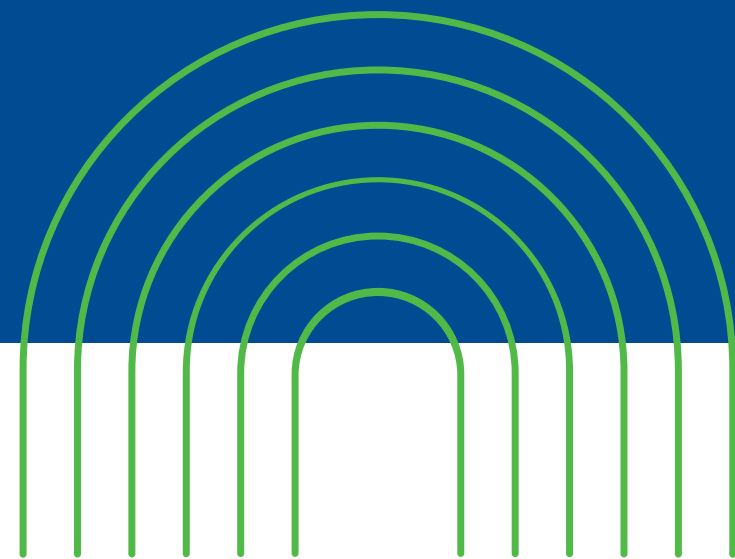
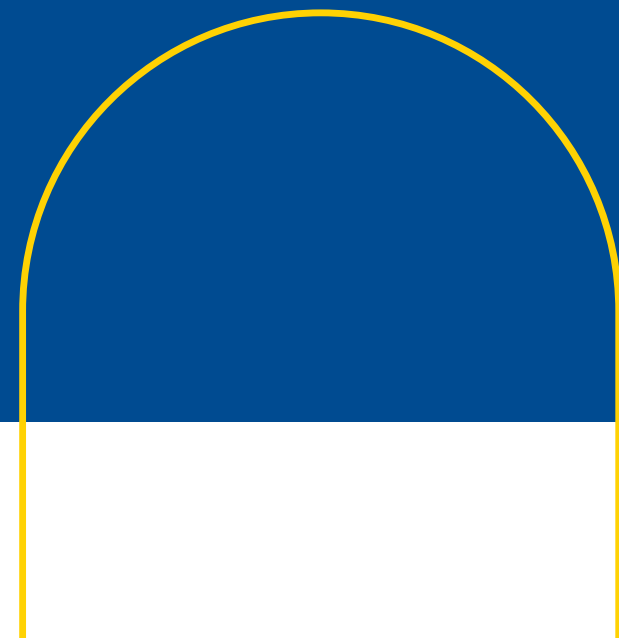




JULAINE ALLAN

DEPUTY DIRECTOR, RURAL HEALTH RESEARCH INSTITUTE
CHARLES STURT UNIVERSITY

SENIOR VISITING FELLOW, NATIONAL DRUG AND
ALCOHOL RESEARCH CENTRE
UNSW





Charles Sturt
University

Greater Dandenong Youth Network – Nangs and young people



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

Professor Julaine Allan, Rural Health Research Institute, Charles Sturt juallan@csu.edu.au

Presentation Outline

- Introduction – Nitrous oxide use and harms
- Project summary
- Resource development process
 - Recruitment
 - Workshop content and process
 - Resource development
 - Member checking and revisions
- Reddit content and feedback
- Tik Tok content and feedback
- Instagram content and feedback
- Questions

- Research Team:
 - Julaine Allan
 - Jacqui Cameron
 - Helen Simpson
 - Kenny Kor
 - Hannah Walter
 - Siena Redmond
 - Sarah Maclean
 - Juliana Bruno

Nitrous oxide use and harms

Weekly Dose

Drug type
Dissociative anaesthetic

Name
Drug name: nitrous oxide
Chemical name: dinitrogen monoxide, N2O

Developed
In 1722

Cost
About A\$1 per canister and A\$65.90 for a whipped cream syphon

Current usage rates
Data isn't collected for this drug. 12% of a survey of NZ students.

Reactions/Side effects
Euphoria, feeling of floating, sound distortions, nausea, vomiting, fainting

theconversation.com



2016

'Easy as ordering a pizza': Wollongong nang delivery services ignite calls for tighter restrictions

By Grace Crowley
Updated December 2, 2022 · 3 Min, first published December 1, 2022 · 4:30pm · 0 Comments

Wollongong nang delivery services for laughing matter, experts say

2022



2025

Shopping & retail
Melbourne's place for late night baking and whipped cream supplies! 🍦

7:10 nangsmelbourne.com


NANGS MELBOURNE

WELCOME BACK.
NOW OPEN 24 HOURS!

Nangs Melbourne is your local nitrous oxide cream charger delivery service across Melbourne, Australia. We focus on quick dispatch, fair prices, and reliable service—so quickly stocking up on food-grade nangs, nitrous oxide canisters and accessories is simple and stress-free. Browse the range below and place your order with Nangs Melbourne's simple and easy online ordering process in just a few clicks.

Nangs Melbourne Delivery Available Now!

