



CNB CENTRAL
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FOSTER

A Parent's Guide for a DRUG - FREE TOMORROW
April 2010



Preparing for the Rapids

more on pages 8 & 9

Encourage them to try a wider range of activities. Some might not actually work, but you can also be sure it will be a worthwhile experience! Your daughter may not be Margot Fonteyn, but a year or two of ballet may enhance poise and coordination.

Make sure one of the skills your child learns is how to creatively use leisure time. Too many activities can leave your child stressed out. They need more skills to wind down and de-stress rather than just slumping in front of the TV.

Latest News

How To Protect Your Child From Cyber Bullies?

How bullying can seriously affect the mental and physical health state of children.

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The Dark Side Of The Internet

PG 18? Not really. Can you really protect your child?

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One Man's Struggle

Low self-esteem and the lack of achievement were the main reasons for him to turn to drugs.

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The Inverse Power Of Praise

Why praising may distort a child's motivation.

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Dear Parents,

As we move into another challenging decade of the 21st century, the fight to protect our loved ones and friends from drug abuse is still ongoing. Although only less than 5% of the total abusers arrested in the year 2009 are below the age of 20, we cannot ignore the dangers that still lurk out there.

In this issue of FOSTER, let's take a peek into the life of an ex-abuser - his trials, regrets, lost hopes and dreams, whilst examining some of the commonly abused drugs and inhalants - their effects, dangers and where to seek help.

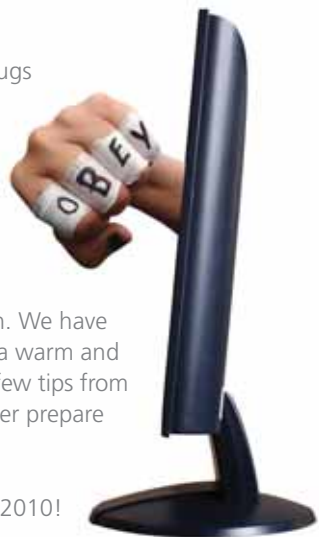
Our continued fight against everyday trials does not rest with drugs alone. With the widespread availability of the Internet, youths have access to all kinds of information at their fingertips. As parents and caregivers, it is important for us to be aware of the dangers of cyber bullying and online pornography and to equip ourselves with the knowledge on how to protect our children from them.

A parent is crucial to a child's learning, development and growth. We have to know how to administer consequences in a warm and supportive relationship. Hopefully, with a few tips from **'Preparing for the Rapids'**, we can better prepare our children into adulthood.



On this note, I wish you a smooth sailing 2010!

Editor





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3 Commonly Abused Drugs And Inhalants You Need To Know

Spotlight on Methamphetamine, Heroin and Inhalants; and their dangers, effects and penalties for consumption.



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How To Protect Your Child From Cyber Bullies?

Cyber bullying causes feelings of fear, isolation and humiliation among its targets. How do you know your child is being cyber bullied?

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The Darker Side Of The Internet

The Internet has become one of our main sources of information. Today, our kids have become more tech savvy than us. While the benefits of the Internet are clear, there is a darker side to it as well.



Pages 8 & 9

Preparing For The Rapids

Parenting is one of the biggest investments we will ever make, when it comes to raising our children there are no instruction manuals, no "mute" buttons and no guarantees.

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One Man's Struggle

The stories we hear everyday collectively describe the horrors the drug abusers find themselves in. For some, they await a date with the hangman with no chance of regaining what they have lost. For others, there is still hope.



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Highlights & Calendar Of Activities

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The Inverse Power Of Praise

Often you can hear parents praising their young kids that they are smart and intelligent. Indeed, parents should be proud of their kids' accomplishments. However, do you know that such praising distorts a child's motivation?

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The Truth About Consequences

Consequences can be both positive and negative. Parents can use positive consequences when they want to encourage a good behavior and negative consequences when they want to discourage a bad behavior.



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Feedback Form

3 Commonly Abused Drugs and



Methamphetamine

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

What's this?

Methamphetamine usually comes in crystallised form known as Methamphetamine Hydrochloride. It is more commonly known as 'Ice' in Singapore. It is a strong stimulant, which is odourless and colourless.

It also comes in a tablet form known as 'Ya ba'. The stimulant powder in 'Ya ba' is produced from the ephedrine plant. Most of 'Ya ba' tablets found are embossed with the 'WY' logo and are green or orange in colour.

Methamphetamine has a very strong effect on the central nervous system and is highly addictive. The abuser feels anxious and restless which can lead to violent behaviours.

Effects and Dangers

- 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

Withdrawal Symptoms

- Extreme tiredness and hunger
- Anxiety and irritability
- Insomnia or difficulty in sleeping

The Penalties

Possession or consumption of Methamphetamine is up to 10 years of imprisonment or S\$20,000 fine or BOTH.

Illegal traffic, import or export of Methamphetamine of more than 250 grams is DEATH.



Heroin

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

What's this?

