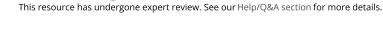


#### Video 🧕

# Choose vape free





**Evidence ratings:** 

Year: Year 7–8, Year 9–10, Year 11–12 Targeted Drugs: Drugs (General), Electronic Cigarettes/Vaping Tags: vaping Time Allocated: Partial lesson (under 45mins) Origin: Australian Cost: Free

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### Available

These videos are available on the Lung Foundation Australia website.

Watch 'Choose Vape Free'

### Developers

- Lung Foundation Australia
- Na Joomelah
- National Best Practice Unit (NBPU): Tackling Indigenous Smoking

### Summary

This First Nations vaping animated video series explores the effects of e-cigarettes/vapes on the body as well as the environment. The videos discuss chemicals found in ecigarettes, and how young people may benefit from choosing to be vape free.

Three 30 second videos with a supporting factsheet available on the Lung Foundation Australia website.

## **Expected Benefits**

- Increased knowledge of e-cigarette/vape-related effects and harms.
- Information on how e-cigarettes/vapes impact the environment.

#### **Evidence Base**

The videos were created by Lung Foundation Australia in collaboration with two Tackling Indigenous Smoking (TIS) organisations. The video series describes chemicals commonly found in e-cigarettes, and how they can impact health and the environment. The videos are supported by morein depth information, including resources to help quit vaping.

\*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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