

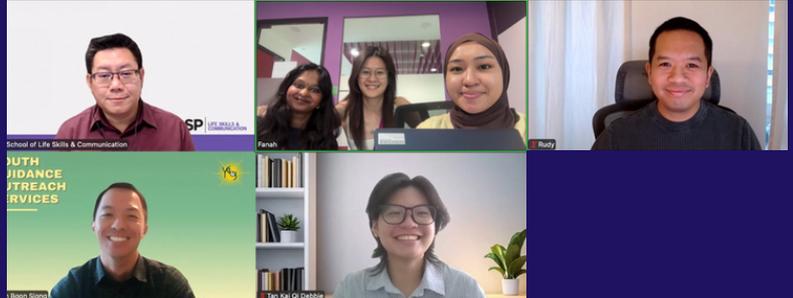
National Youth Council (NYC) x Singapore Polytechnic (SP) Webinar Series

Beyond The Cloud: Uncovering The Truth About Vaping And KPods

28 January 2026 | Online (Zoom)

On 28 January 2026, 145 youths from Singapore Polytechnic (SP) participated in a webinar which discussed: (i) why youths start vaping and the effects of vaping; (ii) how to get help and support someone trying to quit; and (iii) how youths can work together to prevent vaping in their communities.

This session was co-organised by SP and NYC, and involved the following panellists and moderator:



- Mr Goh Boon Siong, Lead Social Worker, Youth Guidance Outreach Services (YGOS)
- Mr Mohamed Rudy Abdul Hamid, Psychologist, Mantra, MCCY DrugFreeSG Champion, and NYC INSPIRIT member
- [Moderator] Ms Tan Kai Qi Debbie, Year 2 Student, Diploma in Integrated Events & Project Management, Singapore Polytechnic

The moderator shared that NYC, together with its Government and non-Government partners, had conducted a series of engagements across 2025 to shape the SG Youth Plan (SGYP), including the NYC x Singapore Polytechnic webinar series. She said that the SGYP was a youth-led action blueprint intended to capture the hopes and aspirations of young Singaporeans, empower youths to be the best versions of themselves, and support them in taking action to contribute meaningfully to Singapore.

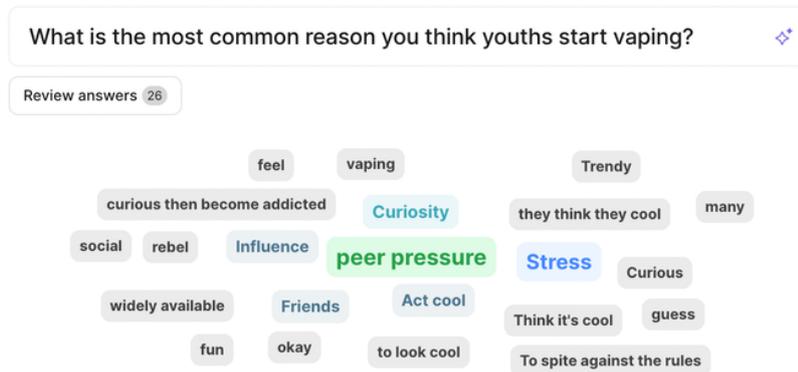
i) Why youths start vaping and the effects of vaping

Participants were asked (*via Slido*) about their perceptions on vaping.



- 73% of respondents indicated “I’m against it”.
- The moderator said that a pre-webinar survey was conducted to gauge participants’ attitudes and experiences related to vaping. She said that about 95% of participants agreed or strongly agreed that they were aware of the ill health impacts of vaping, while around 35% indicated that they knew someone who vapes.

Participants were asked (*via Slido*) what they thought was the most common reason youths started vaping.



- The top response was “**peer pressure**”.
- Mr Goh said that the responses signaled that there were often deeper, underlying reasons behind why youths turned to vaping such as wanting to fulfil unmet needs of safety, belonging, or emotional support. He said that while peer influence was significant, family dynamics and social connectedness played an equally important role. He said that youths’ family and social circles strongly influenced their behaviours and coping mechanisms, and that understanding these broader relational contexts was crucial when addressing youth vaping.
- Mr Rudy said that a sense of belonging and the desire to fit in were particularly important during youth development. He said that the friends youths spent time with could have a strong impact on the habits and behaviours they adopted, including vaping.