Heroin is a powerful and very addictive drug that comes in granular, powder or solution form. Heroin No. 4 is white in colour while Heroin No. 3 is more yellowish.

Heroin abusers feel dull and tired very easily. They cannot work properly as they are not able to concentrate.

"Chasing the dragon", a common method of abuse used by heroin addicts which involves heating the heroin powder and sniffing fumes through a rolled note.

Effects and Dangers

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

Withdrawal Symptoms

- Insomnia or difficulty in sleeping
- Watery eyes and runny nose
- Irritable and jittery feelings
- Tremors and bodily cramps
- Chills and sweating
- Diarrhea and vomiting

The Penalties

Possession or consumption of Heroin is up to 10 years of imprisonment or S\$20,000 fine or BOTH.

Illegal traffic, import or export of Heroin of more than 15 grams is DEATH.



Inhalants

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

What's this?

Some substances such as glue and paint thinner, give off vapours and fumes. The sniffing of vapours or fumes is known as inhalant abuse. Inhalant abuse affects the growth and development of muscles, nerves and organs. If you are an inhalant abuser, normal activities like running and shouting can cause death by heart failure. An inhalant abuser may die from suffocation anytime. This is known as Sudden Sniffing Death. It can happen on the very first time or any other time the abuser sniffs glue.

Effects and Dangers

- 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

Withdrawal Symptoms

- Anxiety, depression and irritability
- Aggressive behaviour
- Dizziness, shaking and nausea
- Insomnia or difficulty in sleeping

The Penalties

Abuse of intoxicating substances will lead to admission to an approved centre for treatment and rehabilitation for up to 6 months - OR up to 6 months of 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 is up to 2 years of imprisonment or S\$5,000 fine or BOTH.

TELL-TALE Signs of Drug Abuse

If you notice these symptoms, a close friend or a loved one may be suffering from a drug-related problem. Be available to talk, show interest in his/her situation and refer him/her to professionals for help. Act now, before it's too late!

- Redness of eyes (wearing of sunglasses to disguise this)
- Constant runny nose and teary eyes
- Sudden mood changes
- Unexplained absenteeism
- Change in personal behaviour
- Sloppiness
- Listlessness and lack of energy
- Anxiety
- Nausea
- Stealing
- Loss of appetite

HELPLINES

Singapore Anti-Narcotics Association (SANA)

Tel: 1800-733-4444 Daily, 7:30am - midnight

Samaritans of Singapore (SOS)

Tel: 1800-221-4444 Daily, 24 hours

National Addictions Management Service (NAMS)

Tel: 6723-6837 Mon-Fri, 8:30am - 6:00pm

Touchline (Touch Youth Service)

Tel: 1800-377-2252 Mon-Fri, 10:00am - 10:00pm

Chinese Development Assistance Council (CDAC)

Tel: 6843-5588

Mon-Fri, 9:00am - 6:00pm; Sat, 9:00am - 1:00pm

Yayasan MENDAKI

Tel: 6245-5710

Mon-Fri, 8:30am - 6:00pm; Sat, 8:30am - 1:00pm

Singapore Indian Development Association (SINDA)

Tel: 1800-295-4554

Mon-Fri, 8:00am - 6:00pm; Sat, 8:00am - 1:00pm

CONTACT US

If you or your child have/has been approached to try drugs or you wish to report any information, please contact:
The Duty Officer, Central Narcotics Bureau
Tel: 1800-325-6666

For more information, please visit our website at www.cnb.gov.sg

How to Protect Your Child from Cyber Bullies?

By: Sangeetha Nadarajan

Adapted from 'The Age of (Cyber) Bullying' from www.theasianparent.com & 'Cyber Bullying Quick Reference Guide for Parents' by: Patti Agatston, Ph.D. www.cyberbullyhelp.com



What is CYBER BULLYING?

Cyber Bullying, sometimes referred to as Internet bullying, is using the Internet or other digital devices to send or post mean or embarrassing and negative comments to other people in chat rooms, social networking sites, and emails and in text messages. It is a form of emotional bullying also referred to as 'relational aggression' that causes feelings of fear, isolation and humiliation among its target. Research over the last decade confirms that traditional bullying can seriously affect the mental and physical health state of children.



How do you know that your child is being cyber-bullied?

Has he become quieter, withdrawn and is visibly upset or angry during or after the usage of Internet or cell phone? Is there a drop in academic performance and school attendance? Does he appear depressed and sad? These signs might be a red flag to a concerned parent or caregiver be it playground-bullying or cyber bullying. Children often lose focus due to the insistent worrying that they are harbouring over the bully.

PRO-ACTIVE ROLE OF A PARENT AGAINST CYBER BULLYING

So you have spotted the signs, now what? According to Mr. James Fang, General Manager of an IT security firm, you should take the following steps.

1. Protect your child through the use of website filtering software
You don't have to place your child's computer in an open space anymore. You can still give him his freedom while remotely protecting the child by using home network protection systems. The use of security software with parental control features will ensure your child does not see or access inappropriate sites.

