



JOINT YEAR-END SCHOOL HOLIDAYS ADVISORY

Stay safe during the school holidays by following these tips.

STAY AWAY FROM CRIME

Shop theft is a crime



Always pay for your items before you leave the store.

High rise littering is a crime



Do not throw things as it could injure others.

Theft of Bicycle is a crime



Do not take a bicycle that does not belong to you, even for just a joy-ride.

BE AWARE AND BE SAFE

Beware of strangers



Do not speak to or follow strangers when approached. Inform your family and teachers immediately if this happens.

Do not give in to peer-pressure



Learn to say 'No' when you know it is wrong.

Say 'No' if anyone tries to offer you drugs or anything strange



Inform your family and teachers.

REAL LIFE STORIES

STORY 1

Bicycle Theft is a Crime



SCAN ME TO READ

STORY 2

A Tale of Temptation and Trust



SCAN ME TO READ

OUR HELPLINES:

CRIME PREVENTION

Call the Police hotline at **1800 255 0000** or submit information online at www.police.gov.sg/iwitness

'**999**' is for emergencies only. Please dial if you require urgent Police assistance.

For more information, visit: www.police.gov.sg, [SPF Facebook](https://www.facebook.com/SPF) or www.ncpc.org.sg.

DRUGS PREVENTION

For more information on the harms of drug and inhalant abuse, visit: www.cnb.gov.sg.

Please call the Police or the CNB hotline at **1800 325 6666** to report suspected drug and inhalant abuse.





Dear Parents and Students,

ADVISORY ON VAPING

The Health Promotion Board (HPB) and Health Sciences Authority (HSA) would like to remind you of the following:

VAPING IS ILLEGAL, REGARDLESS OF AGE.

Under the Tobacco (Control of Advertisements and Sale) Act:

- **It is an offence to purchase, use or possess e-cigarettes and/or their components. 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 \$20,000 or face imprisonment of up to 12 months or both.**

Disciplinary actions will be taken against anyone caught for the above offences. Refer to Annex for more information on the penalties imposed on the offences.

VAPING IS HARMFUL AND CAN BE A GATEWAY TO CIGARETTE SMOKING.

Vaping, just like smoking cigarettes, is harmful and can lead to lifelong addiction. E-cigarettes contain many harmful substances such as nicotine. These substances can negatively impact brain development, especially to parts of the brain that control attention, learning and memory. E-cigarettes also contain benzene and formaldehyde which can cause cancer and infertility. Studies have also shown that individuals who vape are more likely to pick up cigarette smoking later in life¹.

If you know of someone who vapes or owns an e-cigarette, please inform the school so that timely cessation support can be offered to them. Alternatively, please call QuitLine at 1800 438 2000 for vaping/smoking cessation support.

Ms Vasuki Utravathy
Director, School Health & Outreach Division
Health Promotion Board

Mr Norman Chong
Director, Tobacco Regulation Branch
Health Sciences Authority

¹ Chien Y et al. Electronic Cigarette Use and Smoking Initiation in Taiwan: Evidence from the First Prospective Study in Asia. Int J Environ Res Public Health 2019. Apr; 16(7):1145.
Conner M et al. Evidence that an intervention weakens the relationship between adolescent electronic cigarette use and tobacco smoking: a 24-month prospective study. Tob Control 2019.
Hammond D et al. Electronic cigarette use and smoking initiation among youth: a longitudinal cohort study. CMAJ 2017
Soneji S, Barrington-Trimis J, Wills T.A, et al. Association between initial use of e-cigarettes and subsequent cigarette smoking among adolescents and young adults. JAMA Pediatrics 2017.

Annex

Examples of scenarios of possessing, using or purchasing of e-cigarettes:

Scenario A	Scenario B	Scenario C
"I bought an e-cigarette online, but I did not use it."	"I bought 2 e-cigarettes, 1 for me and 1 for my friend, who paid me for his share."	"I post vape content on my Tiktok and Instagram account."
This is considered as a <u>purchase</u> .	This is considered as a <u>sale</u> .	This is considered as an <u>advertisement</u> .
<ul style="list-style-type: none"> Penalty imposed for possessing, using, or purchasing e-cigarettes. All offences, fine up to \$2,000. 	<ul style="list-style-type: none"> Penalty imposed for selling or advertising e-cigarettes. 1st offence <ul style="list-style-type: none"> Fine up to \$10,000 Imprisonment for a term not exceeding 6 months; or Both fine & imprisonment 2nd & subsequent offences <ul style="list-style-type: none"> Fine up to \$20,000 Imprisonment for a term not exceeding 12 months; or Both fine & imprisonment 	

EDM on Vaping from HPB (Primary)

**AT ANY AGE
VAPING IS ILLEGAL**

HARMFUL EFFECTS OF VAPING

- E-CIGARETTES CONTAIN MANY CANCER-CAUSING SUBSTANCES LIKE FORMALDEHYDE AND BENZENE**
- NICOTINE IN E-CIGARETTES REDUCES THE ABILITY TO LEARN, MEMORISE AND CONCENTRATE**
- NICOTINE CAN CAUSE SYMPTOMS LIKE DIZZINESS, HEADACHES AND DIARRHOEA**

"I BOUGHT AN E-CIGARETTE ONLINE BUT I DID NOT USE IT."
It is still a purchase. You may be fined up to **\$2000**.

"I BOUGHT 2 E-CIGARETTES, 1 FOR MYSELF AND 1 FOR MY FRIEND."
It is still a sale / an advertisement.

"I POST VAPE CONTENT ON MY TIKTOK AND INSTAGRAM ACCOUNT."
It is still a sale / an advertisement.
For the 1st Offence, you may be fined up to \$10,000 and/or jailed for up to 6 months.
For the 2nd Offence, you may be fined up to \$20,000 and/or jailed for up to 12 months.

If you know of someone who vapes or owns an e-cigarette, please inform your teacher so that timely cessation support can be offered.