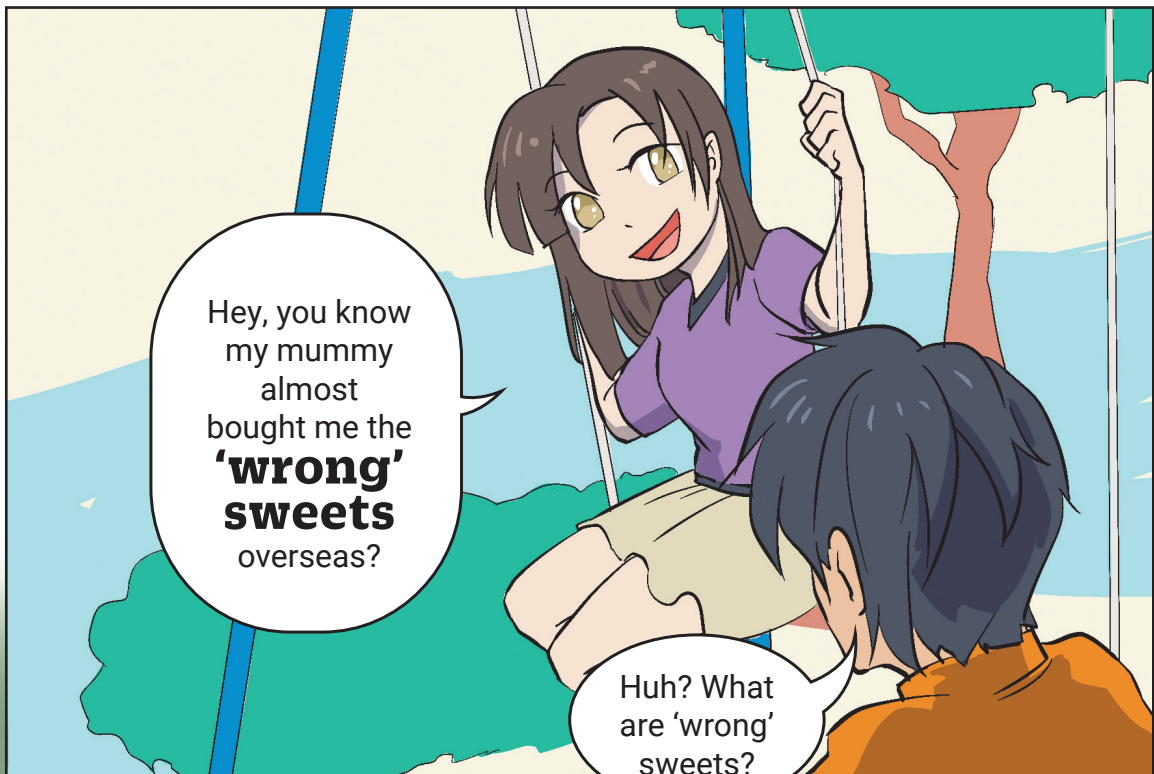


Stay safe, look out for harmful substances in your food!