2. Agree on websites that your kids can visit

Create a list of websites that your child would like to access. Only allow sites that are appropriate without negative or malicious content. Download a free website reputation service and visit each of the websites on your list to see if they are safe from digital security threats. Parental discretion must be applied when your child views websites that stream entertaining videos. Even though most of the popular sites prohibit pornography and violence, there are videos that are not suitable for younger children that end up on the Internet.

3. Educate kids about what they should not disclose online

Children may share their personal details such as school or home address with their best friends as it is a sign of trust to tell each other their details at a young age. While it is important to educate your child not to disclose it to strangers, it is advisable to install softwares that ensure data theft protection. Thus when your child unknowingly discloses his address or personal data online, the receiving party will only receive garbled text instead.

4. Venture into online playground!

Spend some quality time with your child and learn about the latest game and social websites that he loves to access. By playing together with your child in the online world, you will be able to observe how your child behaves online and whether the content is age-appropriate.

The Darker side of the Internet



By: Judith Newman

Adapted from
'Teens and Porn'
Published in Reader's
Digest July 2009
& 'Cybersmart -
Inappropriate
Content' from
www.cybersmart.gov.au

The Internet has become one of our main sources of information. Today, our kids have become more tech savvy than us. While the benefits of the Internet are pronounced, there is a darker side to it as well: Pornography. Our children can gain immediate access to these contents, as a result, they are maturing faster and are influenced to become sexually aware and active at an early age. According to the article by Judith Newman, porn has gone interactive and your kids are at risks from 'sexting' to video chats. As a result, parents must have a proactive approach especially in monitoring their children's Internet activities.

First, parents must know what is an inappropriate content. There are a number of websites that expose our children to materials that are sexually explicit or offensive, violent or encourage acts of violence and promote radical ideologies. These materials can be accessed through website browsing, newsgroups, shared in peer-to-peer networks or sent by email or instant messaging services.

Today, young boys and girls are now engaged into sending nude pictures of themselves. And what is alarming, is the fact that most of these kids think that these activities are normal. In addition, sexting has become a norm for teenage boys and girls.

Another startling observation is the increase in the pervasive behaviour of teenage boys and girls, where teenagers are becoming more jaded and numbed out towards real sex. Sending nude photos serves as a vehicle for teenagers to become popular to the opposite sex - from a nobody to a somebody.

What is the rationale and motivation on why our children are engaged into such risky activities? According to Lawrence Balter, a professor of applied psychology at the New York University, "Teenagers are sexual beings as well, and they want to push the envelope... Generally there's not a lot of thought before hitting the send button".

That is why *parents need to be proactive rather than reactive.*

How to monitor your children's Internet usage and activities.

- Use filters, labels and safe zones to help manage children's online access and to block unsuitable material.
- Consider how often lists of blocked websites are updated and whether the updates are free and automatic.
- Explore the Internet with your child. Consider using safe zones and exploring child-friendly websites. Bookmark websites for them that you have approved.
- Discuss the kinds of sites that are okay to explore, and those that are not. Advise children that not all websites are suitable and if they encounter a site that makes them feel uncomfortable, they should leave the site immediately.
- Ask for your child's email account name and password. Advise them not to open attachments if they do not know the sender. For older children, consider tools that filter access to chat rooms and prevent giving out personal information.

Overall, Parental Guidance is Key. Walking that fine line between parent and prison guard is tough.

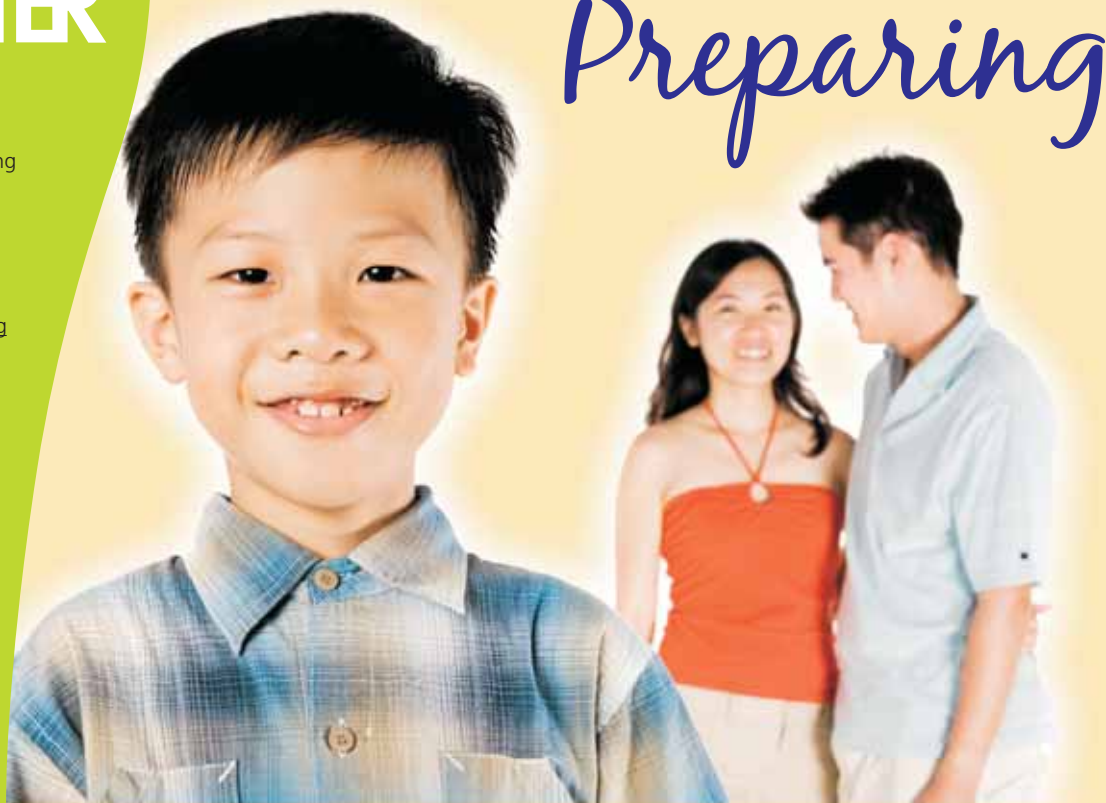
Here are what other parents do when it comes to their teens and social networking sites.

