

Peer Pressure and sg vape Curiosity - Guide 027

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. Youth and School Impact Flavoured packaging and social videos can normalise vaping for students, leading to disciplinary consequences in schools alongside health risks. Nicotine use may affect concentration, sleep and attendance. Parents and educators are advised to discuss marketing tactics openly, set clear expectations, and keep communication non-judgmental so students ask for help early. Schools typically publish clear policies and referral paths for counselling. Pause here and compare what you just read against any message or video you received.



Quit Help in Singapore National quit programmes, polyclinics, school counsellors and workplace wellness advisers offer free or subsidised counselling, behavioural plans and, where appropriate, approved cessation aids. Setting a quit date, informing family, removing triggers and tracking cravings improve success. If slips occur, counsellors adjust plans without judgment. Early contact works better than waiting for dependence to deepen. **What To Do After Paying a Seller** Stop further transfers immediately, even if promised a refund on one more payment. Export chats, note payment references, dates and account handles, and inform your bank. In Singapore, report illegal vape sale to authorities through official channels such as HSA and police reporting routes, keeping acknowledgement numbers. Avoid recovery agents who demand upfront fees; they are often a second fraud layer. **FAQs** Are vapes legal in Singapore? No. Sale, import, distribution and offering to sell vapes and related [sg vape](#) 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: Lung and Heart Considerations** Inhaled aerosols may irritate airways, trigger coughing or wheezing, and worsen asthma. Some flavourings and solvents produce aldehydes when heated. Case reports link vaping to lung injury and nicotine-related heart rate and blood pressure changes. Research continues, but the precautionary message from health agencies is consistent: do not start, and if already using, seek help to stop rather than switching flavours or devices. For file 027, connect this to your notes and keep lawful choices in view.