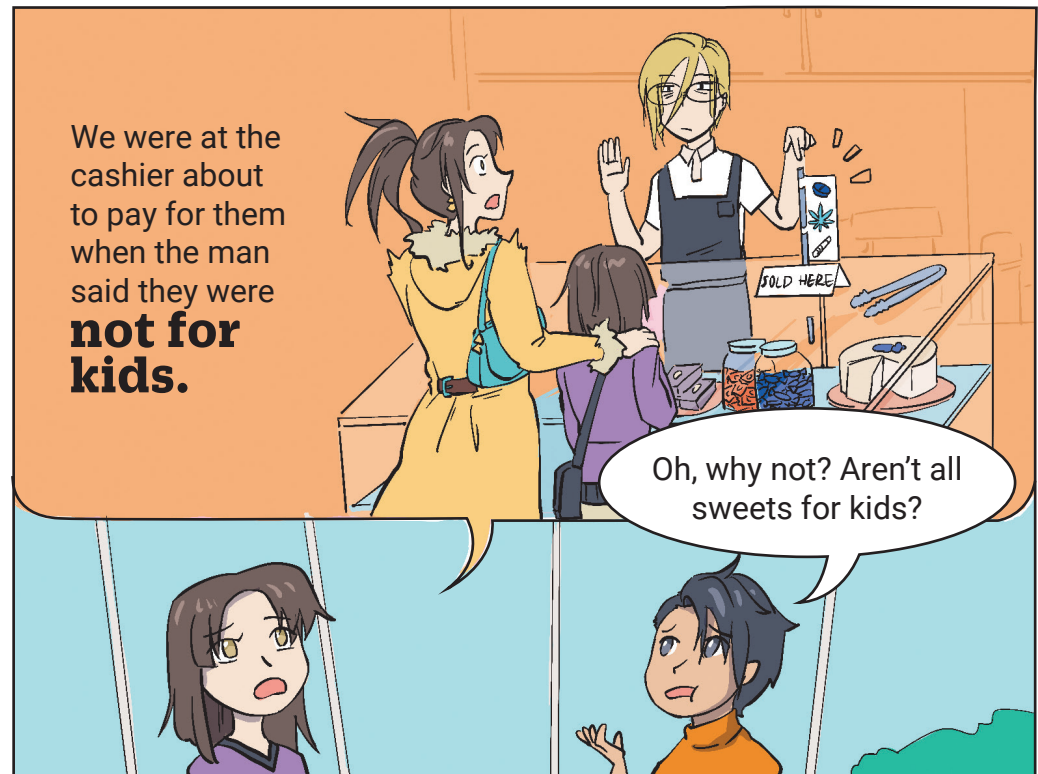
Theo! Want some sweets that my family got while we were on holiday overseas?

Yes please! Wow, Emily, this looks like an interesting flavour.



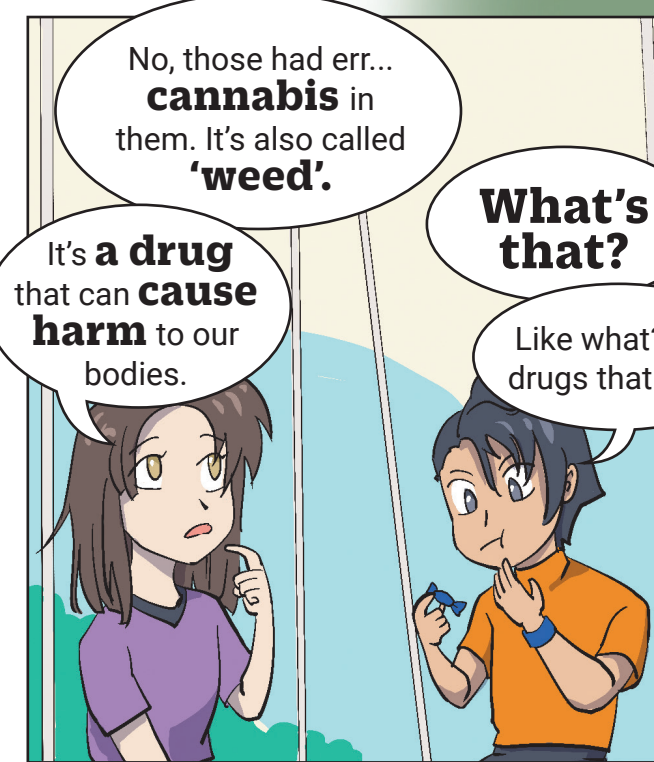
Hey, you know my mummy almost bought me the **'wrong' sweets** overseas?

Huh? What are 'wrong' sweets?



We were at the cashier about to pay for them when the man said they were **not for kids**.

Oh, why not? Aren't all sweets for kids?

