Positive Choices — Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

Choose vape free



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Drugs (General), Electronic Cigarettes/Vaping

Tags: vaping

Time Allocated: Partial lesson (under 45mins)

Origin: Australian

Cost:
Free

Available

These videos are available on the Lung Foundation Australia website.

Watch 'Choose Vape Free'

Developers

- Lung Foundation Australia
- Na Joomelah
- National Best Practice Unit (NBPU): Tackling Indigenous Smoking

Summary

This First Nations vaping animated video series explores the effects of e-cigarettes/vapes on the body as well as the environment. The videos discuss chemicals found in e-cigarettes, and how young people may benefit from choosing to be vape free.

Three 30 second videos with a supporting factsheet available on the Lung Foundation Australia website.

Expected Benefits

- Increased knowledge of e-cigarette/vape-related effects and harms.
- Information on how e-cigarettes/vapes impact the environment.

Evidence Base

The videos were created by Lung Foundation Australia in collaboration with two Tackling Indigenous Smoking (TIS) organisations. The video series describes chemicals commonly found in e-cigarettes, and how they can impact health and the environment. The videos are supported by more in depth information, including resources to help quit vaping.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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