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

Video

The Facts About Vaping

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: Electronic Cigarettes/Vaping
Tags: e-cigarettes, vaping, 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 vaping can damage your health'

Read 'The facts about vaping'

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 a young person who experiences health effects from vaping. It covers how people can seek help and the benefits of quitting. The factsheet provides more in-depth information about health effects, reasons people use e-cigarettes, and where to get help. The video and factsheet were co-designed with Aboriginal young people.

Video length: 1:36

Expected Benefits

- Increased knowledge of the health effects of vaping.

Evidence Base

The video was co-designed with Aboriginal young people. The story shows how e-cigarette use/vaping can affect young people and their families in an educational and engaging way. The resource also includes links to services that can support Aboriginal young people who are concerned about e-cigarette use.

*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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