

# FOSTER

A Parent's Guide for a DRUG-FREE TOMORROW

February 2009



## Latest News



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## What drives kids to drugs?

Young people abuse drugs for many reasons. They could have been offered drugs by a friend and try them out of sheer curiosity, especially if they have friends who abuse drugs, or sometimes may even try drugs due to negative peer pressure. This issue of Foster newsletter helps you identify the triggers of drug abuse, teaches your kids how to say 'No' to drugs and how you can reach your kids before drugs do.

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**CNB**

CENTRAL  
NARCOTICS  
BUREAU

# Commonly Known Drugs of Abuse



## INHALANTS

Also known as Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing

### Effects

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough



## 'ICE'

Also known as Glass, Crystal, Speed, 'Ya ba'

### Effects

- Increased heart rate and body temperature
- Fits, stroke and death
- Damage to heart and nerves
- Liver and kidney diseases
- Abnormal behaviour with mood swings, confusion, delusion and hallucination
- Anxiety and irritability



## KETAMINE

Also known as K, Special K, Vitamin K, Kit Kat

### Effects

- Inability to move
- Distorted judgement, perception and senses
- Confusion and hallucination
- Bleeding nose, cannot smell properly
- Gastric pain
- Difficulty in urinating, urinary tract infection

## HEROIN

Also known as White, Smack, Junk, Powder, Putih, Medicine, Ubat

### Effects

- Lowered heart rate and respiration
- Damage to lungs, kidneys and liver
- Dull feeling and tiredness
- Difficulty in concentrating
- Constipation



## 'ERIMIN-5'

### Effects

- Loss of consciousness
- Distorted judgement, sight and thinking
- Difficulty in speaking, moving and co-ordinating bodily functions
- Poor memory and concentration



## BUPRENORPHINE

Also known as Subutex, Tec, Su Su

### Effects

- Sedation
- Light-headedness
- Dizziness
- Nausea
- Constipation
- Vomiting

## 'ECSTASY'

### Effects

- Increased heart rate and blood pressure
- Jaw clenching, teeth grinding and uncontrollable shaking
- Kidney, liver and brain damage
- Long term memory loss
- Chills, sweating and vomiting
- Inability to think, see and co-ordinate properly
- Hallucination



## LYSERGIDE (LSD)

Also known as Acid, Trips, Blotters, Tabs, Micro Dot, Black Sesame, Seed, Micro, Stamp

### Effects

- Increased heart rate, breathing and body temperature
- Numbness
- Distorted senses
- Loss of control of thoughts
- Severe panic, paranoia, confusion and hallucination



## COCAINE

Also known as Crack, Coke, Snow

### Effects

- Increased heart rate
- Aggressive behaviour
- Irritability
- Nausea
- Shaking
- Blurred vision
- Hallucination



## CANNABIS

Also known as Marijuana, Pot, Grass, Joints, Ganja

### Effects

- Inability to concentrate
- Slow reaction
- Distorted thinking and perception
- Poor balance and co-ordination
- Extreme anxiety, depression, confusion and paranoia
- Decline in motivation and drive in long-term users



## PENALTIES

### Possession or Consumption

Heroin, 'Ice', 'Ecstasy', Ketamine, Lysergide (LSD), Cocaine, Cannabis, 'Erimin-5', Buprenorphine  
Maximum 10 years imprisonment OR S\$20,000 fine OR BOTH

NOTE:

For consumption of Heroin, 'Ice', 'Ecstasy', Ketamine, Cocaine, 'Erimin-5' and Buprenorphine  
DRC treatment for first and second time abusers, Long Term imprisonment for third and subsequent time abusers.

### Trafficking

(selling, giving, administering, transporting, sending, delivering, distributing or offering to do any of these)

'Erimin-5'

Maximum 10 years imprisonment and 5 strokes of the cane

'Ecstasy', Ketamine, Lysergide (LSD), Buprenorphine

Maximum 20 years imprisonment and 15 strokes of the cane

Heroin, Cannabis, Cocaine, 'Ice'

Maximum punishment is death penalty (if amount trafficked exceeds the limit stipulated in the law)

### Inhalant Offences

Abuse of intoxicating substances

- Admission to an approved centre for treatment and rehabilitation for up 6 months OR
- Up to 6 months imprisonment or S\$2,000 fine or BOTH

Selling or offering to sell an intoxicating substance when it is suspected that the substance is for the purpose of intoxication

- Up to 2 years imprisonment or S\$5,000 fine or BOTH

For more information, please visit [www.cnb.gov.sg](http://www.cnb.gov.sg)

# What drives kids to drugs?



## HOW TO ACT BEFORE IT IS TOO LATE?

Young people abuse drugs for many reasons. They could have been offered drugs by a friend and try them out of sheer curiosity, especially if they have friends who abuse drugs, or sometimes may even try drugs due to negative peer pressure.