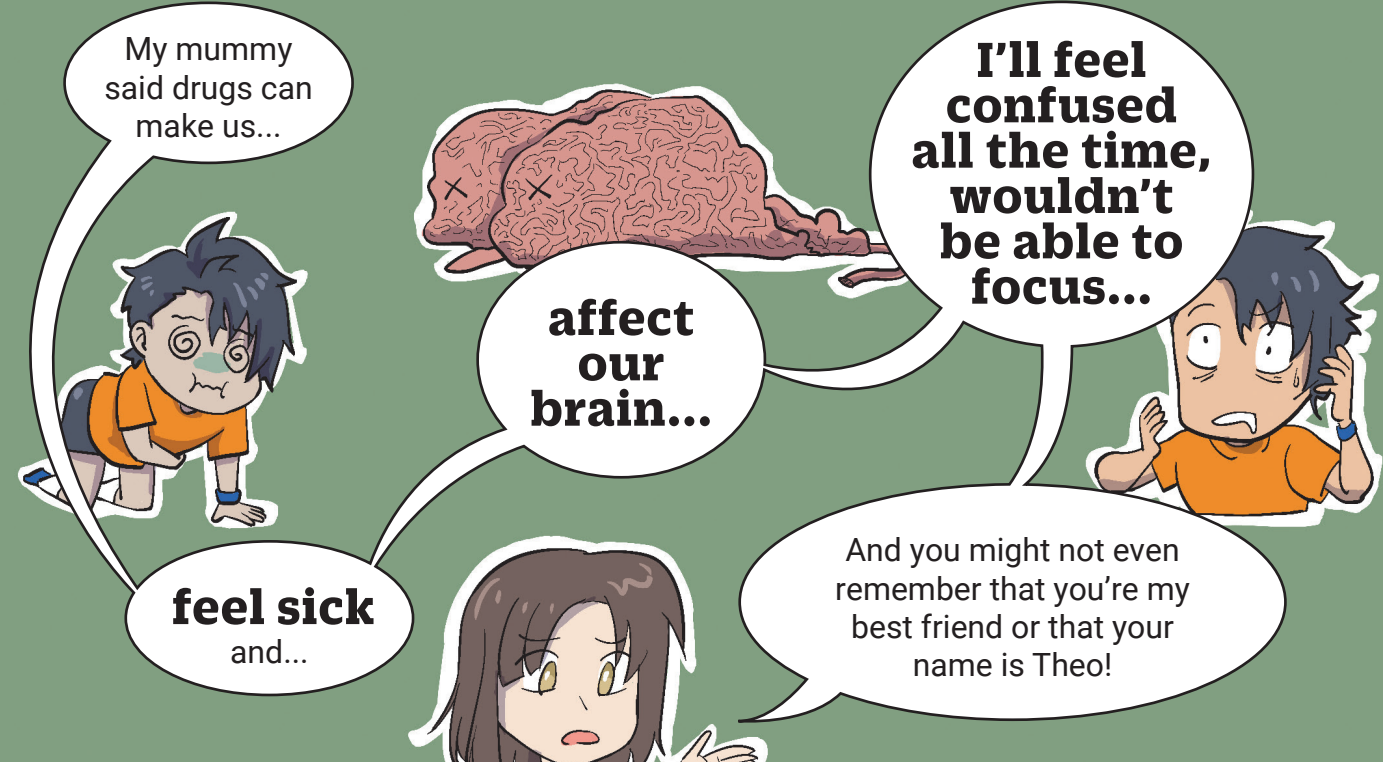


No, those had err... **cannabis** in them. It's also called **'weed'**.

What's that?

It's a **drug** that can **cause harm** to our bodies.

Like what? Are drugs that bad?



My mummy said drugs can make us...

feel sick and...

affect our brain...

