

FAMILIES
for
LIFE



HELP THEM TO **SAY NO** TO VAPING

Parent's Guide on Vaping - Tips & More

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Parent's Guide on Vaping

You may have heard of e-vaporisers, kpods, or etomidate in recent news and are feeling concerned for your child.

This parent's guide is here to help you navigate these concerns with confidence and clarity. Drawing from the latest information released by Singapore government agencies, it equips you to understand the vaping landscape and its harms, recognise warning signs, and most importantly, have meaningful conversations with your children about these risks.

Whether you are looking to start a preventive discussion or address immediate concerns, you'll find guidance tailored for parents, conversation starters that work, and resources to support both you and your child through this challenging topic. Because as a parent, having the right information and approach makes all the difference in protecting your child's health and wellbeing.



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5 Facts About Vaping

Fact 1 Vaping is illegal in Singapore.

Using or possessing e-vaporisers
(from 1 Sept 2025)

1st time offenders	Notice of Composition (NOC) of \$500 (<18 years old) and \$700 (adults)
2nd time offenders	Attend Rehabilitation for 3 months
3rd or more time offenders	Prosecution and subject to a maximum fine of \$2,000

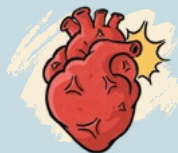


Fact 2 Vapes contain toxic chemicals.



Vapes contain nicotine and harmful, cancer-causing chemicals with both short and long-term health risks.

Vaping can damage the heart, lungs, and brain — even short-term use may cause dizziness, chest pain, or breathing issues.



Fact 3

Vaping is addictive.



Fact 4

Vapes are not easy to recognise.

Vapes come in many shapes and sizes.



They can look like cigarettes, USBs, or pens.

Fact 5

12% of vapes seized in Singapore had etomidate.

Kpods look like normal vape pods but may hide dangerous drugs like Spice, K2, or strong cannabis oil.

Some contain etomidate — a dangerous anaesthetic that can cause nausea, spasms, seizures, and breathing problems.

In Singapore, 1 in 3 seized vapes had etomidate, which is now a Class C controlled drug under the Misuse of Drugs Act (MDA) with tough penalties.



Using or possessing etomidate laced e-vaporisers

1st time offenders

- NOC of \$500 (<18 years old) and \$700 (adults)
- Attend rehabilitation for up to 6 months

2nd time offenders

- Mandatory supervision for 6 months, including drug tests and rehabilitation
- Face prosecution if mandatory supervision is not completed

Subsequent offenders

- (<16 years) Mandatory supervision including drug testing for 12 months
- (>16 years) Admitted to Drug Rehabilitation Centre (DRC) for treatment and rehabilitation, and mandatory supervision, including drug testing for 12 months

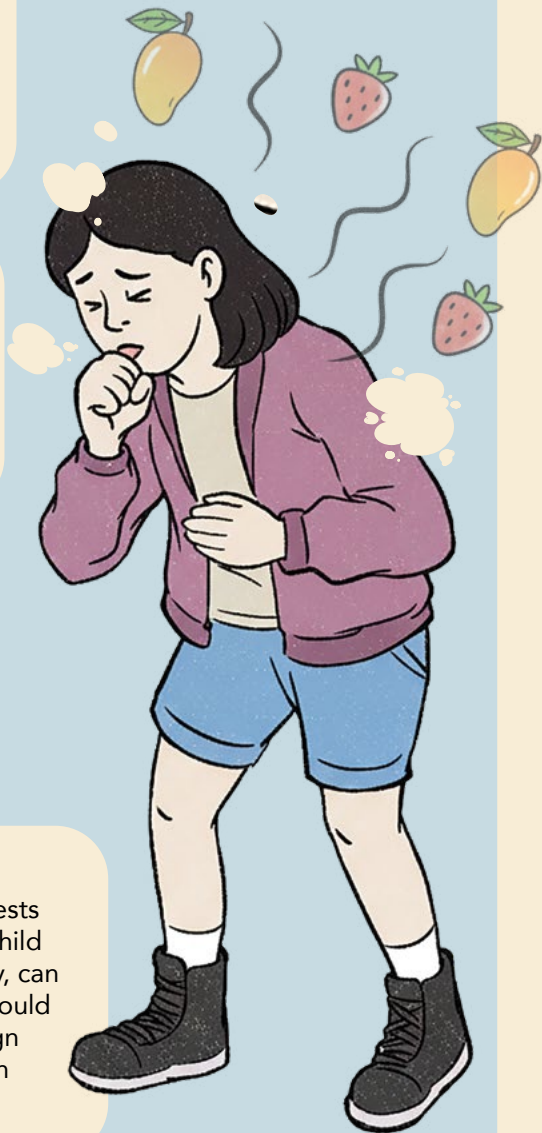
Signs and Symptoms Your Child Might Be Vaping

You smell unfamiliar sweet, minty or fruity scents on your child or in the house. These are common vape flavours meant to appeal to younger demographics.

