Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

# Choose vape free

**Evidence ratings:**

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

**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

## 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 e-cigarettes, 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 more in 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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