

Outdo the Teen Trials

If your child is a teenager, he/she must be going through some changes - physically, intellectually, emotionally and socially. You must protect your teen's vulnerabilities as he/she could learn about drugs from peers or the media, and some of this information may be inaccurate. Play your part in educating your teenage child about the harms of drug abuse.

Look out for tell-tale signs of drug abuse in your teenage child's behaviour.



- ✓ Has your teen not been sleeping well?
- ✓ Does he/she have bloodshot/sunken eyes?
- ✓ Is he/she excessively moody/aggressive?

If your answer is "yes" to any one of the questions, your teen may be displaying signs of 'Ice' abuse.



- ✓ Is your teen's teeth stained and yellowish?
- ✓ Does he/she have jaundiced eyes?
- ✓ Does he/she have "damp" breath and foul smelling hands?

If your answer is "yes" to any one of the questions, your teen may be displaying signs of cannabis abuse.



If you suspect your teen is experimenting with drugs, take immediate action to save him/her from further harm.

Get help now! Contact CNB at 1800 325 6666.

5 Big NOs when Parenting Teens

X DON'T

- Give the silent treatment.
- Invade their privacy.
- Compare them with others.
- Use emotional blackmail.
- Label them.

✓ DO

- Work on improving communication.
- Give respect and earn their trust.
- Make them feel worthy.
- Give helpful advice.
- Show love and support often.



 @drugfreeSG

 Life Does Not Rewind



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