# Family campaign highlights rise in fatal chroming among teens linked to social media trends



The tragic death of 13-year-old Nicky Lowther has ignited concern over the growing prevalence of 'chroming,' a dangerous trend where adolescents inhale aerosol products to experience a euphoric high. Found unconscious at home in Canterbury, Kent, on June 27, Nicky's family discovered he had been inhaling aerosols—a practice that has recently gained traction among teenagers, particularly through its promotion on social media platforms.

Nicky's aunt, Toni Lowther, is now a prominent voice in raising awareness about the perils of chroming. Following her nephew's unexpected passing, she described the family's shock at learning about the trend. “We found out he'd been inhaling aerosols but I didn't know the severity of it,” Toni recounted, emphasising the need for parents to engage in frank discussions about the dangers associated with such actions. Her sentiments highlight a broader disconnect between established parental knowledge and the evolving landscape of youth culture influenced by viral social media trends.

According to reports, Nicky had been found surrounded by twelve aerosol cans, though it remains uncertain how many he inhaled that day. Experts have warned that chroming can lead to severe health issues including heart complications, seizures, and potentially fatal outcomes such as Sudden Sniffing Death Syndrome, where inhalation of chemical vapours can cause the heart to abruptly stop. A recent study has shown a troubling resurgence in inhalant abuse among young people, with over 564,000 individuals aged 12 and older experimenting with such substances in 2023 alone.

The renewed interest in inhalant use among adolescents is alarming, particularly as experts note that many young people are unaware of the serious risks involved. As described by a toxicologist, inhaling substances like nail polish or aerosol sprays can cause dizziness and cognitive impairment, alongside long-term health issues like brain damage. The medical community is mobilising to counter this trend through educational initiatives aimed at informing both parents and children.

Tragically, Nicky is not alone; similar incidents have occurred globally, including the recent death of 13-year-old Australian girl Esra Haynes, who died after a week in the hospital following cardiac arrest from chroming. Her parents have passionately advocated for increased awareness and preventive measures, underscoring the urgent need for education surrounding inhalant abuse.

Toni Lowther is not standing idly by; she has launched an online petition aimed at restricting the sale of aerosol products to minors. This initiative has already garnered over 5,000 signatures, reflecting the alarm many feel about the availability of these dangerous substances. In her heartfelt plea, she expressed the profound loss of potential in Nicky's absence, lamenting the milestones he would never achieve, such as school graduations or forming a family of his own.

The ongoing dialogue about chroming emphasises the critical need for open, honest communication between parents and children about the risks of inhalant abuse. As parents grapple with the challenges posed by the modern digital landscape, fostering understanding of potentially lethal trends like chroming will be vital in safeguarding their children against similar tragedies.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/news/article-14702337/Schoolboy-13-dies-surrounded-aerosol-cans-warning-issued-deadly-chroming-social-media-trend.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.huffingtonpost.es/life/salud/un-reputado-toxicologo-alerta-mortal-moda-cromado-jovenes-riesgos-mortales.html> - A renowned toxicologist has warned about the deadly 'chroming' trend among young people, which involves inhaling substances like nail polish, metallic paints, solvents, and aerosol sprays. This practice can lead to serious health risks such as euphoria, dizziness, heart problems, seizures, and, in extreme cases, death. Despite a decline in inhalant abuse since the 1990s, recent reports indicate a resurgence among adolescents, with 564,000 young people over 12 experimenting with inhalants in 2023. The trend has resulted in multiple deaths and hospitalizations, with severe long-term consequences like brain and heart damage, memory issues, and mental health disorders.
3. <https://www.vumc.org/poison-control/toxicology-question-week/september-29-2023-viral-and-deadly-social-media-challenge-explained-what> - The Tennessee Poison Center explains 'chroming,' a dangerous practice where individuals inhale chemical fumes from substances like aerosol deodorants to achieve a temporary high. This trend, popularized on platforms like TikTok under the hashtag 'WhipTok,' poses significant health risks, including cognitive impairment, cardiac arrest, seizures, and sudden death. Authorities are working to raise awareness and restrict access to products used in chroming, but the trend continues to affect young people, highlighting the need for ongoing education and preventive measures.
4. <https://www.theedgetreatment.com/the-disturbing-trend-of-chroming-why-inhalant-abuse-is-so-dangerous/> - Chroming, also known as inhalant abuse, involves inhaling substances like aerosol sprays to achieve a temporary high. This practice can lead to irreversible brain damage, respiratory issues, organ damage, physical injuries, and mental health problems. The most serious consequence is Sudden Sniffing Death Syndrome (SSDS), where the heart stops beating after inhaling chemical vapors. The article emphasizes the severe and potentially fatal risks associated with chroming, urging awareness and prevention efforts to protect individuals, especially adolescents, from these dangers.
5. <https://www.indiatoday.in/world/story/13-year-old-death-chroming-australia-flags-dangerous-social-media-trend-2385867-2023-05-29> - A 13-year-old Australian girl, Esra Haynes, died after participating in the 'chroming' trend on TikTok, which involves inhaling aerosol deodorant to achieve a high. She suffered cardiac arrest and sustained irreparable brain damage, leading to her death after a week in the hospital. Her parents are advocating for increased awareness and preventive measures to protect children from this dangerous trend, highlighting the need for education and intervention to prevent further tragedies.
6. <https://californiadetox.com/chroming/> - Chroming, or inhalant abuse, involves inhaling substances like paint thinners, aerosol cans, glue, and detergents to achieve a high. This practice poses significant health risks, including sudden sniffing death syndrome, dependence, respiratory issues, psychiatric complications, and physical injuries. The article emphasizes the dangers of chroming and the importance of avoiding inhalant abuse, highlighting the severe and potentially fatal consequences associated with this behavior.
7. <https://theconversation.com/chroming-choking-and-skull-breaking-social-media-challenges-can-come-with-deadly-consequences-236966> - The article discusses the dangers of 'chroming,' a practice where individuals inhale substances like aerosol deodorants to achieve a temporary high. This trend has led to several deaths, including that of an 11-year-old boy in the UK and a 13-year-old girl in Australia. Inhalation can cause sudden death due to cardiac sensitization, as well as long-term brain damage. The piece emphasizes the need for awareness and preventive measures to protect young people from these risks.