

VAPING HAS EVOLVED

What Parents Need to Know Now

IT STARTS WITH NICOTINE

Nicotine is highly addictive. What starts as curiosity can quickly become dependency. And with vapes, it happens faster than you think. There are no safer alternatives, both cigarettes and vapes are harmful.



KNOW THE LAW

Higher Penalties for Vaping Offences

Effective 1 May 2026, owning one could mean a fine of up to \$10,000. Those found using vapes with specified psychoactive substances (SPS) (e.g. etomidate) will be liable for up to \$20,000 fine, or up to 10 years jail, or both. Students caught vaping will also face in-school disciplinary consequences.

Persons who voluntarily seek help will not face penalties.



SPOT THE SIGNS

- Dry cough that lingers too long
- Sweet fruity scents on their clothes and in their room
- Unexplained spendings or frequent requests for money
- Changes in behaviour like increased irritability or restlessness

TALK TO YOUR CHILD

Even sensible children give in to peer pressure. Your conversations matter more than you think.

Be Casual	Be Curious	Be Candid
Find a natural moment to bring up vaping.	Hear your child out and appreciate their honesty.	Share your views, and the health and legal risks.
"Hey, I just saw someone vaping at the traffic light. Have you been seeing that a lot around you?"	"Do you think vaping is a big thing among teenagers your age? What do your friends think about it?"	"Honestly, when I see people vaping, it worries me. I'd rather we talk about it openly than you feel like you can't come to me."

Link: <https://go.gov.sg/talkabt vaping>

TAKE THE PLEDGE

Pledge is live between **18 May to 15 June**

Amid many influences, your voice as a parent matters most. As a bonding activity, take this pledge with your child and stand united against vaping and smoking.

Link: <https://go.gov.sg/wntd2026>



NEED HELP?

QuitLine: **1800 438 2000**

Personal admissions made during counselling stay confidential and will not be reported to the authorities.