



# The Harms of Drug Abuse

Why it's important to stay drug-free

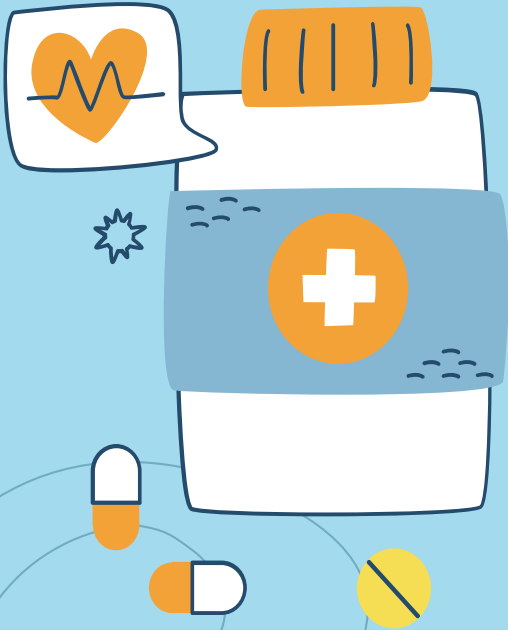
# What is a drug?

A substance that changes your body or your mind when taken e.g. medicine given by doctors (prescription drugs)

**But!**

Drugs can be addictive and harmful, especially when used irresponsibly or when they are not needed.

To protect people from harm, some drugs are made illegal (**illicit drugs**).



# Examples of Illicit Drugs



## METHAMPHETAMINE

Also known as 'ice',  
'crystal', 'yaba'



## CANNABIS

Also known as  
'weed', 'pot',  
'marijuana', 'ganja',  
'grass'



## NEW PSYCHOACTIVE SUBSTANCES (NPS)

Also known as 'bath  
salts', 'spice', 'K2',  
'bromo-dragonfly',



## INHALANTS

Also known as 'glue  
sniffing'



**Beware of chocolates/sweets  
infused with cannabis!**

# HOW DO DRUGS AFFECT YOU?

## Drugs affect your learning



Memory Loss

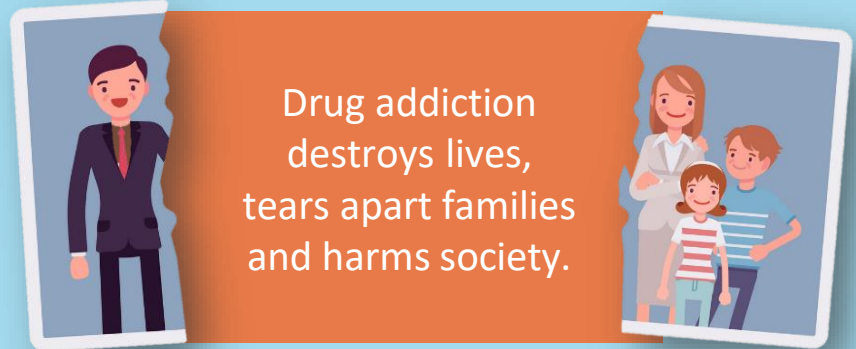
Loss of  
Coordination

Mood Swings

This means you are likely to

- Perform **less well** in school
- Make **poor decisions**
- **Hurt** yourselves or others around you

## Drugs tear families apart



Drug addiction  
destroys lives,  
tears apart families  
and harms society.

# HOW DO DRUGS AFFECT YOU?

Drugs will affect your ability to grow up healthily and may even lead to death.

## HEAD

- Permanent damage to the brain

## HEART

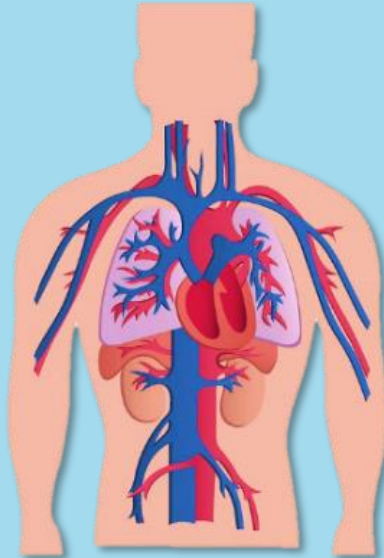
- Increased risk of lung cancer

## LIVER

- Damaged to liver

## KIDNEY

- Increased kidney function



## EYES

- Disturbed sight and judgement

## LUNGS

- Impaired lung function

## STOMACH

- Gastric pain

## BLADDER

- Bladder problems

# Drugs come with severe punishment.

- If a person takes drugs;
- If a person sells drugs;
- If drugs are found on a person...

...The person could be jailed for up to 30 years, and subjected to caning of up to 15 strokes.

**Drugs are very harmful, so Singapore has to take strong action to control them and protect our people!**



# #TheStruggle

*Sharing from an ex-abuser*



[Video Link](#)

# Hope for New Tomorrow

*How drug abuse also hurts the people who  
care for us*



[Video Link](#)





Answers for  
Primary 4  
Anti-Drug  
Ambassador  
Activity Booklet

# DRUGS AND INHALANTS!



## Heroin

Also known as White, Smack, Junk, Powder, Putih, Medicine, Ubat.