- "My teenage boys have to 'friend' me on Facebook and if I see something that crosses my line, we talk, and they remove it."
- "We limit her contact list to a few trusted friends."
- "Since friends do crazy things, they are not allowed to use his computer."
- "She has iChat and Google Talk, but she will have neither if she chats with someone she does not know."
- "Two rules: The computer stays in the family room, and we don't buy laptops. They're easy to sneak into another room."
- "We conduct surprise inspections of her photo cache and iChat histories. We haven't installed spyware yet but if we find anything out of line, we will, and she knows it."

By: Jeannie Cheong

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Please visit www.family.org.sg for trustworthy family resources and parenting workshops.



Preparing

Parenting is one of the biggest investments we will ever make, when it comes to raising our children there are no instruction manuals, no “mute” buttons and no guarantees. It is during the six to twelve year stage, or the preteen age, when kids are out of nappies and not yet after your car keys, that you can really enjoy parenting!

“I enjoy the feeling of extra liberty I got when the kids were at school. They could occupy themselves and play at their friends’ places; I could start to get my life back” says Mary Grant, a trained Primary School teacher, as well as an author of the recently released coffee table book for mothers, “Cappuccino Moments for Mothers”. It’s a great stage, but it’s also a vitally important one. These early school age years are a window of opportunity. The six to twelve year stage is a big chance to get ahead. It lays foundations for their whole lives.

Prepare for Adolescence in the Pre-Teen Years

One of the secrets of shooting the teenager rapids successfully is how you handle the quiet stretch of the river, when your kids are between six and twelve, your pre-adolescent school age child is a doze under palm trees compared with a teenager.

Often parents do find the pre-teen years relatively easy. But sadly, many just cruise through this stage. Majority of the parents just spend their time being a chauffeur running their kids to ballet, music, art classes and all manner of activities, but often miss out on the most important aspect of parenting. It is common for parents to develop a reactive parenting style and only jump when there is something to be jumped on. Overall, “Do not be alarmed that your child doesn’t seem to hear a word you say - be alarmed that they watch everything you do”.

Be a Role Model

The seeds you planted during your child’s pre-teen stage will sprout and grow quickly. However, it will be difficult to weed out some negative behaviours. But taking a chainsaw to a rapidly growing tree is hard work. So use the “easy” years to till the soil and plant the good seeds of values, manners, life skills and team work. The best way to ensure a good crop is to role model these things. Just a warning “You are being a role model even when you don’t know how to be one”, cautioned Ian Grant and John Cowan, writers of the White Water Rafting Years.

In the same way that a carnation will take on the hue of ink its cut stem is placed in, so will

For the Rapids

your child take on the moral colour of your home. Eventually you will have a teenager who will be a distorted mirror of yourself. And like a fun park crazy mirror, the distortions will not always be flattering.

Discover What Your Child's Gift-Mix is

The six to twelve year stage is also the time when your kids acquire skills. The foundations of craft and sports are laid down at the pre-teen age. It is also wonderful to be able to provide, to give and to see your child's potential. Of course, different kids have different "gift-mixes". One will very readily pick up a musical instrument, whereas another might show brilliance in sports or working with his hands.

Accept that your child is a unique individual and sometimes your child may not be good at the activities you would like them to be good at, or may not be turned on by the things that push your button. It might break your heart to see your boy kicking the wrong shaped ball around a sports field, but swallow your disappointment, encourage him to excel and hope that he sees the light and changes codes later in life!

