

HIGH HOPES AND BAD TRIPS



UNITED AGAINST DRUGS

Many are travelling young now, wanting to explore the world. Graduation trips, year-end getaways, music festivals and cheap flights give teens the reason to travel. Besides the exciting adventures foreign lands offer, there is another reason youths are now holidaying often. **The Drug Culture.**

You may have heard about Singaporeans abusing drugs overseas. Access is almost unlimited since drugs are readily available in certain liberal countries and tourists are often targeted. Many youths try cannabis when abroad; convinced that it isn't addictive or dangerous, they succumb to pressure from peers or drug dealers.

In several countries (sometimes unbeknown to people), cannabis is garnished on pizzas and cakes. Some youths may not have intended to abuse drugs but are tricked into thinking it's perfectly normal. Some say, "why not? I only live once and I'm on holiday after all!" Unfortunately, addiction does not take holidays. Your one and only try for a 'high' could leave you with a bad trip. Or worse, have you hooked, turning you into an addict.

The availability of cannabis abroad is an issue not to be overlooked and neither should its effects. Teens only hear of its 'high' but are not told about the aftereffects they are left to suffer with. Numerous studies have shown cannabis smoke contains carcinogens that directly promotes cancer. Abuse brings about physical effects such as enlarged pupils, conjunctivitis, nausea and increased blood pressure. Abusers also face cannabis' mental effects when they experience difficulties maintaining clear thoughts and feel disorientated.

Health effects aside, there are also legal consequences of abusing drugs overseas. There are Singaporeans who assume that drug laws do not apply when overseas; this is not true. You can be arrested and will face the same penalties as if the offence had been committed in Singapore. The physical, mental and legal consequences all prove that cannabis abuse is not worth your time or trouble.



Your best choice is to stay away from cannabis, whether at home, or abroad. Don't let drugs rob you of your future.