FREE PARTY BALLOONS WITH ORDERS OVER \$100




Commercial Nangs Delivery Commercial Nangs Delivery

7:09 Posts nangsmelbourne6 Follow

nangsmelbourne6
Melbourne, Victoria, Australia

WIN \$100!
NANGS MELBOURNE CREDIT



LIKE & TAG 2 FREINDS TO ENTER


10 7 47

nangsmelbourne6 Like and Tag 2 friends to enter. Winner is drawn at random on 30/92025. T&C apply. #whippedcream #nangs #spring #melbourne
5 days ago

nangsmelbourne6

7:09 Posts nangsmelbourne6 Follow

nangsmelbourne6



2 X 3.3L TANKS FROM \$90 + DELIVERY

Because whipped cream is pointless unless it's been cracked by whips

NANGSMELBOURNE.COM

3 1 1

16 August

nangsmelbourne6
Melbourne, Victoria, Australia

A group of young people, mostly women, are shown in profile, blowing up bright orange balloons. They are wearing dark jackets and some are wearing sunglasses. The background is slightly blurred, showing other people and a red and white striped balloon. The scene appears to be an outdoor social gathering.

"To suggest it might be okay to inhale gas from a cream whippet or bulb is worse than naive - it's flat-out stupid," Det Supt Watson said.

"There is plenty of information out there warning about the harmful effects of nitrous oxide and not surprisingly, side effects include sudden death."

Project stages



Project 1: Systematic review



Project 2: Qualitative study



Project 3 & 4: Co-creation resources project

Harm reduction resource development - co-creation project

AIM - Co-produce harm reduction resources for NO use based on research findings.

AIM - : Disseminate and evaluate the acceptability of NO related harm reduction resources for young people and health workers.

- Recruitment
- Workshop content and process
- Resource development
- Member checking and revisions

Stage 1 - two focus groups (n=22) to co-create harm reduction messages with participants.

Stage 2 - development of harm reduction resources (video clips and posts) using the participants' insights from stage 1.

Stage 3 - two focus groups with participants (n=13) to review and refine the draft resources.

Stage 4 - involved the final production of the resources.

Do you call Wollongong home?

Are you aged 18-25?

Have you used NANGS?

WE WOULD LIKE TO HEAR FROM YOU!

We are looking for local young people who have used nitrous oxide or NANGS and would like to take part in a study about its use.

This means you would take part in a focus group to design ways we could reduce any harmful side effects of using NANGS. The workshop times are:

Workshop 1: Monday 30th September 11.30am – 2pm AEST, and Workshop 2: Tuesday 1st October 11.30am – 2pm AEST.

If you are interested, please register on one of the following QR codes or contact Dr Helen Simpson on 0242215827 or at helensim@uow.edu.au.