Many resort to drug abuse to seek refuge from problems, so it is important to find out what your

child is running away from. Marital problems between parents, parental neglect, family tensions or an inability to perform in school could be the cause.

### **Other triggers for drug abuse:**

- Desire for fun
- Search for social acceptance
- Escape from boredom or harsh reality
- Mistaken belief that occasional abuse will not lead to addiction

*Extracted from "Defeating Drugs: A Parent's Guide To Preventing Drug Abuse",  
a publication by the National Council Against Drug Abuse (NCADA).*

## REACH YOUR KIDS BEFORE DRUGS DO

### 1. Help them feel good about themselves

Children often take drugs to get "high" and feel good about themselves. They experience a sense of well-being and confidence but unfortunately, this is temporary and often leads to long-term abuse or death.

#### To increase your children's self-esteem, try the following:

- Offer praise and encouragement, express your approval with phrases like "Thank you for helping!", "You really tried.", etc.
- Show affection – hug, cuddle and touch. Don't assume your child knows how much you love him or her. Love your child unconditionally. Create an accepting environment. When necessary, criticise behaviour, not your child. Never scold your child in public.
- Spend time together. Talk, read and enjoy shared activities.
- Give your child responsibility. Have your child share household chores. It will make him feel valued and useful.

Often drug abuse occurs due to poor communication between parent and child. The child may feel neglected and unloved by the parent.

### 2. Teach them the facts about drugs

Children often try drugs out of curiosity and ignorance. But by knowing the truth and consequences of drug abuse, they would never have tried them in the first place.

#### What can you do?

- Take advantage of available public information materials to learn more about drug abuse. By knowing the enemy

well, you can help your child understand the issues and put up a fight. It puts you in a knowledgeable position to discuss the issues with your child. Refer to our summary of commonly abused drugs, their effects and penalties to help educate yourself and your child.

- Use good "teachable" moments to talk to your children about drugs. For example, when a television show promotes drug use, choose the moment to discuss the issue with your child.
- Use terms that a child would understand, for example, "Drugs can make you dizzy," or "Drugs will make you sick, and look unattractive.", etc.
- Teach your children to say 'no' when offered drugs.

#### Teach your child to say 'no' to drugs

- Know the facts. Support your views with current information. Kids respect credible sources. Talk calmly and openly. Discuss the facts about drugs frankly and without anger. Don't exaggerate the facts because they are frightened enough by themselves.
- With older children, share your ideas, feelings and values. Older children tend to speak their minds and express what they think and know. They are more likely to challenge traditional beliefs and authority. They want to reason and react. Explain your views about drugs, but do so without lecturing. Follow through by setting a responsible example in your life. Do not depend on any drugs, unless prescribed by a physician, to help you relax, handle stress, sleep or lose weight.
- Establish clear rules and consequences. Don't shield your child from the consequences of breaking any rules. Consistent discipline in all areas of behaviour sends the message that drug abuse is not okay.
- Encourage healthy alternatives to drugs. Suggest sport, craft, hobbies and other forms of recreation.

# Signs that your child may need help

**There are several signs which might give you a hint that your child could be on drugs. You should be alert to sudden changes in your child's behaviour. Look out for the following warning signs:**

- Fatigue, repeated health complaints and change in health or grooming.
- A recent or abrupt change in attitude towards school, family or friends.
- Unusual outburst of temper and sudden change in mood.
- Irritability, hostility, apathy or general lack of interest.
- A sudden resistance to discipline at home or at school.
- Borrowing or stealing money from home, school or shops (to support their drug habit).
- Secretiveness, unwillingness to provide specific answers to questions about their activities, withdrawal from family.
- A sudden decline in attendance or performance in school.
- Keeping to themselves more often than before.
- Seeing a new group of friends who make poor decisions and are not interested in school.