The moderator asked panellists how the normalisation of vaping influenced youths to vape, and what the longer-term consequences were for both vapers and non-vapers.

- Mr Goh said that normalisation made vaping appear harmless and acceptable, particularly through misleading narratives that portrayed it as safer than cigarettes. He said this lowered youths’ defences against peer pressure and could lead to dependence, health issues, and distorted social norms that confused future generations about acceptable behaviour.

The moderator asked panellists what were some common misconceptions about vaping and real-life examples from their professional experience that highlighted the realities of youth vaping and Kpods.

- Mr Rudy said vaping could act as a gateway to cigarettes or other substances. He said many youths believed vaping was healthier despite vapes containing addictive and harmful chemicals. He said illegal sellers were incentivised to keep users addicted, and unlike regulated products, vapes lacked regular safety checks.
- Mr Rudy said from his rehabilitation experience, youths who used vapes or Kpods often faced challenges reintegrating into society due to stigma, health complications, and disrupted relationships.

The moderator asked panellists what concerning trends they had observed in drug use among youths and the impact of vaping on their well-being and relationships.

- Mr Goh said easy access to vapes contributed to youths casually sharing and experimenting with them. He said that while curiosity was natural in youths, curiosity towards harmful substances could have serious consequences.
- Mr Goh recounted a case where a high-achieving youth passed away from accidental overdose, highlighting that substance use could affect youths across all backgrounds with underlying factors often remaining unknown.

Participants asked (via Zoom Webinar Q&A) if second-hand smoke from vapes was as harmful as normal cigarettes and why Kpods had become so prominent recently.

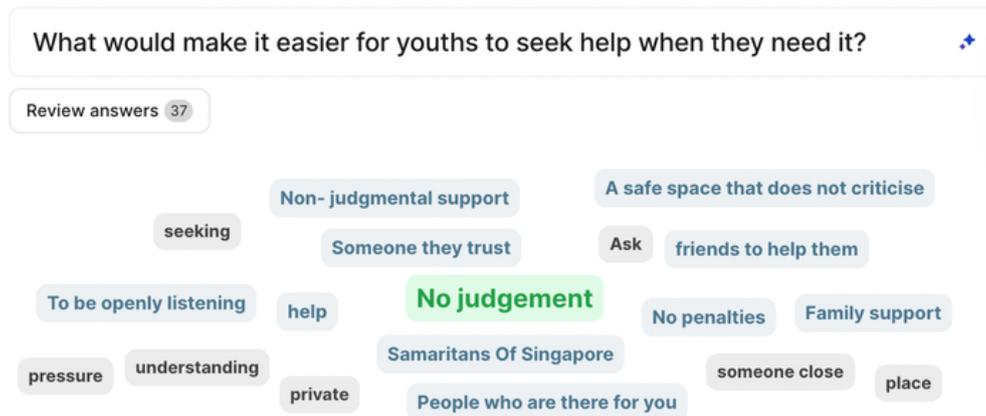
- Mr Rudy said vape liquid was turned into vapour, meaning that harmful chemicals were still present and could pose risks through second-hand exposure. He said vaping became widespread after aggressive marketing by companies like Juul in the United States around 2015, which made vaping appear trendy and harmless. He said a single vape pod could last as long as 15 cigarettes, making it more appealing due to its duration.
- Mr Rudy said Kpods were named as “Kpods” because illegal sellers originally laced pods with ketamine, and later replaced it with etomidate to avoid police detection. He said both substances were controlled under the Misuse of Drugs Act.

Participants asked (via Zoom Webinar Q&A) what was the most appropriate first step to take if they knew someone who was vaping.

- Mr Goh said the quality of the relationship mattered more than immediate behaviour change. He said that care and connection should precede correction, and that people healed better through relationships rather than confrontation. He said that rather than targeting the individual, youths could connect with the person in ways they were comfortable with. He said if they were not close to the person, they should involve someone the person trusted.

ii) How to get help and support someone trying to quit

Participants were asked (via Slido) what would make it easier for youths to seek help when they need it.