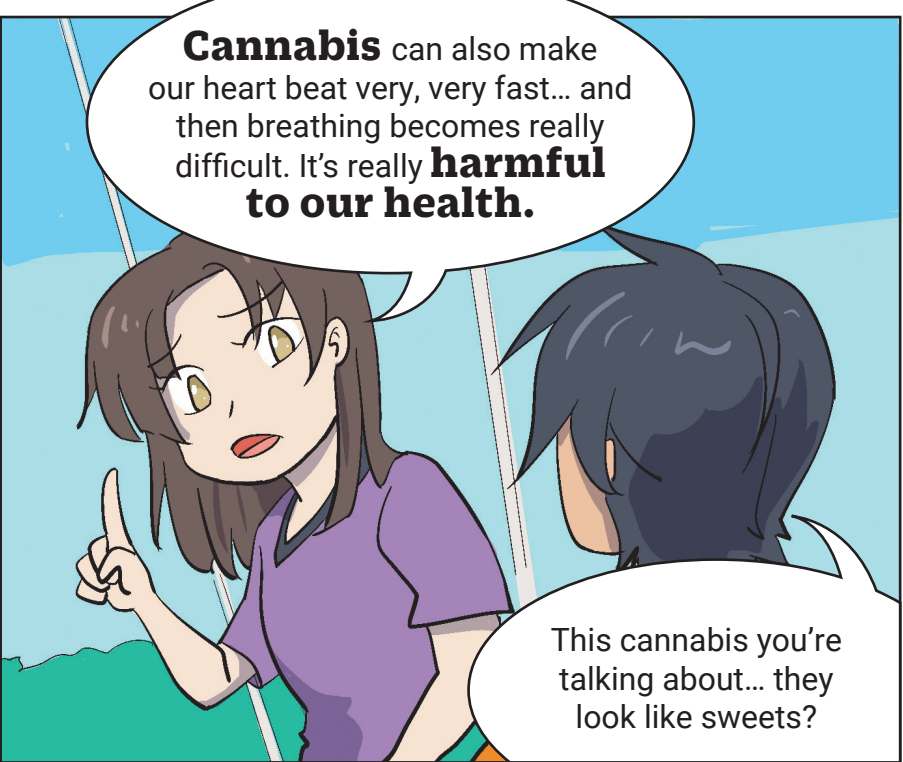
I'll feel confused all the time, wouldn't be able to focus...

And you might not even remember that you're my best friend or that your name is Theo!



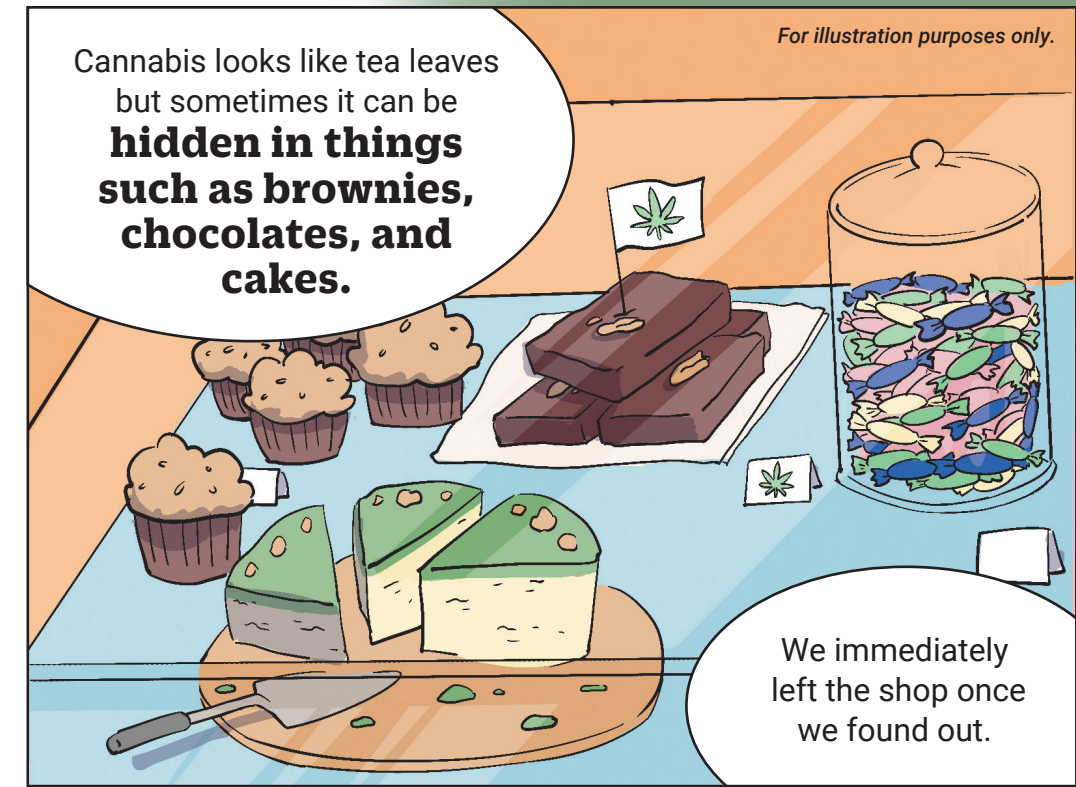
Oh no!