There are no hard and fast rules to know if your child is abusing drugs. Some of the above symptoms may reflect normal teenage adjustments to growing up. Watch out for signs of drugs or drug paraphernalia. Common items such as pipes, rolling papers, small medicine bottles, eye drops or butane lighters may signal that your child is abusing drugs.

If you are in doubt, get help. Have your family doctor examine your child to rule out illnesses or other physical problems. Start taking a more proactive role in drug abuse prevention. The ultimate aim is for your child to build up a resistance to offers of drugs so that he or she will never begin in the first place. Be firm but remain supportive and understanding, as your child would need constant help from you to overcome his or her problem.

**The National Council Against Drug Abuse (NCADA) commissioned a series of filmlets (shot by renowned Singaporean film director Royston Tan) to show how the "emotional" price can be equally, if not harder to bear than the "physical" price of glue-sniffing. These filmlets can be downloaded at YouTube ([http://www.youtube.com/view\\_play\\_list?p=DDB4700B7BB9D6FD](http://www.youtube.com/view_play_list?p=DDB4700B7BB9D6FD)).**



You can approach the Singapore Anti-Narcotics Association (SANA) for counselling, while cases of drug abuse can be reported to the Central Narcotics Bureau (CNB).

**Central Narcotics Bureau (CNB)**

Tel: 1800 325 6666 (24 hours daily)

**Singapore Anti-Narcotics Association (SANA)**

Tel: 1800 733 4444 (7.30am to 12 midnight daily)

*Adapted from "Defeating Drugs: A Parent's Guide To Preventing Drug Abuse", a publication by the National Council Against Drug Abuse (NCADA).*

# Dealing with School Bullies

Sometimes as concerned mums and dads, we tend to overreact when we realise that our children have been victims of bullying. While immediate action is definitely needed, we should remain calm and maintain an objective view in working towards a solution instead of charging head on at the problem.

**Author Trish Berg offers these suggestions for parents dealing with bullying issues in school:**

- 1** Stop and listen. Take any complaints of bullying seriously. Empathise with your child and let him or her know you are on his or her side.
- 2** Be responsive. Be prompt about taking appropriate action. By acting immediately, you assure your child that you care about the problem and seriously intend to find a solution.
- 3** Follow through with your child's teachers, school administrators, and counsellors. Stay aware of what steps are being taken to protect your child. Follow up on the situation. Document what is happening. If appropriate action has not been taken by those in authority, take further action, such as contacting the principal.

In addition, be careful how you treat your child while dealing with bullying issues. Remember that even though you want to protect your child, you must avoid emphasising that he or she is a victim. Instead, concentrate on reinforcing how much you love and value your child. Don't encourage a negative spirit; be positive while searching for solutions, and teach your child to overcome the problem.

*Adapted from Help! My Child is Being Bullied, a Focus on the Family resource, edited by Dr Bill Maier. Reprinted with permission from Focus on the Family Singapore at [www.family.org.sg](http://www.family.org.sg)*



# Who's afraid of the Big Bad Blog?

Don't be scared, be prepared. When your children want to blog or become a part of a social network (and they will), make sure you're prepared to answer their questions, set the boundaries, and most important, teach safe habits.

Before you allow your child to enter into a blogging community, make sure you discuss these important points to protect your kid's privacy and teach safety rules.

## Research blogs with your child

Go with him and read his friends' blogs, find out what else he'll have access to in that particular community, and read the privacy statement and rules of the blog site. Check out blogs you feel are appropriate and inappropriate and explain why you will or won't allow him to join. Remind him that his health and safety are your number one concern.

## Limit identifying information

Anything on the Internet is public information. Make sure your child understands that information posted on a blog may be permanent and potentially accessed from all corners of the world. Teach your family to think privately and refrain from letting any identifying information leak out.

## Screen photos

Photos are personal information, and parents should not allow children to post photos that will in any way identify them, their family, or their friends. Make sure you screen any photos your child puts online for appropriate content and personal clues that may jeopardise their privacy. Often, kids don't realise that clothing or the background of the photo may identify exactly where they go to school or live. Instead of photos, encourage kids to use avatars or music to add personality to a site.

## Consider keeping the blog private

Some software allows bloggers to protect their blog with a password or provide a list of approved users. Although there is no guarantee that strangers won't gain access into a private blog, these options can make it more difficult. Make sure your kid's blog is as private as possible and discuss the consequences of giving out a blog address.

