



Video 

# The Facts About Vaping



**Evidence ratings:**



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

**Year:**

**Targeted Drugs:** Electronic Cigarettes/Vaping

**Tags:** vaping, e-cigarettes

**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'](#)

## Description

This animated video shows a young person who experiences health effects from vaping. It covers how you 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.

## Developer

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