Workshop 1



Workshop 2

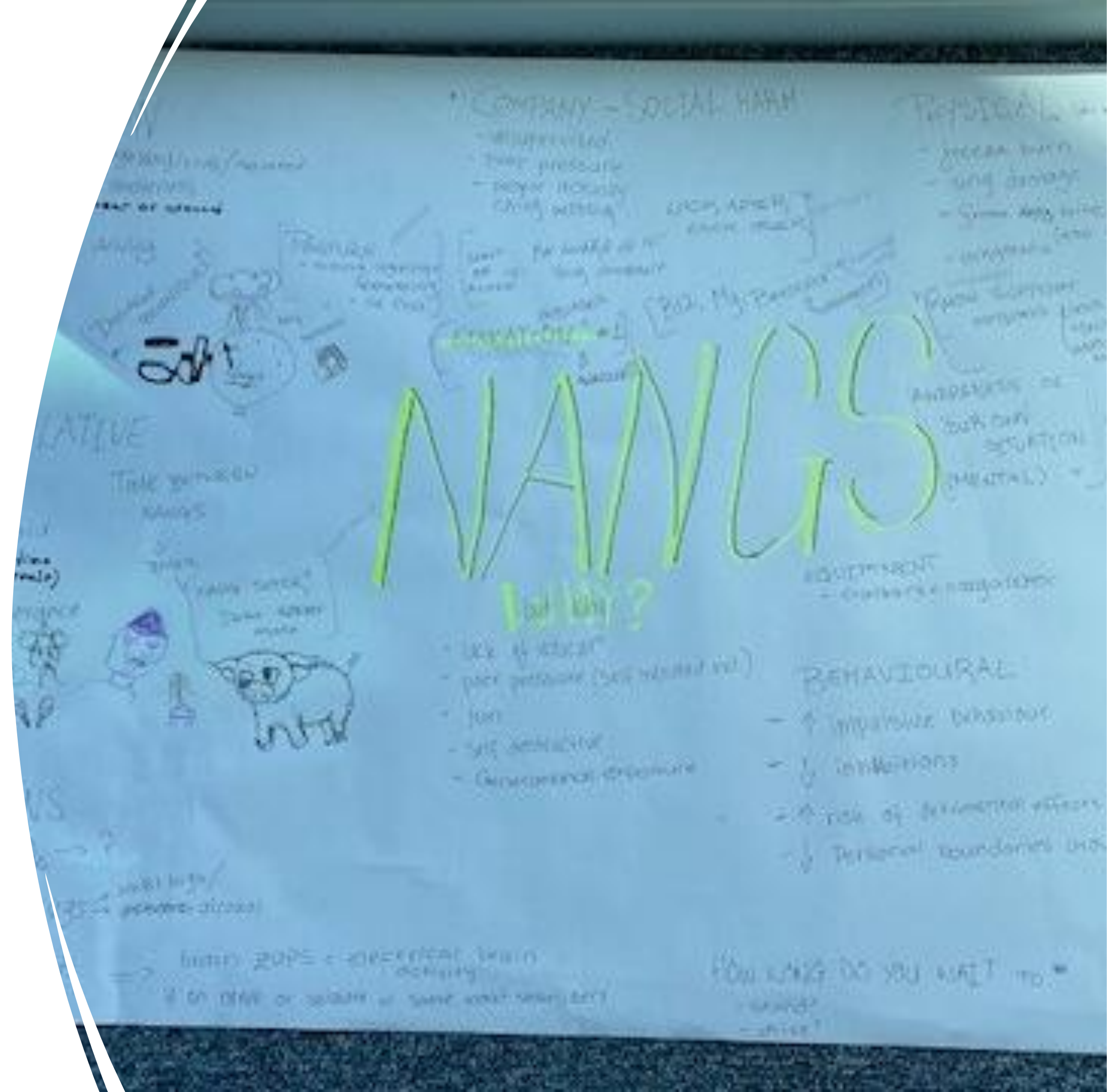


If you decide to participate you will be provided with lunch and a \$200 voucher. Participants may only attend 1 of the 2 workshops. Thanks for working with us.



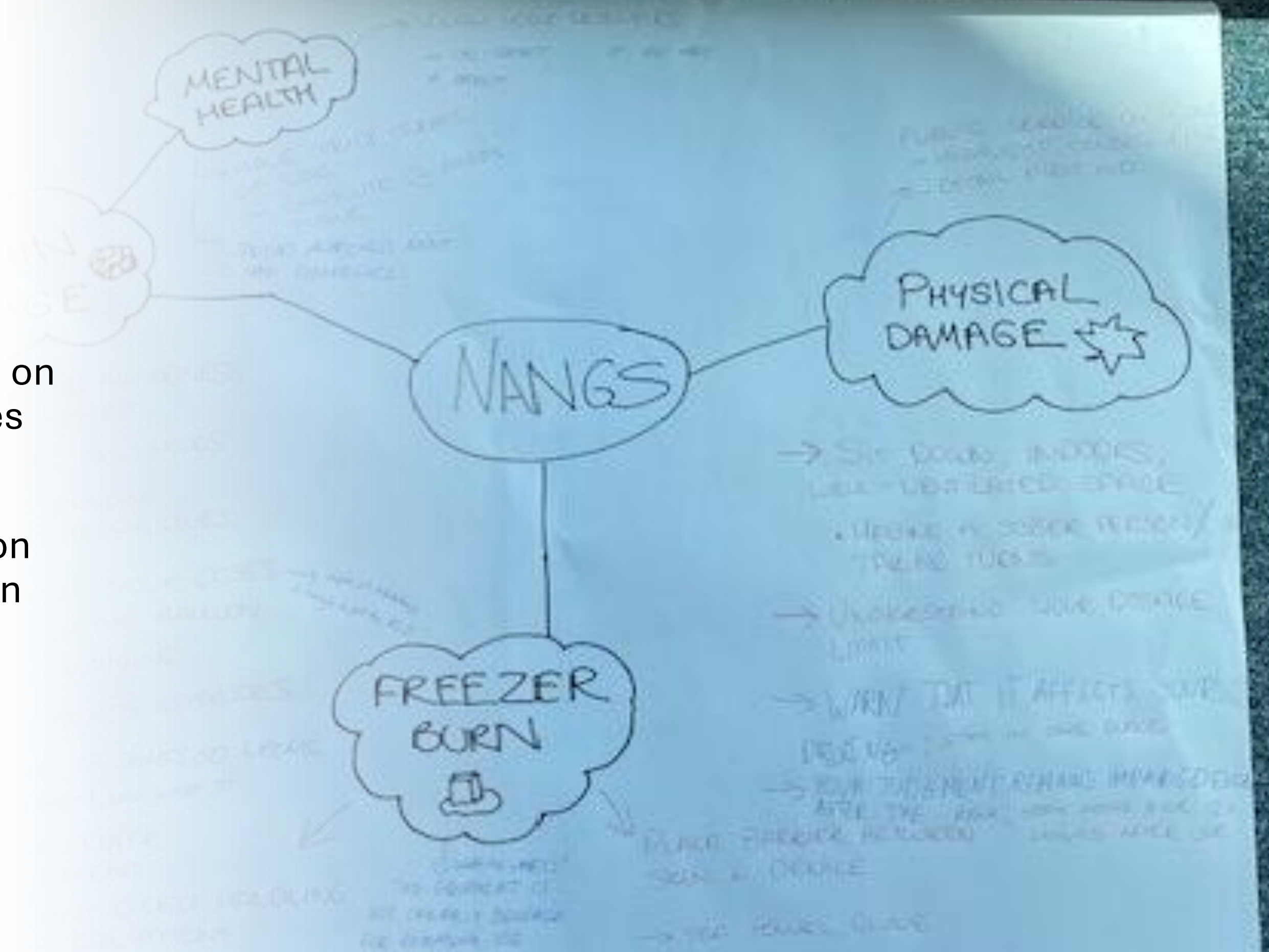
Workshop 1

- Co-create resources
- Presented information on nitrous oxide, its use and harms
- Small group discussions on harms



Workshop process cont.