Your child suffers from dry mouth, throat irritation, coughing, and shortness of breath, which may indicate potential respiratory health issues from vaping.

Withdrawals symptoms include experiencing irritability, anxiety and restlessness when your child is unable to vape.

Vaping can be expensive. Unexplained spending or requests for money, particularly if your child suddenly needs cash frequently, can be a sign to look out for. This could be coupled with noticing foreign small devices and accessories in your child's possession.



Where to Seek Help



Designated e-vaporiser disposal bins are available for members of the public to voluntarily dispose of e-vaporisers safely at selected locations including border checkpoints and where QuitVape programmes and rehabilitation are provided (e.g. [HPB, IMH and participating Social Service Agencies](#)).

Contact a Health Promotion Board's (HPB) QuitLine counsellor at **1800 438 2000**

Schedule a consultation with National Addiction Management Services (NAMS) to seek professional help: www.nams.sg/helpseekers

Support is provided for those who wish to quit, under the QuitVape programme:
www.gov.sg/quitvape

Those who voluntarily seek help will not face any penalties. However, if the individual is separately caught for vaping, penalties under the various laws will be meted out.

6 Tips To Start A Conversation With Your Child About Vaping

1

Start the Conversation Early

Don't wait until your child has been exposed to vaping. Bring up the topic and engage them early when opportunities arise in everyday conversation. Make it an ongoing conversation, not just a one-time chat. Check in with them from time to time as they grow up.



2

Stay Calm and Be Curious

Avoid scolding or lecturing— that can push them away and shut down the conversation. Be curious, ask questions, and show you seek to understand their perspective.

3

Listen Actively

Ask open-ended questions like, "What have you heard about vaping?" instead of Yes/No questions like "Have you heard about vaping?"

Let them share their thoughts fully without cutting in to correct. Summarise and reflect back what they have shared to show you are actively listening, even if you disagree.



6 Tips To Start A Conversation With Your Child About Vaping

4

Be informed yourself

Learn about vaping, the health risks, and why children and teens might be drawn to it.

If you don't know the answer, it is okay to say, "Let's find out together."



5

Understand possible motivations for vaping

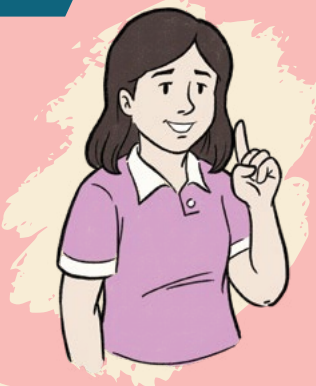
Understand their curiosity about new things and trends.

Be aware of the peer pressure they face and desire to fit in.

Be aware of their various sources of stress and why vaping might be a coping mechanism.

6

Be Firm and Set Clear Expectations



Let your child know your family's stand on vaping and communicate the harm that it causes.

Highlight that your concern comes from care and love, not a desire to control.

Let your child know that they can speak to a professional to discuss strategies to quit if they are not as comfortable sharing with you.

Parenting Tips

If your child is curious and does not know much about vaping



Tip:

Parents can be supportive while raising awareness and encouraging critical thinking. You can also channel your child's curiosity to official sources of information.

Initiate conversation

1

- "Have you heard about vaping? What do you know about it?"
- "I am glad you asked. What have you heard about vaping that made you curious?"
- "What are your friends' views on vaping?"

Understand your child's views

2

- "Some people say vaping is fun or cool. What do you think about that?"
- "What worries or questions do you have about it?"

Encourage critical thinking

3

- "Even if it seems cool or smells nice, what do you think could be the consequences?"

Be firm on prevention

4

- "How do you feel when your friends talk about vaping and you are unable to contribute to the conversation?"
- "How would you say no if a friend offered you something you didn't want to try?"
- "Who else could you talk to and seek help from if you are unsure about vaping?"
- "What values guide you to say no to your friends?"
- "What are the reasons or beliefs that hold you back from trying?"

Channel your child's curiosity

5

- "What are some ways that vaping could negatively affect your body?"
- "What ingredients can be found in a vape?"
- "Have you seen how vaping has negatively affected someone you know, or someone mentioned in the news?"



Parenting Tips

If your child shows signs of vaping



Tip:

Seek to understand your child's motivation, maintain trust and set boundaries. Use non-confrontational and non-accusatory language to keep the dialogue open.

