



Video

# The Facts About Smoking



**Evidence ratings:**

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

**Year:**

**Targeted Drugs:** Tobacco

**Tags:** smoking, tobacco

**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'](#)

## Description

This animated video shows how smoking affects a young person, including health and social effects. It covers how you can break the cycle and the benefits of quitting. 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.

## Developer

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