Encourage them to try a wide range of activities. Some might not actually work, but you can also be sure it will be a worthwhile experience. Your daughter may not be Margot Fonteyn, but a year or two of ballet may enhance poise and coordination. Make sure one of the skills your child learns is how to creatively use leisure time. Too many activities can leave your child stressed out. They need more skills to wind down and de-stress rather than just slumping in front of the TV.

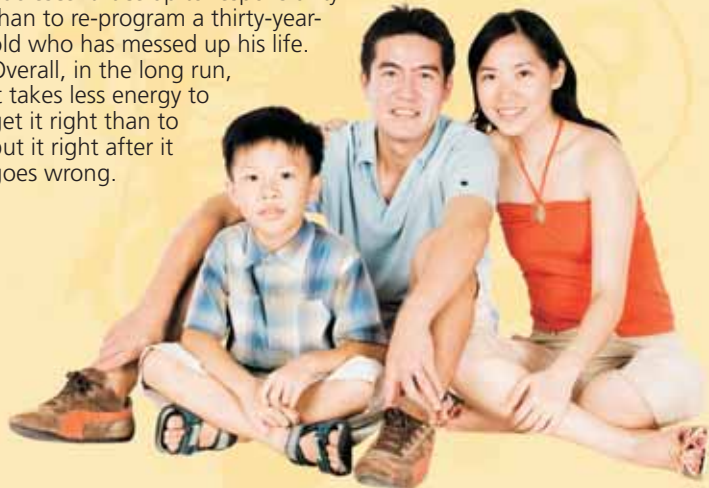
A little bit of pushing is sometimes necessary for a child to overcome shyness of new things. Often a child is surprised to find that they love things they had to be strong-armed from the start. Many parents regard things like music lessons as not just an optional recreation but also an essential part of the child's education. Parents must encourage their children to always practice and be diligent just as they do with schoolwork.

Being the Parent-Coach... With a "Back-Bone"!

There is a parenting style that works for both the pre-teen years as well as the adolescent years. It is called a "parent-coach". A parent-coach works to make every family member a real part of the team, and shapes the team to be a winning one. A coach knows and understands his team, but who is also uncompromising. As a coach, a child is not an enemy to be conquered but a resource to be worked with. You are a parent-coach! Not a zookeeper, nor a jailer, you're not a security guard, you are a parent!

As a parent-coach, one needs to be the "back-bone" parent - one must be firm, fair and friendly. A "back-bone" parent utilises a negotiating style in dealing with his child rather than barking orders at him. Bear in mind, this is not a way of surrendering your authority but rather it lets the child know that you want to hear his opinion on a topic. A "back-bone" parent is pro-active rather than reactive.

Parenting can be another chance for one to grow as well. This is because both the parent and the child can learn together. We must also remember that when we stop learning, a part of us dies. We must remember that parenting will always require a certain effort. However, the earlier we put some effort in, the less total effort it will require. It is easier to help a young adolescent face up to responsibility than to re-program a thirty-year-old who has messed up his life. Overall, in the long run, it takes less energy to get it right than to put it right after it goes wrong.



By: Dawn Tan

Adapted from the book "Broken Mirror: True Stories About Drug Abuse"

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.



One Man's Struggle

"One is too much and a thousand is never enough.."

Bai was only 15 years old when he began experimenting with heroin. His friends were using heroin and he wanted to fit in the group and act "macho". He then started using heroin once a week. He would have used more but he could not afford it. The hold of the drug was quick and strong and as long as he was taking heroin, he was fine.

One of the reasons for him going into drugs was to be accepted by his friends. Majority of his friends were on drugs at that time, and in order to support his habit, he began to sell heroin as well.

Contrary to popular belief, not all drug addicts are hallowed-eyed individuals. Sometimes, one cannot tell if a person is using drugs. In the case of Bai, drugs eventually affected his school work. His ability to concentrate began to wane

and he was overtaken by the need to get to the next fix. Bai was slowly losing control. One day, he exploded and struck his teacher during a Geography class. From this point in time, heroin has taken over his life but he did not see it. Other than the inconvenience of doing badly at school, life was still pleasant to Bai and all that mattered was getting the next high.

He left school after the incident and got a job as a cleaner. It wasn't a future but for Bai it meant he has the money to buy enough heroin and take it most days of the week. Finding a supplier was never a problem. Bai hung around void decks of HDB blocks and got to know people who sold drugs. By the time he was 17, he was abusing heroin every day and the amount he took each time steadily increased. Soon he was snorting heroin routinely - before a family dinner, before a game of soccer and often first thing in the morning.

The changes in him weren't noticeable at first. For a long time Bai refused to admit that the heroin was affecting him, but his personality changed in subtle ways. He became highly irritable, intolerant of being told what to do. He thought that his sensitivity would go away as soon as he had a fix.

" A temporary euphoria which distracted him from noticing just how tense he really was. It slowed down his life to the point where he actually believed that he was in control of it."