Initiate conversation

1

- "When would be a good time for us to have a heart-to-heart talk?"
- "I have noticed you have been coming home later, could you share with me what you and your friends usually get up to?"
- "I imagine vaping might be a common topic among your friends. What do they think about it?"

Understand your child's views

2

- "How do you feel when others around you are vaping?"
- "Thank you for being honest with me. That's interesting, what makes you say that?"
- "What have you heard about the health effects of vaping?"

Encourage critical thinking

3

- "What do your friends mean when they say that vaping is cool?"
- "Why do some people vape even though it negatively affects their health?"
- "Do you think vaping is really safer than smoking? Shall we research together?"
- "Singapore is stepping up penalties and enforcement on vaping, with stricter laws and fines to possible jail sentences. Why do you think the government is taking this so seriously?"



Parenting Tips

if you found your child in possession of a vape



Seek to understand your child's reasons for vaping, guide their reflection and discuss clear boundaries. Be firm while supporting your child's efforts to quit.

Encourage quitting

1

- "On a scale of 1 to 10, how much do you want to stop? Why did you choose that number and not a lower number? What would help you move closer to a 9 or 10?"
- "If you could cut down or quit, what would be the hardest part?"
- "What support do you think would help you most?"
- "How can we work together to help you kick the habit?"

Understand your child's motivations

2

- "Help me understand how you got involved in vaping."

Guide reflection

3

- "How do you feel right after vaping? Does this feeling last or fade quickly? What other feelings come afterward?"
- "What situations make you want to vape the most?"
- "What do you enjoy about vaping? And what do you not enjoy?"
- "Were there days when you didn't vape? How did you feel at the end of those days?"
- "What helped you to manage without vaping?"



Sample Conversation

with your child about vaping, with tips on conversational skills



Tip:

Find an appropriate time when you and your child can focus. Practise self-regulation of your emotions (staying calm).



When would be a good time for us to have a heart-to-heart talk?

I am tired after CCA today, maybe after dinner tomorrow?

Sounds good.



Tip:

Asking for others' views is less confrontational and pressurising for your child when starting conversations.



I imagine vaping might be a common topic among your friends. What do they think about it?

Some of my friends vape. They say it is no big deal and that it is better than smoking.



Sample Conversation

with your child about vaping, with tips on conversational skills



Tip:

**Show curiosity instead of making assumptions.
Your child can sense if you are finding fault or if you are seeking to understand.**



That's interesting, some of your friends vape and they feel it is okay, without really worrying about the risks. I am curious about your views on vaping.



Well, I have handled a vape once but did not try it. I was with some friends, and they said it would be fun.



Tip:

**Validate your child's honesty.
Immediate correction makes your child defensive and shut down conversation.**



Thanks for being honest with me.
What made you stop and not try it?



I don't really know how I feel about it. I was curious to check it out as it doesn't seem like a big deal. I didn't try because recess was ending.

Sample Conversation

with your child about vaping, with tips on conversational skills



Tip:

Ask open-ended questions to deepen the conversation without judgment. Encourage your child to reflect.



I hear you, it might not feel like a big deal at the moment, especially if your friends are vaping too. There are unwanted consequences to vaping. How do you think vaping affects a person in the long run?



I have not really thought about this, but I roughly know it's supposed to be bad for one's health.



Tip:

Be authentic with your child, Adopt a collaborative approach, Be firm and set expectations

I know that vaping is illegal and harmful to the body, but I am not sure about the specific details right now. How about we do some research together to learn more to gain clearer understanding?



Alright.



We could also practise saying no if anybody offers you a vape again so that you can do it confidently.

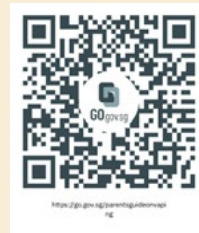
Sources and Additional Resources on Vaping

Click the links below to read more

Government's Latest Efforts to Tackle Vaping



Parents' Guide on Vaping



Health Sciences Authority on Vaping Enforcement

Health Effects of Vaping

How Would I Know if My Child Is Using Kpod

More facts about Vaping

8 Reasons You Should Not Start Vaping

More Tips on Having Conversations about Vaping With Your Child

The Dark Side of Vaping

Explore topics such as 'Guiding Your Child's Behaviour' in the Parenting for Wellness resource page

www.moh.gov.sg/newsroom/faqs-on-e-cigarettes-vaporisers-and-heat-not-burn-tobacco-products

www.healthxchange.sg/teen/parenting-tips/Kpod

Published in October 2025. All information presented is correct at time of publishing and may be subject to change.
Visit www.gov.sg/stopvaping for the latest updates.



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