- The top response was “no judgment”.
- Mr Goh said that youths believed in actions more than words, and that small acts of care often spoke louder than advice. He said that for someone not ready to change, it was important to give them time if safety was not an immediate concern. He said if safety was at risk, it was important to seek professional help promptly. He encouraged youths to reach out to networks who could provide meaningful support.
- Mr Rudy said that non-judgmental support from friends and family was crucial in helping someone quit their addiction. He said while internal motivation helped on good days, external support played a key role during difficult moments to prevent relapse.

The moderator asked panellists what guidance they could give youths who wanted to help someone quit vaping, and what worked and what they should avoid.

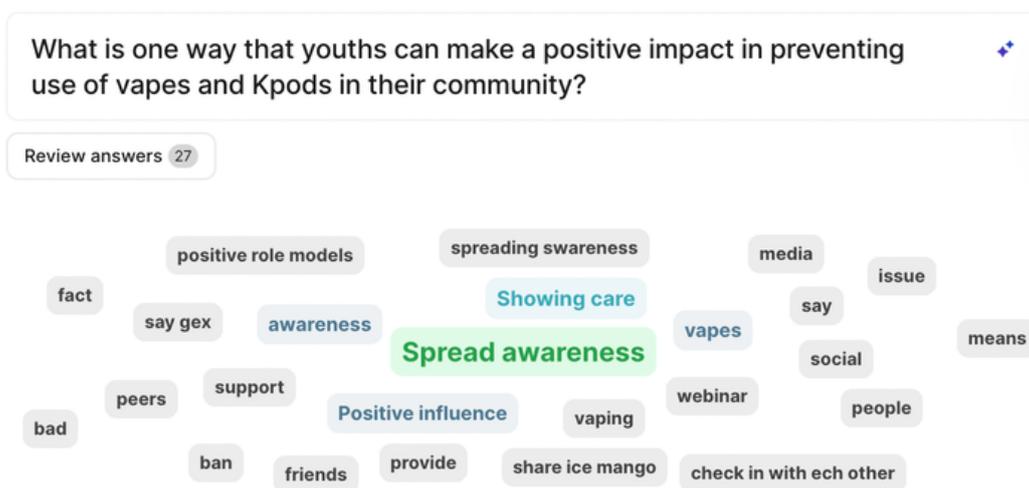
- Mr Rudy said Singapore's approach was two-pronged, combining enforcement with rehabilitation. He said initiatives such as the QuitVape programme allowed individuals to seek help voluntarily without judgment or penalties through the HPB helpline or website. He encouraged youths to reach out to trusted friends or family members, and recognise that seeking help was a sign of strength rather than weakness.

The moderator asked panellists what practical steps youths could take to cope with peer pressure to use vapes and Kpods, and how they could recognise when professional intervention was needed for themselves or their peers.

- Mr Goh said learning to say no and having an exit strategy when spending time with peers who vaped were important protective measures. He said youths should reflect on what made them vulnerable to peer pressure and to reach out for help if they repeatedly could not resist.

iii) How youths can work together to prevent vaping in their communities

Participants were asked (*via Slido*) what was one way that youths could make a positive impact in preventing the use of vapes and Kpods in their community.



- The top responses from youth were “**spread awareness**” and “**showing care**”
- Mr Goh said youths themselves living a good life could serve as a powerful example. He said youths should be courageous in initiating honest conversations with those they were concerned about, and that preventing harm from befalling their peers required intentionally watching out for others.
- Mr Rudy said that while there was much news about vaping, misconceptions still persisted and needed correction. He said youths should arm themselves with accurate knowledge to respond appropriately when being pressured to vape.

The moderator asked the panellists how positive peer influences and mentorship could prevent the use of vapes and Kpods, and how youths could take action to create positive change in their communities.

- Mr Rudy said that a person's five closest friends often decided their habits and behaviours. He encouraged youths to be kind, supportive, and non-judgmental, especially towards friends who were trying to quit vaping.
- Mr Goh said that meaningful life change required intentional relationships and community support. He said preventing addiction was not just about reporting harmful behaviour, but ensuring individuals felt supported and valued. He said it took a community to stop addiction and every intentional act of care mattered.

Closing Remarks:

- Mr Rudy said that youths should arm themselves with knowledge, as knowledge was power.
- Mr Goh said while most youths already knew what they needed, they truly needed positive healing connections, care, courage, and hope as key protective factors against vaping.