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

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