Positive Choices
Drug and Alcohol Information
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Video

Respect Your Brain: the effect of drugs on the developing brain



Evidence ratings:

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

Year:

Targeted Drugs: Alcohol, Cannabis, Drugs (General), Electronic Cigarettes/Vaping, MDMA/Ecstasy

Tags:

Origin: Australian

Cost:
Free

Available

These videos are available on YouTube

Watch 'Alcohol - Respect your brain'

Watch 'Alcohol and Antidepressants - Respect your brain'

Watch 'Cannabis - Respect your brain'

Watch 'MDMA - Respect your brain'

Watch 'Vaping - Respect your brain'

Description

The Respect Your Brain animated video series for young people explores the effects of alcohol, cannabis, MDMA and vaping on the development of the adolescent brain, as well as the impacts on behaviour.

A teenage brain is considered by scientists to be highly 'neuroplastic'. Because adolescence and emerging adulthood (up to 25 years old) is a time of organising, construction and strengthening of connections in the brain it is a time of growth, but also means the brain is vulnerable to damage.

Developers

- NSW Health, Centre for Alcohol and Other Drugs
- The Matilda Centre for Research in Mental Health and Substance Use, the University of Sydney
- Square Cell Visual Science Communication

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