## Keep your computer in a central area

As always, limiting Internet access to a highly visible area of the home will help you keep tabs on the amount of time your child spends blogging, as well as on the content.

## Read your child's blog

Make sure your child adds you to his list of blog users and that you regularly read your child's blog. Knowing that his blog can be read by Mom and Dad will help him stay conscientious when posting an entry.

## Encourage your children to report dangerous content

Children often use blogs to let off steam, disclose personal emotions, and share secrets. Discuss the topics that might indicate that a fellow blogger is in a dangerous situation (e.g. suicide, abuse or drug abuse). If your child reads blogs that make him feel uncomfortable in any way, assure him that he can come to you for help.

## TRY THIS... WITH A FAMILY BLOG

Setting up a blog can be a great family affair and offer connections with family members and friends!

Assign each "reporter" in your family a section, such as sports, movies, or school, and have kids blog about recent happenings. Kids can type their reports in a word processing programme. Then parents can assume the role of the editor, reading rough drafts first, making changes to preserve privacy, assigning big stories or front-page headlines, and pasting and posting the final copy online.

*Adapted from the book "E-Parenting: Keeping up with your tech-savvy kids" by Sharon Miller Cindrich. Available for loan from the National Library.*

# Relieving life's stresses

In addition to the count-to-10 pressure reliever with which most of us are familiar, here are some others:

1

Staying ahead of your work is a good way to relieve the pressure of schedules. By scheduling a completion time 10 per cent to 20 per cent ahead, you have the peace of knowing there's time to recover if things go wrong.

4

Have planned recreation and hobbies. Setting aside time for fun activities helps one to relax.

6

Admitting and verbalising the causes for your own irritations (lack of sleep, overworking, too much stress or what have you) helps keep others from getting emotional with you and triggering unexpected explosions.

7

Facing up to the fact you really can't do all the things you scheduled and that some of them need to be postponed is probably the best relief valve of all. This can be a humbling experience, but the rewards in personal well-being are great.

2

Doing the hard things first, particularly if they have a great deal of emotional content, will relieve the subterranean emotions that tend to plague us in different situations.

3

Getting enough sleep is a must. Know how long you can get along with a reduced amount.

5

Do the difficult tasks in phases. Often a "first draft" will get you 80 per cent of the way along. Time for "topping off" the finished product can be better foreseen, and meeting the deadline seems less of a task.

We all need relief valves. They can save a lot of time that we would normally take cleaning up the mess caused by personal explosions.

One of the most effective, long-range relief valves is to recognise what causes the buildup of pressure. If you see by your calendar that you are in for too many late nights, block out some relief-valve time. This might be a half-day or extended weekend. Take yourself out of your normal situation. Place yourself in a situation in which past experience has shown you can forget what is going on. This may mean a day alone at the beach, a day with your family, or a weekend away with your husband or wife. It's a big help if couples will discuss their future schedules together to identify where the overload problems are and schedule in breaks in the routine.



Excerpted from [www.troubledwith.com](http://www.troubledwith.com): *Tools for Time Management* by Edward R. Dayton, with permission from Focus on the Family Singapore Ltd. Log on to [www.family.org.sg](http://www.family.org.sg) for information on The Heart of Success personal work-life effectiveness programme. Reprinted with permission from Focus on the Family Singapore at [www.family.org.sg](http://www.family.org.sg)

# The Way

By Mr Lim, 50, father of Andrew Lim, 23, a heroin addict



Respectable Mr Lim never imagined his son could be a drug addict. He wasn't prepared to handle the shock...

It has taken me a long time but I've finally stopped asking why my son started using heroin. I assumed that if I could uncover why he began using heroin, I could help him beat his addiction in a practical, methodical way. But addiction, especially heroin addiction, doesn't work this way.


When I first discovered that Andrew was a user, I refused to accept that it had happened in my family. I lived for such a long time cocooned in the notion that the way my wife and I were bringing up the kids was the right way. We had been so confident that the decisions we made had been the right ones. It isn't that we thought we were perfect. We just thought we were normal people, unfettered by the skeletons and troubles that so many other families are inflicted with.

