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

Video

Escape the vape: a conversation guide for parents and carers



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: Electronic Cigarettes/Vaping

Tags:

Origin: Australian

Cost:
Free

Available

This video is available on YouTube.

Watch 'Escape the Vape: a conversation guide for parents and carers'

Developer

- Australian Government Department of Health, Disability and Ageing

Summary

This video provides a step-by-step guide for parents and carers to have a conversation about vaping with their child. It provides parents with facts about vaping, discusses how best to approach a potentially challenging conversation, and suggests options for further help.

Video length: 3:00

Expected Benefits

- Increased knowledge of e-cigarettes/vaping and how many young Australians use them
- Increased knowledge of how to approach a conversation about vaping
- Increased awareness of support services

Evidence Base

Expert Review*:

The video was developed by the Australian Government Department of Health, Disability and Ageing. It provides clear and easy to understand steps to help parents and carers feel more prepared to discuss 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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