Low self-esteem and the lack of achievement was the main reason for him to turn to drugs. He longed to prove that he was "cool" but deep down inside, it was a cry of loneliness. Bai's mother was the first one to take notice to the sudden changes in Bai. He eventually came clean and confessed to his mother. His mother spent every penny earned to help her son to detoxify. Eventually, Bai was cleaned. However, it took only a few months before Bai started to use again. This resulted in a fallout between the mother and the son.

" With heroin addiction, a person is never truly there."

During this time, Bai's life on drugs was a constant fear. Fear of being caught by

the police and fear of being discovered. It took 5 years before Bai would begin to see his mother through Singapore Corporation of Rehabilitative Enterprise (SCORE). In September 1988, Bai started his National Service but he still continued using heroin. He was always on guard and fearful to be discovered about his drug problem. Eventually, the law caught up to him and he was forced to take a urine test, when the results came back positive, he was imprisoned for eight months.

After his release, he went back to heroin while serving the remaining of his National Service. After National Service, he was able to secure an employment. Over a year, he worked as a cleaner, a forklift operator, and a factory worker. He wasn't able to hold on to the employment eventually because it could not sustain his habit. Aside from this, Bai also became a compulsive liar, he lied to his friends and family, but mostly he lied about his use of heroin.

Bai did try to quit. He was able to stay clean for six months when he stayed at a halfway house, he followed the programme with due diligence. However, he was unable to hold on to the programme and he began to revert to using drugs.

Even when he met his future wife, Nora, he still kept on using drugs.

From 1994 to 1996, Bai was caught twice for drug possession and was incarcerated. It was only prior to his third release, when he began SCORE's after-care counselling programme.

At first, Bai was skeptical regarding the programme, the SCORE programme involved a one on one session initially and later on, group therapy sessions. Eventually, Bai learned how to deal with his problems successfully without resorting to the use of heroin as a form of escape. Within group work, he learned the importance of having to deal with problems and not to pretend they simply didn't exist. He also learned to ask for advice and to give it in return. He knew that he had lost the trust of his family and loved ones and must work to regain it. Giving up his junkie friends was a big part of Bai's recovery. He started going to fishing regularly to occupy himself - just trying to avoid situations that might lead to Bai's using of heroin again. But the most important factor was that he needed to believe that he could live a life without the layers of distortion that heroin offered him.

Bai stayed clean for two years. Unfortunately his marital and career problems caused him to go back to drugs. This time his wife threatened to leave him. This prompted Bai to immediately call his counsellor at SCORE to resume his therapy sessions.

It took another week before he was able to clean himself up. According to Bai, "One try is too much, but once addicted, a thousand times is never enough." To date, Bai is back to square one in the process of recovery once again. He hopes that this time he will be able to finally kick the habit and be rid of his addiction to heroin.

"Part of the focus of the programme is to humbly accept his family's opinions of him. He had to be honest with his family if they were ever going to trust him again. He had to be willing to admit his mistakes."

The SCORE programme has also allowed Bai to mend fences with his other family members. He now has a relationship with his brother and his relationship with his mother is once again restored. They are now an essential part of his road to recovery. Part of the programme was for him to accept his own mistakes and limitations. The need to humble himself and accept his family's opinion was an essential step to recovery. Admitting to one's own faults and limitations was part of Bai recovery programme as well.

Today, Bai concedes that his decision to take drugs was out of ignorance.

" Most teenagers learn about drugs and alcohol from their close friends, who tell them how good a few beers, popping pills, and smoking heroin make them feel, but they never tell you the negative effects of all these things."

Bai has seen what heroin can do to a person but he also paid the bigger price as an addict - the time lost. Bai has realised that spending time in detention for one, two, four or five years is only half of the story; most of the time, one is in a limbo but life still moves on. " And time lost can never be replaced."

Bai sees now that heroin was a joyless meeting out of fun, a constant assessment of having enough money to buy more and a shared obsession with junkie friends that drugs could somehow arrest the passage of their lives. They need not think about the future when they were on heroin. With heroin there was no future.

Drug addiction is a serious problem not just to the society but also to the family itself. If allowed and kept unchecked, it can destroy the family. Similar to the case of Bai, his mother's support was essential to steering him away from heroin.

The family can serve as an anchor of support especially in times of distress and needs, and time can never be replaced.

The road to recovery isn't an easy path. Often relapse occurs to recovering drug addicts. During this time, family and friends of the drug users need to be there to support and remind the user. This can be beneficial because it can provide the much needed support that a drug addict needs.

Now, Bai says that he has learned no matter how bad things turn out, he has to persevere. As Bai says "Relapse but don't collapse".

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).

HOTLINES:

Central Narcotics Bureau (CNB)
Tel:1800-325-6666
(24 hours daily)

Singapore Anti-Narcotics Association (SANA)
Tel:1800-733-4444
(7:30am-12mn daily)



HIGHLIGHTS

PARENT-KID ACTIVITY (2009)

As parents play an important role in educating their children on the dangers of drug abuse, a Parent-Kid Activity is organised annually to foster family bonding and promote anti-drug awareness through interactive activities and sharing sessions. In 2009, a Parent-Kid Camp was organised.