- Small group discussions on harm reduction strategies
- Feedback sessions
- Large group discussion on where and how to post on social media



Mentimeter feedback

Getting to hear other people's thoughts and opinions about nangs and also being able to know about harm reduction strategies

Seeing the harm reduction sheets and strategies

Gathering people with different experiences in the same room to find similarities and differences

Having small group discussions to discuss ideas

Seeing harm reduction strategies

Having easy to digest information given to us about the risk involved with Nang usage

Being able to hear everyone's thoughts

Knowledge and brainstorming

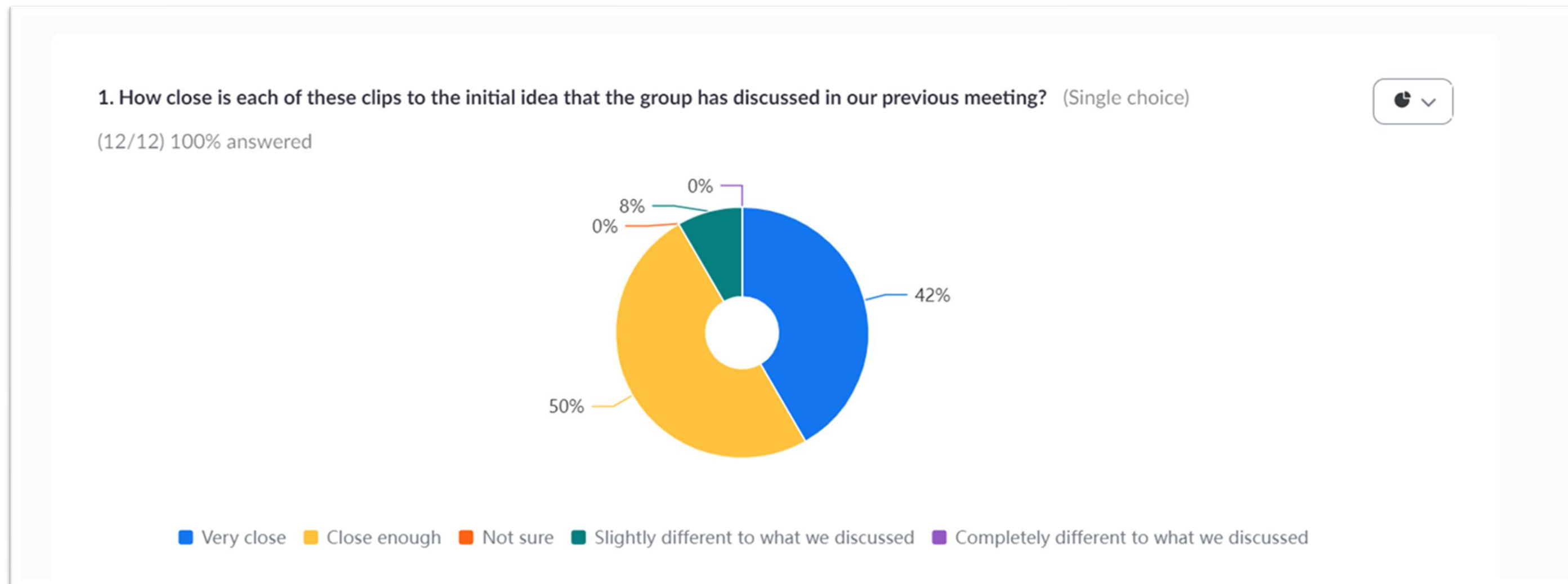
Learning about the harms I didn't know something so it was interesting learning that

probably the idea around what messages to put out. I felt it was very important for people who actually use the drug to be the ones to communicate.

Probably creating the messaging around it. I think what we came up with has a greater chance at working than something made up by people who haven't used it.

Workshop 2

- Social media consultant presented draft resources
- Polls on zoom recorded people's feedback to each item
- Group discussion on overall opinions on changes needed
- Consultant revised materials and finalised





Publications

- Allan, J., Cameron, J., & Bruno, J. (2022). A Systematic Review of Recreational Nitrous Oxide Use: Implications for Policy, Service Delivery and Individuals. *International Journal of Environmental Research and Public Health*, 19(18). <https://www.mdpi.com/1660-4601/19/18/11567>
- Allan, J., Cameron, J., Simpson, H., & Kor, K. (2023). It is time to take Nitrous Oxide seriously without waiting for more evidence of harms. *Addiction*, 119, 619-620. <https://onlinelibrary.wiley.com/doi/10.1111/add.16410>
- Walter, H., Cameron, J., Simpson, H., Kor, K., MacLean, S., & Allan, J. (2025). Exploring the experiences and perceptions of young people's recreational nitrous oxide use. *Advances in Dual Diagnosis*. <https://doi.org/10.1108/ADD-07-2024-0012>
- Kor K, Allan J, Cameron J, Simpson H. Co-creating harm reduction resources with young people who use nitrous oxide: What catches their attention? *Harm Reduct J*. 2025 Dec 8;23(1):8. doi: 10.1186/s12954-025-01361-2.



Social Media posts and resources

- Sites – Reddit, Tik Tok and Instagram
- 

Reddit content and feedback

- **Tldr:** nitrous oxide is relatively safe to use in moderation. B12 depletion and psychological dependence are some of the more severe negative side effects. Filtering your nangs, breathing them in for no longer than 20 seconds and doing them sitting down and in company of others are the best methods for safer use.

What is nitrous

Nitrous oxide is a colourless gas used for pain relief in dentistry. It was synthesised by an English chemist in 1722. It wasn't until the 1844 it was used in surgery. It is a dissociative anaesthetic meaning it gives you the feeling of floating or being disconnected from your body. In Australia it is called 'nangs', other names are whippits, nos, or just 'doing a balloon'.
https://web.archive.org/web/20141118194416/http://journals.lww.com/anesthesiology/Citation/1941/07000/TECHNICAL_DEVELOPMENT_OF_GAS_ANESTHESIA_.4.aspx

Using N2O for the first time

You can buy it pretty easily from chain corner stores, service stations or even through local delivery services and online. If buying in person you just ask for cream chargers. The cylinders have about eight grams of nitrous oxide in them. In Australia nitrous oxide is not illegal to use and use is scheduled in the national Poisons Standard as a Schedule 6 (S6) poison. These laws have changed in some states and countries as recreational use increases e.g the UK has now made it a criminal offence to be found in possession of the drug where its intended use is to be inhaled.

