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

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