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

Video

# The Facts About Smoking



**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:** Tobacco

**Tags:** smoking, cigarettes, tobacco, prevention

**Time Allocated:** Partial lesson (under 45mins)

**Origin:** Australian

**Cost:**
Free

## Available

This video and the accompanying factsheet are available on NSW Health.

Watch 'How smoking can ruin your health'

Read 'The facts about smoking'

## Developer

- Co-designed with Aboriginal young people
- Developed by the Matilda Centre for Research in Mental Health and Substance Use, the University of Sydney

## Summary

This animated video shows how smoking affects a young person, including health and social effects. It discusses how young people can break the cycle and the benefits they may experience. The factsheet provides more in-depth information about health effects, reasons people smoke, and where to get help. The video and factsheet were co-designed with Aboriginal young people.

Video length: 2:00

## Benefits

- Increased knowledge of the health effects of smoking.

## Evidence Base

The video was co-designed with Aboriginal young people. The story shows how smoking cigarettes can affect your health and includes immediate impacts to engage young people. The resource also includes links to services that can support Aboriginal young people to quit.

*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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