<https://www.gov.uk/government/publications/nitrous-oxide-ban/nitrous-oxide-ban-guidance>

<https://drugaware.com.au/get-the-facts/drug-types/nitrous-oxide/>

Reddit:



• 47d

Thanks man, adding this too: <https://www.reddit.com/r/NitrousOxide/s/xywnoNWEwr>

Awesome overview of nitrous and b12 science with links to articles and figures and such from u/dmtryptaminesx

Edit for typo

... Reply 1



lirc gabaergics like barbs and benzos can be neuroprotective obviously not sustainable but...

... Reply 1



I've never seen it referred to as nang and would love to hear a pronunciation of it.

... Reply 2




You should hit the b12 bit more.


Nitrous can be counterintuitive. The "responsible" way to do Nitrous is to *do it all now* (then take a big break). If you use it a little bit here and there, you will seriously hurt yourself after a while (b12 deficiency is no joke). Your body needs a 2 week break, zero nitrous, minimum so it can start absorbing b12 again.

erowid and psychonautwiki are always great for additional info.

... Reply 1



 harm_reduction1 ...





 harm_reduction1 Welcome to N2O Harm Reduction!

This account has been created by both Charles Sturt University and Wollongong University researchers in collaboration with nitrous oxide users.

The aim of this account is to share both risks and harm reduction techniques that were discussed to be the most important by those who actually use N2O.

The study has gone over 1.5 years and through this page we hope to share and educate others about why it's important, and

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February 13

TikTok



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harm_reduction_n2o harm_reduction_n2o

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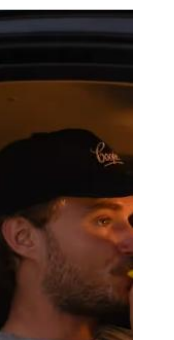
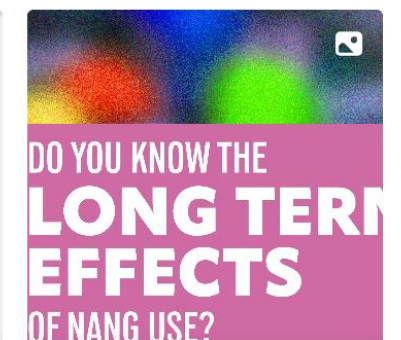
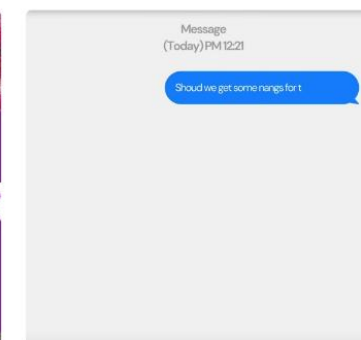
48 Following 165 Followers 413 Likes

Instagram @Harm_Reduction1
Resources by research with young people who use N2O

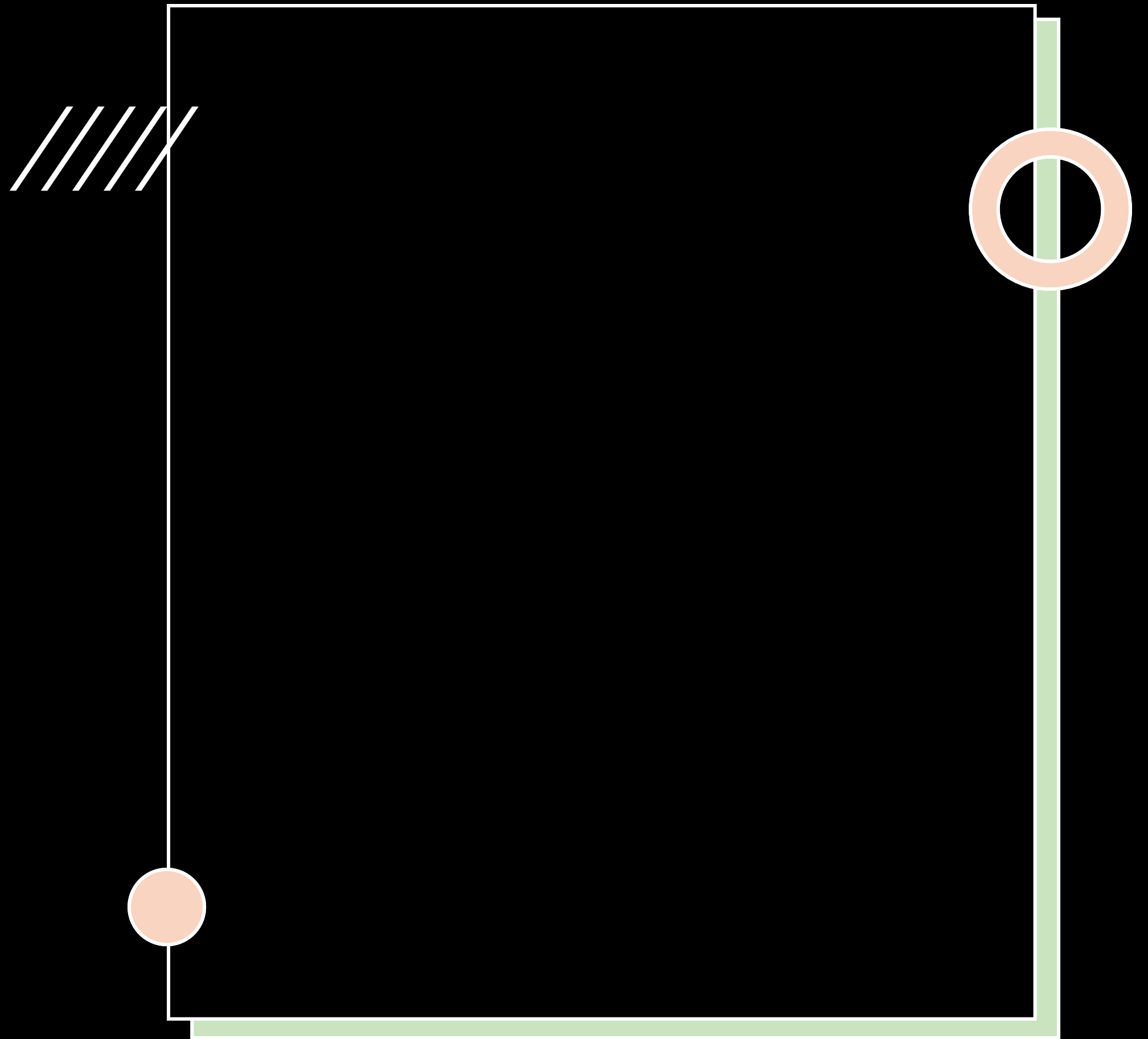
www.instagram.com/harm_re...

