## LOOKS CAN BE Deceiving

It's 10pm on a Saturday. The night is still young as the streets begin bustling with life. Now that you are 18, your parents know that it is impossible to have you constantly by their sides.

Along with your BFFs and her friends, you settle for the trendiest night spot in town. Just then, Mandy whispers something in your ear.

## CANNABIS?!" Startled, you exclaim, "Of course not!"

By now, you have heard a lot about the harms of cannabis and drugs alike. Your mind recounts the number of celebrities who have fallen victim to the drug scourge. OTHERS WILL SPREAD LIES ABOUT DRUGS JUST TO HAVE YOU HOOKED.

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"What if it's not the real cannabis but a safer version? Legal and harmless." Mandy replies. You're surprised that such things exist and wonder if she's merely fooling around. Though you haven't heard about it, you're apprehensively curious.

She reaches into her pocket and pulls out a packet of what seems like dried herbs, labelled 'K2'. Half-chuckling at your expression, Mandy waves the pack in your face as you zero in for a closer look. Somehow still sceptical, you shake your head.

Well done! You just saved yourself a whole lot of trouble because..

.. The stuff inside that packet is actually synthetic cannabis, also known as 'K2', 'Spice' or 'Fake Weed'. They belong to a class of drugs called New Psychoactive Substances (NPS), which are chemically modified to mimic the same effects as controlled drugs. The biggest misconception about NPS is that they are safer than illegal drugs. They are not!

Manufacturers and drug dealers often try to pass off NPS as harmless and legal. However, these chemically altered substances are especially harmful and addictive since users have no idea what chemicals or poisons they are ingesting! Mixtures of NPS bought unknowingly by users have resulted in unpredictable and sometimes disastrous effects such as severe intoxications, paranoia, hallucinations, adverse cardiovascular problems, renal failures and seizures.

The take-home message here is – NPS use is illegal. In fact, since May 2014, the Central Narcotics Bureau (CNB) has listed NPS as Class A controlled drugs. This means that these substances are illicit and are no different from other controlled drugs like Cannabis, Heroin or Methamphetamine! Do not be misled by others who make false claims about these substances. Be informed, protect yourself by making the right choice.