I am a businessman and my wife is a schoolteacher. Apart from Andrew, who is 23, we have three other children ranging from 13 to 28 years of age. I'd always seen my family as being a close one. We've always done things

together and enjoyed the ability to talk freely with each other. We went to church. We prayed together, our knees side by side on rows of multi-coloured embroidery stitched in fading Psalms from the Bible. Sundays were spent visiting relatives or taking the dog for a walk by the beach. We talked about school and about life.

I never used drugs in my youth so dealing with a son who did drugs was alien to me. I can say with certainty that one of the most difficult things for a person with no drug experience, is to come to terms with the concept of addiction. You fight the reality that the person you love is consumed by something beyond your ability to penetrate with love or rationality.

I would never have believed that children from the same background could be so diverse in character had it not been for my own experience. My two elder daughters have gone on to further their education in Australia. Andrew, on the



other hand, did badly in school and eventually dropped out when he was in Secondary 4. He did his National Service at that point, which gave him a focus for a while. But once Andrew was out, he felt directionless. Some months later, he found a job in a pub at Boat Quay as a bartender.

My wife and I were livid at the thought of his choice. I didn't like the idea of him working in such a volatile environment. His day began at 8pm and ended 7 hours later when drunken revellers would spill out of the bar at closing time. When we woke up in the morning he'd still be asleep, rising much later at noon. Because of this, we were hardly able to see or talk to him.

We told Andrew about the anxiety we felt but he assured us that he would take care of himself. Over the course of one year he had a couple of jobs bartending at different places in Boat Quay.

On the surface, life seemed to be normal. Andrew would spend most of his time working and going out with his girlfriend. Then came the blow that would change our lives forever.

Lian, his girlfriend, had known about Andrew's drug abuse for some time. She feared for his life and told us about the drugs. My son was a heroin addict. It was devastating for me and the rest of the family. Andrew had been abusing drugs for over a year.

Our world changed almost overnight from being comfortable and secure into a home filled with a cocktail of anger, sadness and blame. I just couldn't accept that he was an addict. The anger and disbelief were the hardest emotions for me to deal with. I had always been proud of my kids. I was indignant at the possibility that my parenting was responsible for Andrew taking drugs. They were

educated to know better. It wasn't as though we were suffering in poverty.

At first, just getting through each day became a struggle but we had to get on with life. Instead of blaming each other for what happened, I went to our family doctor for advice. She encouraged us to look for help because she knew that it would be difficult for the family to cope alone.

We spent many days and nights worrying about Andrew as he tried to detoxify himself at home. We saw him suffering in pain from the withdrawal symptoms. We took him to a hospital for more treatment and he was able to stay clean for about one year.

As I watched Andrew suffer the pain of going cold turkey, I searched within for a reason for his addiction. There were no real answers, only clues as to why the drug had such a hold over him. I finally realised that heroin eradicated all sensation in Andrew, and this is exactly what he wanted. For reasons we may never fully understand, some people prefer not to feel that normal human range of emotions. In my son's case, he used heroin to escape a deeply rooted sense of low self-esteem, which then became a vicious circle.

When under the drug's spell, what made Andrew human was suppressed. When Andrew began to come off a high, he would become aware of the pain his addiction was causing his family, especially his mother. But sooner or later, heroin would make him forget all over.

I think that Andrew was relieved that we had found out about his drug abuse. He was willing to get away from drugs. He started to get closer to the family, openly talking to us about his wish to stay clean. But good intentions and our support were not enough to keep him off. Andrew relapsed when he went back to work. He

had taken a job in a pub again and was starting to get a taste of freedom with his regular salary. The changes were imperceptible. His character and behaviour changed slowly. There was hardly any communication between him and the family. He began to shut himself up in his room and shut us out of his life once more. I knew then that the fight with heroin was not over.

The changes in Andrew soon became clear. It was as though he had become another person. He would ask me for money in advance and never kept his promise to return it when he got his salary at the end of the month.

Soon the situation turned from bad to worse. Money and other things in the house started to go missing. We had no reason to believe that it was anyone but Andrew who was responsible. My daughters became visibly upset by Andrew's dishonesty and were at a loss.

Again a different Andrew emerged when he was on heroin. He became irresponsible and aggressive when he did not have his way. The changes in Andrew and our inability to cope with his addiction turned our world upside down yet again. It was like reliving a nightmare.