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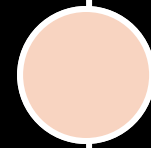
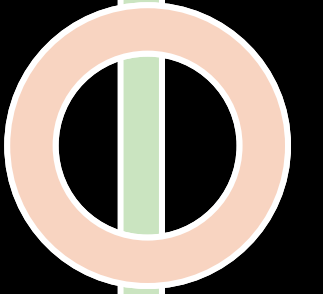
Take a seat



**Take a
breath**

Nangs and driving don't mix

15210 views last 3 months



Instagram content and feedback

https://www.instagram.com/p/DGCQMqKyHY4/?img_index=1

Not one to partake personally, but I'm very glad to see this sort of approach to harm minimisation. Rather than just wagging our finger at people and saying "don't do this" actual evidence based information about potential harm, and education in the "safer" use of a potentially unsafe product can make a much bigger difference than scare campaigns.

Thankyou

author
Never understood why people just recycle their own Co2 instead of just inhaling and holding the good stuff

good stuff

Love this, means that people who will try it anyway despite the danger have a slightly lower chance of being seriously hurt

and nitrous oxide depletes the ozone like nothing else... you guys are so cool

Great content and excellent production 🙌

We love harm reduction 🙌

Can your brain recover after u stop using it?

Great ad!

Ok ty

nangs and ANYTHING don't mix

@trill2007_ ket tho 🙌

@trill2007_ false

Hide replies

POSTS REELS SAVED TAGGED

DOING A NANG?

DO YOU USE NANGS?

WHAT IS NITROUS OXIDE? (n2o)

10 seconds is all you need...

Swipe to find out how to do it safer

Swipe to find out...

HOW TO FILTER YOUR NANGS




Swipe to the very end to view a demo

REMINDER
LOOK OUT FOR YOUR MATES.
NANG SAFETY MATTERS.
ACCEPT

Swipe to find out...



COMMENTARY | [Open Access](#) | 

It is time to take nitrous oxide seriously without waiting for more evidence of harms



Julaine Allan  Jacqui Cameron, Helen Simpson, Kenny KorFirst published: 13 December 2023 | <https://doi.org/10.1111/add.16410> | Citations: 2 SECTIONS PDF  TOOLS  SHARE

“ Despite not meeting the DSM-5 criteria for substance use disorder, nitrous oxide use can be problematic and actions are required to reduce its harms. ”



Back *et al.* [1] have addressed increased concern about nitrous oxide (N₂O) use by evaluating the available peer-reviewed evidence against the DSM-5 substance use disorder criteria [2]. The study is important, because media reports of recreational N₂O use and related harms have exploded around the world. While there is no reliable evidence regarding the prevalence of N₂O use [3], public and political concern has led to its re-classification as a class C drug in the United Kingdom, meaning that people caught with it can be charged by police, given a warning, fined or even jailed [4]. Similarly, in January 2023, the Netherlands banned the sale and possession of N₂O after 1800 road accidents, including 63 fatal crashes, were linked to the drug in a 3-year period [5].

 But Hypoxia (depriving the brain of oxygen) IS THE LITERAL HIGH? Harm reduction = have a cone not a bang . Lordyyyyyy  18



Reply Hide

 yeah this video kinda suggests that small amounts are totally okay and not a problem at all 😞  1

Reply Hide

 no it's not, that would mean that laughing gas is hypoxia. It's not. Nitrous oxide acts on serotonin, GABA, opioid AND adrenaline receptors in the brain. That's the high. Don't spread medical misinformation just because you don't like the drug.  8



Reply Hide

 exactly 

Reply Hide

 maddisonizaiah 4w  1 the high is from hypoxia lol, im a literal nurse and your out here saying im "spreading medical misinformation" the high you feel from nangs IS HYPOXIA 😂😂😂😂

Reply Hide

 no it's not!! I'm a biomedical scientist specialising in medicinal chemistry in a research lab if you wanna play "who's more qualified"! Read a journal. Emeline Gernez et al., 2023 for a start. The abstract should be enough. 

