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

Video

Vape Ingredients and Harms



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, Tobacco
Tags:
Time Allocated: Partial lesson (under 45mins)
Origin: Australian
Cost:
Free

Available

These videos are available on on the City of Greater Geelong website and YouTube channel.

Watch 'Vape Ingredients'

Watch 'Vape Harms'

Developers

- VicHealth and the City of Greater Geelong
- Codesigned with North Geelong Secondary College students

Summary

The two short, animated videos explore the ingredients often found in e-cigarettes/vapes, and the potential harms of vaping.

Additional vape prevention resources including posters and social media tiles are available on the City of Greater Geelongwebsite.

Video lengths: 48 seconds and 55 seconds

Expected Benefits

- Increased knowledge of the contents of vapes
- Increased knowledge of the harms of vaping

Evidence Base

Expert Review*:

The videos were codesigned with secondary school students, to increase relevance and impact. They include information about e-cigarettes and vaping that is aligned with current evidence (see Electronic Cigarettes and Vaping: Factsheet for more information). The animation is high quality and modern.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

© 2026 Positive Choices | Built by Netfront