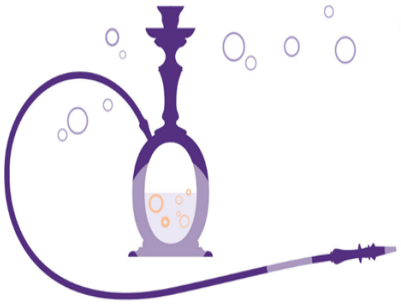
Drugs a-to-z

Shisha: Factsheet



Evidence ratings:

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

Year:

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

Tags: Smoking, Tobacco, Waterpipe, Hookah

Origin: Australian

Cost:
Free

Available

These factsheets are available as PDFs from the Shisha No Thanks website.

Access Shisha No Thanks resources

Access 'Shisha Smoking Factsheet for Young People'

Access 'Shisha and Vaping Factsheet'

Developers

These factsheets were developed by the ShishaNoThanks Project team led by South Eastern Sydney Local Health District (Partners: NSW Multicultural Health Communication Service, Sydney Local Health District, South Western Sydney Local Health District, Lebanese Muslim Association, South Eastern Sydney Research Collaboration Hub, UNSW).

Format

This resource includes:

- A factsheet on shisha/waterpipe smoking designed for young people
- A factsheet on shisha/waterpipe smoking and vaping

Summary

The ShishaNoThanks resources aim to raise awareness of the harms of waterpipe smoking in young people from Arabic speaking backgrounds, their family, friends and social networks across metropolitan Sydney.

Benefits

- Increased awareness of the harms of waterpipe smoking.
- Increased awareness of the harms of vaping.

Evidence Base

Expert Review*:
This resource was developed through consultation with members of the Arabic community and representative agencies in NSW. These factsheets provide young people with accurate information on harmful effects of shisha and vaping, the consequences of sharing shisha, current shisha laws in NSW and links to get support including culturally appropriate options.

*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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