

How Misinformation Spreads Around sg vape - Guide 034

Nicotine and Dependence Most vapes contain nicotine, which alters brain reward pathways and can create dependence within weeks of regular use. Signs include cravings, irritability when unable to vape, escalating puff frequency and failed quit attempts. Youth brains are more sensitive to these effects, affecting attention and mood regulation. Dependence makes quitting harder over time, which is why early help from school counsellors, polyclinics or national quit programmes matters. **Delivery Offers Are Extra Risky** Posts promising discreet delivery often require advance transfers to personal wallets, sharing home addresses and phone numbers with unknown handlers. This exposes buyers to scams, identity misuse and legal exposure during handover. Meeting strangers for prohibited goods adds personal safety risk. Authorities advise against any coordination and encourage reporting the listing with screenshots instead. **Pause here and compare what you just read against any message or video you received.**



Supporting Family and Friends If someone you know searches for vapes, respond with concern rather than punishment. Share legal and health facts, agree on household rules for unknown links and payments, and offer to attend a counselling session together. Praise steps toward quitting and keep follow-up check-ins brief and consistent. Professional guidance helps when cravings or peer pressure persist. **Financial and Privacy Costs** Regular black-market purchases drain allowances and create transaction trails to unknown accounts that complicate bank disputes. Sharing addresses and school or workplace details increases targeting for repeat sales. Reviewing monthly statements with family, blocking seller accounts and tightening social privacy settings reduce ongoing pressure and financial leakage. **FAQs** Are vapes legal in Singapore? No. Sale, import, distribution and offering to sell vapes and related parts are prohibited, with fines and possible jail for serious cases. Check HSA and government sites for current details. **Do vapes help to quit smoking?** Health agencies do not recommend unregulated vapes for quitting due to dependence and safety gaps. Approved cessation counselling and medications are safer. Ask a polyclinic or quit programme. **Where to report sale?** Save evidence and use official HSA/police reporting channels and in-app report tools. **Do not engage sellers.** **Additional Note: Why Bans Exist:** **Health Basis** Authorities cite nicotine addiction, unknown long-term inhalation effects from flavour chemicals and heating byproducts, and youth uptake risk. Unlike regulated medicines, black-market vapes have no quality assurance for nicotine strength, contaminants or battery safety. Public health guidance therefore advises complete avoidance, especially for adolescents, pregnant persons and those with heart or lung conditions. Counselling and quit services offer evidence-based support without vaping. For file 034, connect this to your notes and keep lawful choices in view.