Reply Hide

Google news alerts

Nitrous oxide-related deaths in the United States climbed from 23 deaths in 2010 to 156 in 2023, a 578% increase over time, according to a recent study.

Already intoxicated driver crashes while huffing nitrous, leads police on foot chase by [Will Conybeare](#) Posted: Jul 1, 2025

B > News > Glastonbury Festival

RECOMMENDED

Banned laughing gas canisters pile up at Glastonbury Festival

Festival goers say lots of people are using it



By [Phoebe Hobbs](#)

28 Jun 2025



Nitrous Oxide Abuse Crisis Fueled by Youth Marketing and Addictive Designs, Lawsuits Allege

A growing number of nitrous oxide lawsuits continue to be filed, as health officials continue to report spikes in injuries, hospitalizations and deaths linked to the abuse of laughing gas canisters.



Home · Home2

At Interior B.C. music festivals, nitrous oxide is no laughing matter

Harm reduction workers have advice for users following a warning from Health Canada



[Tyler Harper](#)
Jul 21, 2025 5:30 AM

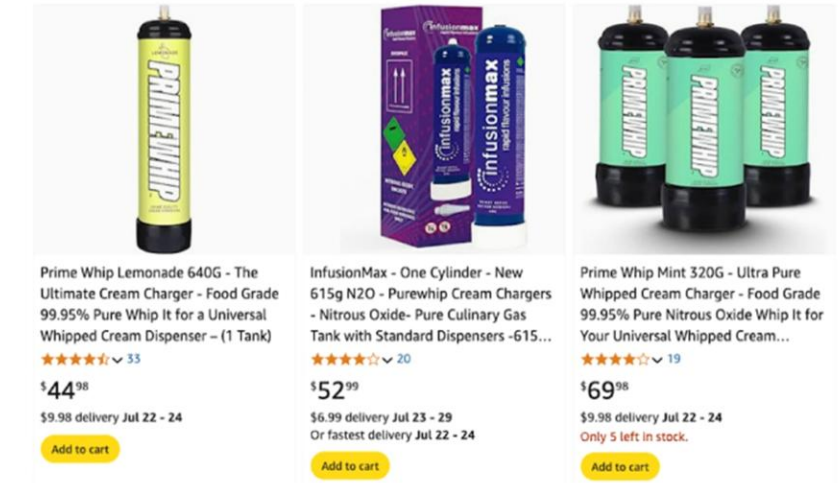


YOUR VOTE MATTERS

Looks like you have voted in all of our community polls. Here are links to some of the most recent:

Which transportation issue affects you the most?

[Archives >](#)



Canisters of nitrous oxide, marketed for making whip cream, are seen here for sale on Amazon. Health Canada has warned against using nitrous oxide as a recreational drug, even though it is common at music festivals. | (Amazon)

Oral Frostbite Injury Highlights Dangers of Recreational Nitrous Oxide Use

— National survey data show use is on the rise

by [Ezra Nielsen](#), Editorial Intern, MedPage Today
July 6, 2025 · 3 min read



Medical News Web

CLINICAL ADVISORY
Ebstein Anomaly
Cardiac Risks in

PHARMACY TIME
Selection Considerations
Abemaciclib Versus
HR+/HER2- Breast Cancer
Safety, and Long-Term

CBS NEWS
FluMist, a vaccine
be used at home
about cost and



Questions?