It left me sleepless and troubled. My wife's sadness and disappointment was the hardest thing to watch. Yet despite it all, she was still hopeful that he could change. She had faith that God would help show him the way and give him another chance at life.

That chance came when Andrew was put on Naltrexone, a drug that is sometimes used in the treatment of heroin addiction. Naltrexone binds itself to brain receptors and prevents addicts from getting high on heroin. Theoretically it meant that if Andrew used heroin while he was on Naltrexone, the expected "high" would not materialise. Pills


also meant that Andrew could discontinue mainlining heroin and reduce the risk of hepatitis, Aids, and other blood-borne infectious diseases.

Quitting intravenous drug use was also the first step away from Andrew's bizarre anti-social behaviour. The doctors told us that if Andrew occasionally used heroin while on Naltrexone, that event would not be a relapse; it could remain a single episode, without significant consequences. In contrast, an abstinent ex-addict can almost never prevent a single "taste" of heroin from leading to a total relapse. But we never believed that it was a panacea for Andrew's addiction. If heroin had taught us anything, it was not to be complacent about its strength over an addict. No magical interventions can stop an addict.

Naltrexone wasn't a miraculous cure; it couldn't prevent Andrew from taking heroin if he really wanted to. The only hope I had was that since heroin didn't give him a high while he was on Naltrexone, he would eventually develop the habit of giving up. But for this to happen, Andrew had to take the Naltrexone pills regularly.

For a few hopeful weeks I administered the tablets to him daily. But after two weeks on the treatment, Andrew decided to move out of the house and into a flat which he shared with his friends. He said his leaving had been prompted by a deep sense of shame he felt staying at home. He promised that he would do everything he could to stay clean. But he didn't promise to continue taking the Naltrexone.

Could I have made him stay? Maybe. But despite his addiction, I still respected Andrew as a man in his own right and didn't want to make him do anything he was not ready to do. If the treatment was going to work it was going to be because Andrew wanted it to work, not me. So I let him



*“I’ve watched my son struggle with relapse after relapse for years. It’s always the same story. Still I wait for the day when the person we knew to be Andrew re-emerges and finds his way back home. He knows that his father will be waiting to receive him with open arms.”*

go, watched him pack his clothes and walk out the door to a fate I had no control over. My wife and I agonised for days afterwards about where he was and how he was doing. We hadn’t heard from him for over a month when the phone call came around Christmas. Andrew had been arrested by the police for suspected drug abuse. A test would later prove that Andrew was again on heroin.

It may sound strange but at the time I felt a sense of relief that Andrew was arrested because I knew that it was the best chance he had of recovery. Despite many chances to quit, Andrew still couldn’t kick heroin by himself. The temptation and the influence of heroin were too great.

The pain the rest of my family went through was hard to watch. Andrew’s heroin use made all of us feel helpless and hopeless. None of us were prepared to deal effectively with all the strong emotions that his addiction stirred in us. We just wanted it to go away. But it didn’t and as a result, Andrew and the rest of the family became increasingly isolated.

Andrew’s detention brought us some hope because it finally showed us that we were not alone. My wife and I visit him regularly. He’s often confided to me how tough life in drug rehabilitation is. It has been a hard lesson for him. I personally feel that DRC is the best place for addicts to receive treatment and rehabilitation. I hope that Andrew wins his fight to give up heroin for good. We would like to give him another chance and all the love and support he needs to quit heroin.

Like the myths of demons, I believe addicts lose their power to destroy when faced with love. I’ve watched my son wither in my presence when I deal with him as he is and not as I want him to be. The alternative is to allow him to inflict pain in many insidious ways. I’ve tried to show him that he needs to be able to reclaim his own personal power, that unseen strength I know he has to kick this.

If I can offer any hope to those whose loved ones are addicts, it is that addiction to heroin can be beaten. But it takes time, love and incredible patience.