A total of 27 families participated in the Parent-Kid Camp. Many fun and interesting activities were conducted by professional camp instructors and facilitators. The families who attended the Parent-Kid Camp truly enjoyed the time spent bonding with their children and the meaningful activities that were organised for them.

Quotes from parents who participated in the Parent-Kid Camp 2009

"We enjoyed ourselves and it was a good time for family bonding. Looking forward to attend more of such camps in future."

"Great bonding with our kids. Time well spent together with other families too."

"Thank you for organising this wonderful camp. Our children are looking forward to the next one!"

For more information on Parent-Kid Activity 2010, please contact Ms Jasmine Lim at 6325 6697 or Jasmine_Lim@cnb.gov.sg

ANTI-DRUG AMBASSADOR SCHEME (APRIL-JULY 2010)

The Anti-Drug Ambassador Scheme seeks to promote greater understanding and peer sharing of the topics of drug abuse amongst students aged between 10 and 12 years old, through various activities in the Ambassador booklet. It also aims to encourage involvement from parents, teachers and counsellors.

Students will be required to complete various activities in the Ambassador Booklet and will earn stars for each activity. Upon completion they will be awarded Gold, Silver or Bronze Ambassador Badges based on the number of stars earned.



ANTI-DRUG ESSAY AND POETRY WRITING COMPETITION 2010 (FEBRUARY-APRIL 2010)

Essay writing competitions had been organised annually to reach out to students with flair of interest in literary arts. This competition aims to encourage students to explore drug-related issues and share their thoughts through creative writing.



DANCEWORKS! 2010 (MARCH-APRIL 2010)

DanceWorks! 2010 is organised by the National Council Against Drug Abuse (NCADA) and Central Narcotics Bureau (CNB). This is a nationwide anti-drug dance competition held annually to encourage the youths to adopt a healthy and a drug-free lifestyle. It is also a platform for them to showcase their creative talent and to communicate anti-drug messages.

The theme for DANCEWORKS! 2010 is "Dance is Clean! Say No to Drugs and Doping!"

DanceWorks! 2010 is open to all local and international students aged 25 years and below. The three levels of competition are as follows:

- Category I - Students and youths aged under 13 years
- Category II - Students and youths aged 13 to 17 years
- Category III - Students and youths aged 25 years and below

For more information, please visit our official DanceWorks! 2010 blog at <http://cnb-danceworks.blogspot.com>





'LIFE DOES NOT REWIND' FACEBOOK FANPAGE

'Life Does Not Rewind' FaceBook Fanpage - Launched in mid June 2009, our Preventive Drug Education Facebook page is named 'Life Does Not Rewind' to remind people not to make the mistake of abusing drugs, as there is no turning back the time. Youths can now be kept abreast of the latest events and happenings via Facebook. Information and photographs of past and current events or contests organised will be uploaded regularly.



You can join us at <http://www.facebook.com/lifedoesnotrewind>



PREVENTIVE DRUG EDUCATION PORTAL

Preventive Drug Education (PDE) Portal - Revamped in 2009. It is now easier for visitors to check out the latest Preventive Drug Education events and competitions, download important drugs information and sign up for our programmes.

Find out more by logging into our website at <http://www.cnb.gov.sg/cnbpde>



CALENDAR OF ACTIVITIES FOR A DRUG FREE TOMORROW!

Feb - Apr 2010	Anti-Drug Essay Writing and Poetry Competition
Mar - Apr 2010	DanceWorks! 2010
Apr - July 2010	Anti-Drug Ambassador Scheme 2010
June 2010	Parent-Kid Activity
June - July 2010	Anti-Drug Abuse Campaign
July 2010	Sports Carnival
Aug 2010	Anti-Drug Abuse Art Competition 2010

For more updates and information on our anti-drug activities in 2010, please visit www.cnb.gov.sg or email us at cnb_preventive_education_unit@cnb.gov.sg

The Inverse Power of Praise



By: Po Bronson & Ashley Merryman

Adapted from the book, "NurtureShock"

Available for loan from the National Library Singapore.

Often you can hear parents praising their young kids that they are smart and intelligent. Who doesn't? Any parent should be proud of their kid's accomplishments, right? Well, do you know that such praising may distort a child's motivation? The result of such is at the end, they become too afraid to take on task wherein there is a possibility of failure.

Although the traditional perspective often says that praising one's child is a good thing as it increases the self confidence of the child, praise could backfire.

Let's take a closer look at Thomas, a fifth grader from a highly competitive primary school in the United States. He has always been praised for his intelligence. However, over the years Thomas has developed a penchant for avoiding tasks and things that he isn't good at. He has become afraid of failure.

This incident is not an isolated case, majority of those who were praised for their intelligence at an early age, has developed this kind of apprehension. They have become "risk adverse" especially in tasks that they are not familiar with or are expert at.