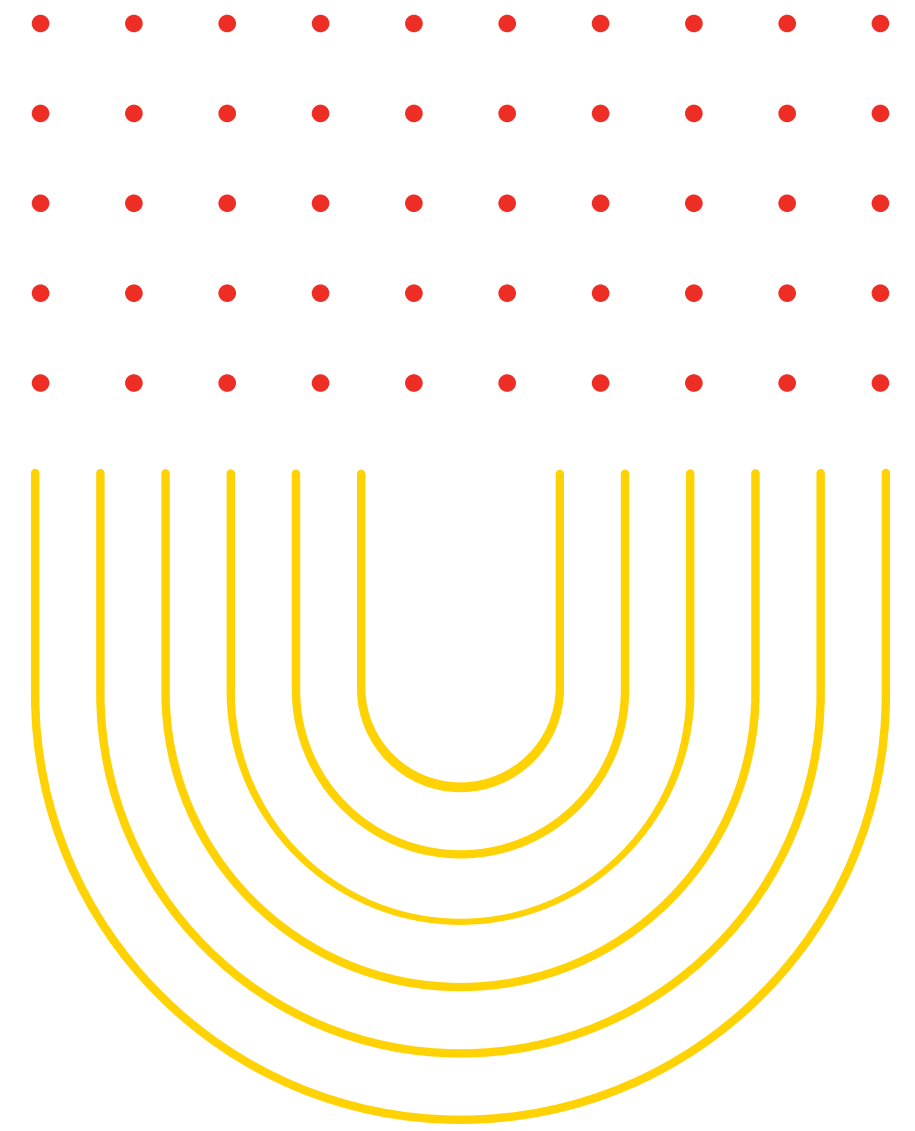
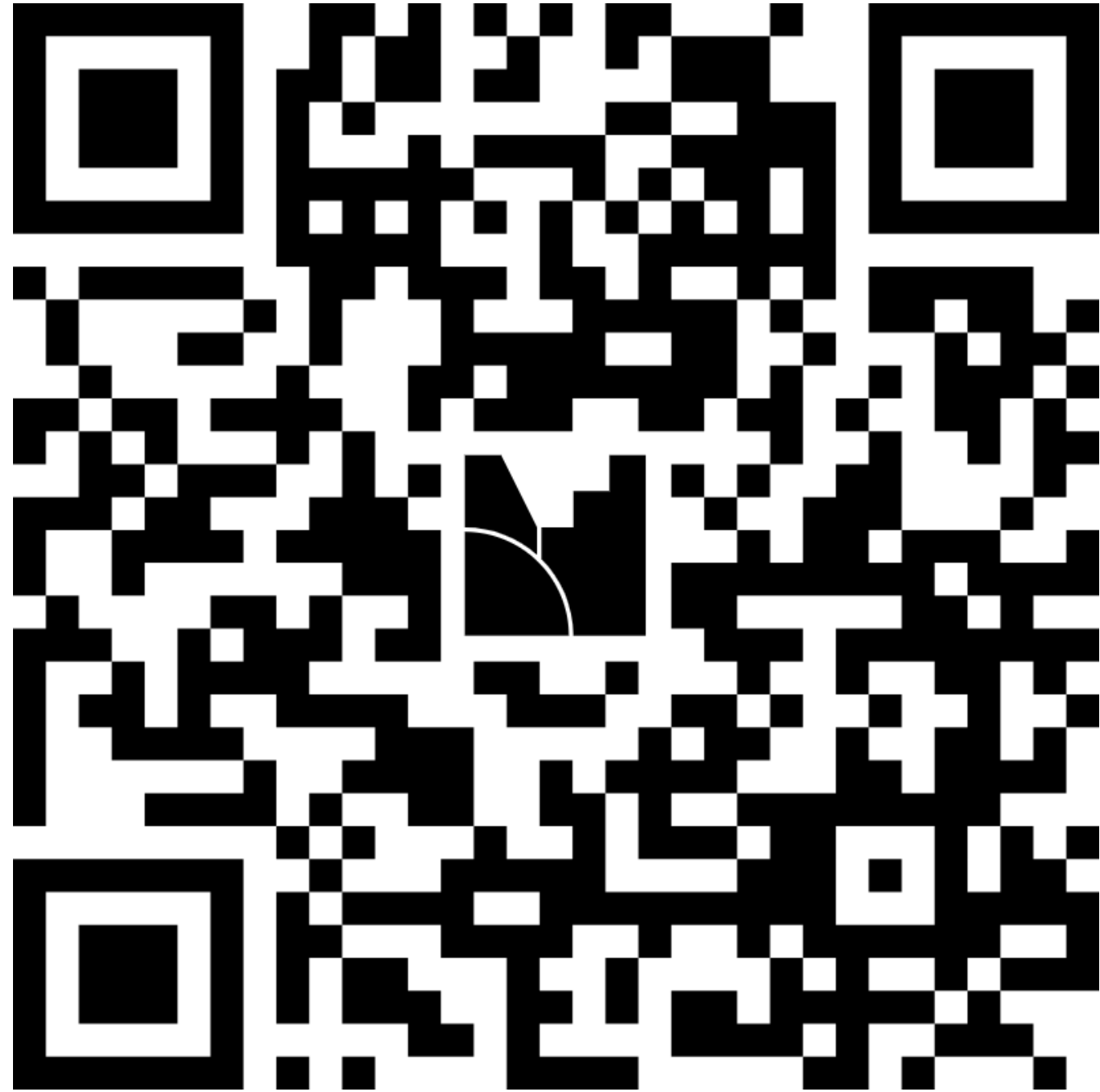




NETWORK INFO SHARING



WE NOW HAVE AN OPPORTUNITY FOR NETWORK MEMBERS TO INTRODUCE THEMSELVES AND SHARE A BRIEF PROGRAM / SERVICE UPDATE.



EVALUATION

NEXT MEETING: RESPONSIBLE AI USE IN THE YOUTH SECTOR

**Thursday 14 May
9.30am – 11.00am**

In Person – different location!
Third Place Youth & Community Hub
26 McRae St, Dandenong

