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

Video

Respect Your Brain: the effect of drugs on the developing brain



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: Alcohol, Cannabis, Drugs (General), Electronic Cigarettes/Vaping, MDMA/Ecstasy

Tags:

Time Allocated: Partial lesson (under 45mins)

Origin: Australian

Cost:
Free

Available

These videos are available on YouTube

Watch 'Alcohol- Respect your brain'

Watch 'Alcohol and Antidepressants - Respect your brain'

Watch 'Cannabis- Respect your brain'

Watch 'MDMA- Respect your brain'

Watch 'Vaping- Respect your brain'

Developers

- NSW Health, Centre for Alcohol and Other Drugs
- The Matilda Centre for Research in Mental Health and Substance Use, the University of Sydney
- Square Cell Visual Science Communication

Summary

The Respect Your Brain animated video series for young people explores the effects of alcohol, cannabis, MDMA and vaping on the development of the adolescent brain, as well as the impacts on behaviour.

A teenage brain is considered by scientists to be highly 'neuroplastic'. Because adolescence and emerging adulthood (up to 25 years old) is a time of organising, construction and strengthening of connections in the brain it is a time of growth, but also means the brain is vulnerable to damage.

Benefits

- Information on how alcohol, cannabis, MDMA and e-cigarette/vape use interferes with the development of the brain.
- Increased knowledge of drug-related effects and harms.

Evidence Base

Expert Review*:
The Respect Your Brain videos explain how different drugs affect brain development and which areas of the brain are affected. The videos are supported by more in depth information including where a young person can seek help for alcohol and other drug issues and links to more alcohol and other drug facts on the NSW Health drug and alcohol website. Additionally, the videos map onto several Alcohol and other Drugs (AD) components of Australian Health and Physical Education curriculum for Year 9–10.

* 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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