For the past 20 years, Dr. Carol Dwek has been studying the effects of praising on children. Dr. Dwek has always suspected that praising children has a negative effect on a child's development. In an experiment that was conducted, the children were divided into two groups, the first was praised for their intelligence, and the second was praised for the effort. A second test was conducted, and each group was given a choice whether to take a more difficult exam or an exam similar to the first one. The result was a surprise. Those who were praised for their intelligence opted to choose the exam that was similar to the first exam, while those praised for effort, chose the exam that was harder than the first.

The rationale for this, according to Dr. Dwek, is that when a child is praised for his intelligence, it tells him that this is the name of the

game, to look smart and not make a mistake.

"Emphasising effort gives a child a variable that he can control and he sees himself as in control of his success. On the other hand, emphasising a child's natural intelligence takes it out of the control of the child. It provides no good recipe for responding to failure."

However, it is also important to note that not all praises are harmful, we just need to learn how to praise effectively.

Some helpful tips from the experts:

1. Praise the effort, not the intelligence.
2. Be specific in praising rather than in general so that the child knows exactly what she did to earn the praise.
3. Avoid excessive and unnecessary praising.
4. Sincerity in praising is the key.

Today, our children are exposed to more pressures than what we have encountered, and praising them can soften the intensity of these environments. However, as parents we must believe that our children can make the right decisions. What we can do, is to support our children in their endeavours and trust and guide them that they will make the right decisions in life.



"We are in your corner, we are here for you, we believe in you."

By: Dr. Bill Maler

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The Truth about Consequences

*Consequences can be both positive and negative. Parents can use **positive consequences** when they want to encourage a good behaviour and **negative consequences** when they want to discourage a bad behaviour.*



THE EFFECTIVE USE OF CONSEQUENCES CAN BE A POWERFUL PARENTING TOOL.

When our children break a rule or fail to act responsibly, we can implement a consequence or allow the natural outcome of their behaviour to take effect. Over time, these results act as a teacher, helping our kids to learn how things operate in the world.

Unfortunately, far too many parents short circuit this process, either failing to implement appropriate consequences or bailing their kids out - shielding them from the slightest discomfort. These parents believe they express love by "sparing" their children from consequences. In reality, they are setting their kids up for frustration and failure later in life.

Our kids benefit when they learn that life is made up of these cause-and-effect relationships even though the effects they experience may sometimes be unpleasant. If a toddler touches a hot stove, he gets burned - that is a natural consequence. When a child's actions do not lead to an obvious result, parents can still employ a consequence that is logically connected to the behaviour. For example, a child is instructed to put away his toy train and doesn't follow; a logical consequence would be that he is not allowed to play his train the next day.

What it looks like: a Bird's Eye View

Consequences can be both positive and negative. Parents can use positive consequences when they want to encourage a good behaviour and negative consequences when they want to discourage a bad behaviour.

How do they work?

Kids generally have a short attention span and in order for consequences to work, they need to be immediate. Immediately reward your child points or tokens for positive behaviours and deduct them for negative behaviours. These can be exchanged for a special privilege or inexpensive rewards at a later time.

Being consistent is also another important factor. Parents need to be consistent with consequences or your child will quickly learn that you don't mean what you say. That's why it's crucial to follow through with a promised outcome even though you're tired.

"As you learn to use consequences effectively instead of nagging, yelling or making threats - you'll find that interactions with your kids will improve."

Your children will clearly understand what's expected of them and you'll feel more confident in your role as a parent.

Dr. Dobson's book *The New Dare to Discipline* includes a step-by-step instruction on how to utilise consequences in your parenting and set up a point or token system. Now you can use that precious wisdom to help your kids mature into responsible adults who make good choices.

Dear Readers,

We would appreciate it if you could give us your feedback on the 'Foster' (April 2010 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



Feedback Form

The first 200 complete questionnaires will receive attractive anti-drug goodie bags 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?				

Your contact details:

Name: _____

Contact No: _____

Email: _____

Mailing address: _____

Thank you!



Anti-Drug Art Competition 2009



The Anti-Drug Art Competition 2009 was held from July to September last year. The competition, open to students from primary, secondary, post-secondary and youths 25 years and below, received more than 5,500 entries. Check out the winning entries and their interpretation of "Drugs and Inhalants Destroy lives".



An award ceremony was also held at United Square Atrium in November, together with a joint exhibition of winning art entries and anti-drug pledges done by primary school students who participated in the Anti-Drug Ambassador Activity 2009. The exhibition was open to public and saw many visitors and winners taking photos of the beautiful art pieces on display.

Check out other winning entries at - <http://www.facebook.com/lifedoesnotrewind>



1st

CATEGORY II - SECONDARY LEVEL

Li Shu Yuan
Orchid Park Secondary School



1st

CATEGORY III - OPEN/POST-SECONDARY LEVEL

Nurfahain Bte Muhd. Fauzi
ITE College Central

1st

CATEGORY I - PRIMARY LEVEL

Ranzel Vianly C. Baking
First Toa Payoh Primary School