

# Growing up drug-free

Guide your child away from harm



## A happy family stays drug-free

It is important for parents to **KNOW** about drugs and inhalants, its harmfulness and tell-tale signs of drug abuse, so that you can talk to your child and **GUIDE** your child to stay away from drugs and inhalants. **TALK** to them, and never assume that your child should have known better.

### Why do youths abuse drugs?

Youths have cited various reasons for abusing drugs and/or inhalants.



### Seven useful parenting tips

-  Observe and pay attention to your child's moods and the company he/she keeps
-  Keep communication open and always listen in a non-judgemental way
-  Discover your child's talents and encourage him/her to develop them
-  Find common interests and spend time together
-  Discuss and remind your child to stay away from drugs
-  Teach your child coping skills and refusal tips
-  Start your conversations using teachable moments (e.g. news on celebrity arrested for drug abuse)

### Tell-tale signs of drug abuse



#### Signs of 'Ice' Abuse

##### Changes in environment:

- stained glass/tubes
- burnt aluminium foils or cut into small pieces
- improvised instruments (e.g. cough mixture or water bottles)
- packs of sleeping pills lying around

##### Changes in behaviour:

- no sleep for few days followed by consecutive days of sleep
- bloodshot/sunken eyes
- excessively moody or aggressive



#### Signs of Cannabis Abuse

##### Changes in environment:

- rolled-up cigarettes or butts in dustbins
- constantly shut windows
- "damp" smell in room
- improvised instruments, bongs (tubes with water)
- extremely messy rooms

##### Changes in behaviour/appearance:

- stained yellowish teeth
- jaundiced eyes
- "damp" breath, foul smelling hands
- laziness
- poor hygiene

### Drugs and inhalants - know what they are!



**Methamphetamine**  
Also known as 'Ice', 'Ya ba'



**Cannabis**  
Also known as Ganja, Weed



**New Psychoactive Substances (NPS)**  
Also known as Spice, Bath Salts



**Heroin**  
Also known as White, Ubat



**'Ecstasy'**  
Also known as E, XTC



**Nimetazepam**  
Also known as 'Erimin-5'



**Inhalants**  
Also known as Glue-Sniffing



Scan this QR code for more information on drugs and inhalants at [www.cnb.gov.sg](http://www.cnb.gov.sg).

# Drugs tear families apart

Know about the cost of addiction



## When a child abuses drugs, the whole family suffers

In Singapore, the drug situation remains under control. However, the Central Narcotics Bureau (CNB) is arresting more young drug abusers. Many of these youths have abused cannabis thinking that it is less harmful and addictive than tobacco, and even have some gross misconception that it has therapeutic value. The profiles of youth abusers have also changed, with more coming from middle-class families and who are doing well in school.

### Some worrying trends parents should know about cannabis



#### Why is cannabis abuse a concern?

##### Profile of abusers changing

More cannabis abusers are coming from middle-class families and perform well in school.

##### Youths' liberal views

More are willing to experiment with cannabis due to media influence and drug legalisation overseas.

##### Perceive cannabis as less harmful than tobacco

This is a misperception as cannabis is in fact more damaging as it contains more tar and cancer-causing agents.

##### Profit-hungry companies

Some firms are marketing cannabis for recreational uses, deceiving youths just to get them hooked.



#### Adverse health effects of cannabis

##### It is addictive

Abusers trying to quit report irritability, sleeplessness, decreased appetite, anxiety and drug craving.

##### Affects mental health

Early onset of psychotic disorders, increases suicide risk and has an impact on adolescent brain development and functions.

##### Lowers IQ

Cannabis abuse causes loss of concentration and decline of IQ.



#### Today's youth abusers

##### No drug background

Come from families with no drug history and have proper parental guidance.

##### Obedient students

Perform well in school and have no disciplinary issues.

##### Peer pressure

Peer pressure and wrong information from peers and negative Internet and media influence leads them to have warped views.

##### Wrong assumptions

Youths develop liberal attitudes and perceive cannabis as less harmful.

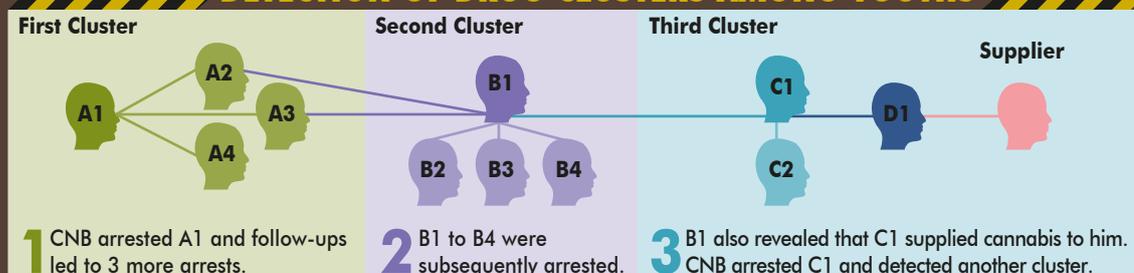
##### Increased risk

Youths become open to trying cannabis and are at risk of being exposed to other dangerous drugs/inhalants.

### Contamination effect is strong among youths

CNB is seeing more cases of drug clusters amongst youths. Clusters are formed when youths abuse drugs and introduce them to peers, exponentially increasing the contamination effect. Below is an illustration:

#### DETECTION OF DRUG CLUSTERS AMONG YOUTHS



Know what your child is doing and the type of friends he/she has.

#### DO YOU KNOW?



Under the law, it is an offence for citizens and Singapore Permanent Residents to consume drugs overseas.

If you suspect that your child is abusing drugs, call the CNB hotline for advice. CNB will then work with you and your child to decide the appropriate follow-up action.

### Helplines

<b>CNB</b>	1800-325-6666 (24 hours) CNBkNOwDrugs drugreesg lifedoesnotrewind www.cnb.gov.sg
<b>National Addictions Management Service (NAMS)</b>	Tel: 6-RECOVER (6732 6837) (Mon-Thu: 8.30am-5.30pm, Fri: 8.30am-5.00pm) www.nams.sg

### Rehabilitation framework for youths (below 21 years old)

A youth drug abuser who is tested positive in the urine test may be placed under the Youth Enhanced Supervision (YES) Scheme, the Community Rehabilitation Centre (CRC) or the Drug Rehabilitation Centre (DRC). Youths who have abused drugs but tested negative in the Anti-Drug Counselling and Engagement Programme (ACE). A person who is committed to a DRC does not have a criminal record registered against him.

### Drug laws

Consumption of a controlled drug (e.g. 'Ice', heroin and cannabis) is an offence and a person will face **IMPRISONMENT** of up to 10 years, or a **FINE** not exceeding S\$20,000, or **BOTH**.