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Vaping Resource Sheet

Vaping has quickly become a significant health issue, particularly with young people. Evidence suggests that messaging should acknowledge the link to the tobacco industry and colonialism and build on the strength and resilience that comes from connection to family, culture, community, and traditional values*. WellMob has several new resources developed by First Nations organisations addressing the facts about vaping and encouraging healthier choices.

Interactive Resources



Websites

ROTTEN FRUIT VIDEOS

This campaign material on fruity vapes includes videos, a quiz, and a step-by-step plan to help someone quit.



Documents

E-CIGARETTES AND VAPING

An info-graphic booklet with information on what is in vapes, how they work, myths, legal situation, and health impacts.



Documents

VAPING AND E-CIGARETTE ACTIVITY BOOKLET

This booklet provides a fun way to learn about vaping and its health risks.



Documents

TACKLING INDIGENOUS SMOKING CALENDAR

This calendar provides information about health effects of vaping and smoking. Uncle (Professor) Tom Calma provides tips and encouragement to quit.



We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636

Videos



Videos

HOW SMOKING CAN RUIN YOUR HEALTH

This video shows a small group of young people supporting each other to avoid the temptation and deal with the addiction of smoking.



Websites

CHOOSE VAPE FREE

A fact sheet and animated videos explain the harm vapes can do to health and the environment. It has links to Aboriginal Quitline phone.



Videos

HOW VAPING CAN DAMAGE YOUR HEALTH

In this short video a teenager tells the story of how he introduced his girlfriend to vaping, she became addicted and very sick, and how they both got help to quit.



Factsheets



Documents

DO YOU KNOW WHAT YOU'RE VAPING?

This webpage links to videos, podcasts, websites and fact sheets including information on how to quit.



For Health Professionals



Documents

FACTS ABOUT VAPES (E-CIGARETTES)

Information and data about smoking and vaping including whether it helps people quit smoking, health outcomes and risks, and data about young people and vaping.



Connect to More Resources on Smoking



Websites

SMOKING RESOURCES

See the 'Smoking' tab on WellMob. Access a range of online wellbeing resources to support people to quit smoking.



Click here to connect to WellMob
for other resources
www.wellmob.org.au