I didn't know drugs were that bad!



Cannabis can also make our heart beat very, very fast... and then breathing becomes really difficult. It's really **harmful to our health**.

This cannabis you're talking about... they look like sweets?



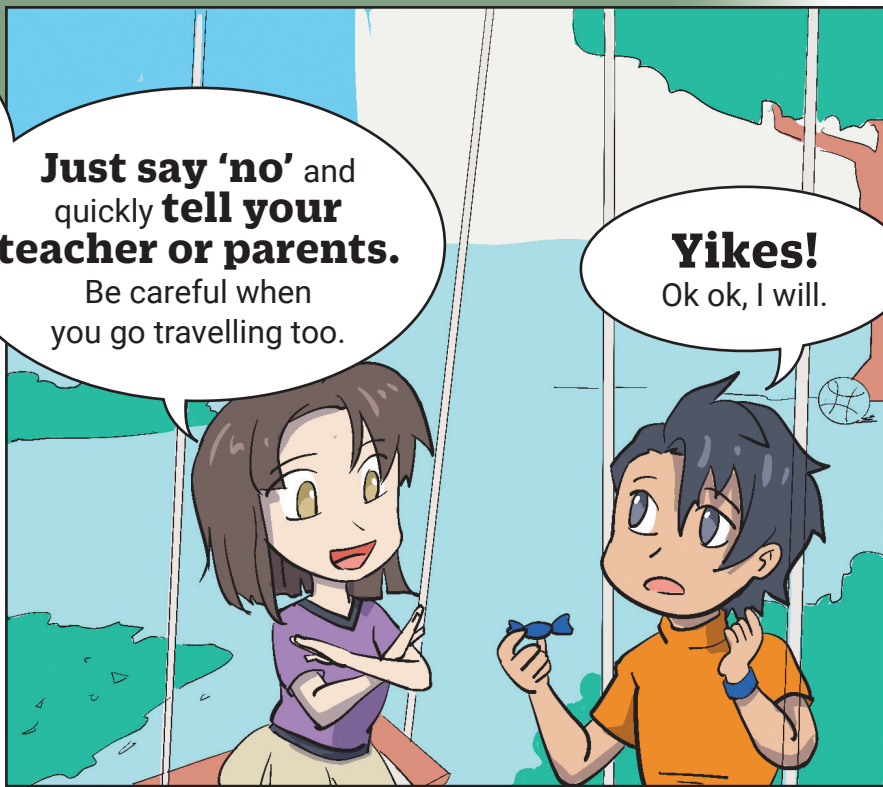
For illustration purposes only.

Cannabis looks like tea leaves but sometimes it can be **hidden in things such as brownies, chocolates, and cakes.**

We immediately left the shop once we found out.



Even in Singapore, some people might try to offer it to us, so we **must not take food from strangers** even if it looks yummy.



Just say 'no' and quickly tell your teacher or parents.

Be careful when you go travelling too.

Yikes! Ok ok, I will.

Did you know? Cannabis is an illicit drug, which means that it is banned under the law in Singapore. This is because it is harmful and can affect your brain, causing you to have memory problems and mood swings. As Emily's mother explained, cannabis can also make you seriously sick.

Beware of harmful drugs
Stay alert and think twice before you act! If you see any suspicious-looking substance, leave the situation and quickly inform a trusted adult. Remember, say 'no' to drugs!



Psst, keep a lookout for the upcoming DrugFreeSG Carnival and Light-Up happening from 24 to 26 June 2023! Follow @CNB.DrugFreeSG on social media for more updates.

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For a Drug-Free Singapore