

Keep your child **Vape-free**

Why **SHOULD** parents take note?

Globally, there is a worrying trend on the uptake of e-cigarettes, especially among youth. The promotion of e-cigarettes to the young has resulted in an exponential increase in the number of young people using e-cigarettes in other countries.

While there are still ongoing health effects of e-cigarettes, existing evidence shows that the harmful chemical composition within e-cigarettes pose many health risks to their users and non-users.

What are E-cigarettes?

E-cigarettes have many names and are sometimes called 'e-cigs', 'vapes', 'vape pens', 'mods', or 'Electronic Nicotine Delivery Systems' (ENDS). They are battery-operated devices that mimic the act of regular smoking by heating a liquid to generate an aerosol, which is inhaled by users, through a mouthpiece and exhaled as a visible vapour. E-cigarettes contain **nicotine**, a highly addictive substance that can affect brain development in youth.

There are also many cancer-causing substances such as **formaldehyde**, **benzene** (produced when heated), and **heavy metals** such as lead.

How to identify an e-cigarette?

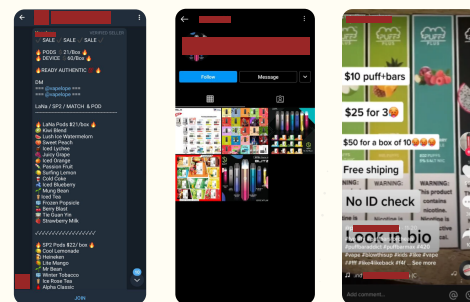


E-cigarettes come in a variety of shapes and sizes, some look like traditional tobacco products like cigarettes, cigars and pipes, while others resemble everyday items like USB flash drives and pens. This should not be confused with heated tobacco products (HTP), also known as Heat-Not-Burn products, which consist of a small tobacco stick that is heated electronically, rather than burned.

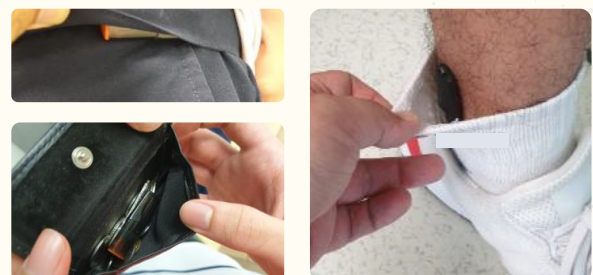
What can you do as a parent?

- Talk to your teen on the harmful effects of smoking and vaping.
- Monitor your child's online activities.
- Look out for these products at home.
- Advise your child to dispose of e-vaporisers and accessories if they possess any.
- Contact Health Sciences Authority (HSA), Health Promotion Board (HPB) or School for advice.

How do children obtain e-cigarettes if they are illegal?



Common hiding places:



All e-cigarettes and their related accessories are prohibited in Singapore:

- Regardless of age, it is an offence to purchase, use or possess these products in Singapore. Offenders can be fined up to **\$2,000**.
- It is also an offence to advertise, import, distribute, sell, offer for sale or possess for sale these products in Singapore. Offenders can be fined up to **\$10,000**, or face an imprisonment of up to **6 months**, or both for first time offenders.



Scan to learn more about vaping



Scan to get tips on getting your teen to quit

For support on Quitting:

1800 438 2000

HPB_SMOKING_CONTROL@hpb.gov.sg/HSA_TRB@hsa.gov.sg