*Adapted from the book titled “Broken Mirror: True Stories About Drug Abuse” by Dawn Tan. The stories in this book collectively describe the horrors of the world drug abusers find themselves in, and will challenge you to re-examine your views on drug abuse, crime and punishment and even life and death.*

# Upcoming EVENTS



- Jan - Mar 2009 : Anti-Drug Essay Writing Competition 2009
- 27 - 29 Mar 2009 : Marriage Convention 2009 (at Suntec Convention Centre)\*
- 21 Feb 2009 : DanceWorks! 2009 Category I Finals at Toa Payoh HDB Hub
- Feb - May 2009 : Anti-Drug Ambassador Activity 2009
- 7 Mar 2009 : DanceWorks! 2009 Category III Preliminary Competition at the Open Plaza outside Plaza Singapura
- 21 Mar 2009 : DanceWorks! 2009 Category II Preliminary Competition at VivoCity Amphitheatre
- 4 Apr 2009 : DanceWorks! 2009 Categories II & III Finals (by invitation only)
- 25 Apr 2009 : *Ai Jia* Family Flag Day\*
- 30 - 31 May 2009 : Parent-Kid Camp 2009
- 26 Jun 2009 : International Day Against Drug Abuse and Illicit Trafficking
- Jul 2009 : Sportzmania 2009
- Sep - Dec 2009 : Anti-Drug Art Competition 2009

For more updates and information on our anti-drug activities in 2009, please visit [www.cnb.gov.sg](http://www.cnb.gov.sg) or email us at [cnb\\_preventive\\_education\\_unit@cnb.gov.sg](mailto:cnb_preventive_education_unit@cnb.gov.sg)

\*For more information on these events, please visit Focus on the Family Singapore at [www.family.org.sg](http://www.family.org.sg) or call 63361444.

## DanceWorks! 2009

This event provides a platform for students and youths to showcase their dance and artistic talents while encouraging the development of a healthy, drug-free lifestyle among youths. This year's anti-drug theme is "Dance Your Way To A Drug Free Life". Open to all primary, secondary, post-secondary students and youths under 25 years of age.

## Parent-Kid Camp 2009

This camp provides the opportunity for parents and children to spend quality time together and learn about leading a drug-free life. Open to primary school students and their parents.

## Anti-Drug Ambassador Activity 2009

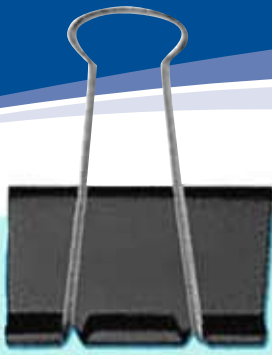
Through various activities in the Anti-Drug Ambassador Activity Booklet, upper primary school students will gain a better understanding of the dangers and consequences of drug abuse. The students will earn credits (which vary according to the level of difficulty of each activity) upon completion of the booklet and the total number of credits earned will determine whether they get the Gold, Silver or Bronze award (plus a special gift from us!). The activity booklets must be submitted to their teachers-in-charge by 29 May 2009.



## Anti-Drug Essay Writing Competition 2009

Open to upper primary and lower secondary school students, this competition gives youths an opportunity to explore drug-related issues, share their thoughts and express themselves through creative writing. There are attractive cash prizes to be won. Winning entries will also be compiled in a booklet and subsequently distributed to schools, libraries and community organisations. The closing date for entry submission is 25 Mar 2009.





Dear Readers,

We would appreciate it if you could give us your feedback on the 'Foster' (February 2009 issue) by filling up this short questionnaire. Please fax or mail your completed questionnaire to:

**Preventive Education Unit**  
Central Narcotics Bureau  
393 New Bridge Road  
Singapore 088763  
Fax No.: 62221774

The first 200 complete questionnaires will receive attractive goodies from us

	Strongly Disagree	Disagree	Agree	Strongly Agree
1 The articles in 'Foster' provide useful information on parenting and drug abuse (circle one)	1	2	3	4
2 The articles are relevant to me and my family (circle one)	1	2	3	4
3 What other topics would you like us to cover in 'Foster'?				
4 What else would make 'Foster' more appealing to you?				
5 What type of preventive drug education activities would you like us to organise?				
6 How did you come across the 'Foster' newsletter?				

Thank You!

Name: \_\_\_\_\_

Contact No: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

# ANTI-DRUG

comic strips competition 2008

The inaugural Anti-Drug Comic Strips Competition held from Jan to Mar 2008 attracted about 1,100 creative and attractive entries from youths. It comprised three categories, namely secondary, tertiary and open category (open to youths between 12 and 25 years), whereby participants tried to articulate and translate the theme "Be Drug Free. The Price for Taking Drugs is too High to Pay" into their comic strips.



## Category 3 (Open)

Lee Xin Li  
Champion

Check out the other winning entries at <http://www.cnb.gov.sg/education/index.asp>