### Harmful Effects

- Lowered heart rate and respiration
- Damage to lungs, kidneys and liver
- Dull feeling and tiredness
- Difficulty in concentrating
- Constipation



## Methamphetamine

Also known as 'Ice', Glass, Crystal, Speed, Yaba.

### Harmful Effects

- Increased heart rate and body temperature
- Fits, stroke and death
- Damage to heart and nerves
- Liver and kidney diseases
- Abnormal behaviour with mood swings, confusion, delusion and hallucination
- Anxiety and irritability



## Inhalants

Also known as Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing.

### Harmful Effects

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough



## Cannabis

Also known as Marijuana, Pot, Grass, Ganja, Weed.

### Harmful Effects

- Inability to concentrate
- Slow reaction
- Distorted thinking and perception
- Poor balance and co-ordination
- Extreme anxiety, depression, confusion and paranoia (irrational fear or suspicion)
- Decline in motivation and drive in long-term abusers



## New Psychoactive Substances (NPS)

Also known as Spice, K2, Bath Salts, Kronik, Bromo-Dragonfly.

### Harmful Effects

- Severe intoxications
- Severe toxic reaction leading to death
- Paranoia (irrational fear or suspicion)
- Hallucination
- Adverse cardiovascular problems
- Renal failure
- Seizures

**Say No to Drugs!**



# SPOT THE DRUGS!

That's weird. The chatroom is getting flooded with mixed images of medication and illicit drugs! Ashwin, Putri and Ivan try to close the chat window but they've been locked in.

"Don't worry." Captain Drug Buster assures them. "We just have to pick out the illicit drugs to unlock the chatroom."

To do so, help the trio cross out the illicit drugs!



# SOLVE THE PUZZLE

Great job unlocking the chatroom! But just before they can exit it, a puzzle pops up.

Go to the next page to solve the puzzle! Can you help Ashwin, Putri and Ivan learn about the harmful effects of drugs as well?



# SPOT THE SIGNS!

Ashwin, Putri and Ivan finally exit the chatroom and find the other in-game characters interacting in the game lobby. However, some of them are acting strangely.

They look as if they have taken drugs. Can you recognise the tell-tale signs?

Use the sticker set given and paste them according to the description!



## LOSS OF BODY CONTROL



## HALLUCINATION



## DEPRESSION



## ANXIETY



## TIREDNESS



"Drugs are really bad for the body. Why are there messages in the game asking us to try them, then?" Ashwin wonders. "This is dangerous!"

Suddenly, Captain Drug Buster snaps his fingers, a plan forming in his head. "Let's meet in the game portal!" he says before logging off.

Can you help the trio access the game portal by finding the passwords below through identifying the harmful effects of drugs?



Words are hidden →, ↓ and ↘.

DIZZY CONFUSED CONSTIPATED NAUSEA TIRED

R	M	U	G	P	J	F	N	P	I	T	J	C	E	E	R
U	V	T	E	C	X	M	Z	H	J	U	O	N	F	H	
D	Y	I	Y	E	O	Y	R	W	X	B	P	N	L	M	P
N	A	R	N	Y	W	N	C	P	R	Q	Y	S	D	A	O
A	K	E	T	L	O	F	F	E	N	Z	F	T	C	V	B
S	G	D	N	L	R	B	U	U	L	N	O	I	K	S	O
A	M	M	I	V	T	D	U	O	S	K	M	P	W	W	P
B	N	O	R	Z	K	X	H	C	U	E	G	A	I	R	Z
G	V	Y	V	S	D	O	T	N	D	E	D	T	H	W	D
D	I	Z	Z	Y	O	B	J	G	Q	C	A	E	U	B	K
B	X	U	R	G	P	R	Y	Q	X	Q	K	D	H	F	A
I	T	Q	K	N	X	Y	D	Q	A	N	A	U	S	E	A



# JOIN THE DOTS!

There it is! They've found the source. Turns out, the Drug Minions were the ones sending out those suspicious messages telling players to take drugs.

Let's create an Anti-Drug Ribbon Shield to disrupt the Drug Minions' evil plans!



## DON'T BE MISLED!

Find out more about cannabis-laced sweet treats by scanning the QR code. Remember to be aware, be wise and think twice!

## SCAN ME!



Putri notices that one of the Drug Minions was talking to her classmate Sarah.

Sarah seems a little shaken, but otherwise fine. "The Drug Minions are targeting students," she explains to the trio. "Last week, I saw 3 of our classmates chatting with them. I haven't seen them since."

"We will follow them and find out more!"



# MYTHBUSTERS

Oh no! While the group was chatting with Sarah, they didn't notice that the Drug Minions have disappeared!

To shake off the trio, the Drug Minions have littered myths on drugs to confuse them.

Make the right choice and bust these myths!



1

We should take prescribed medication only under a doctor's advice or our parents' supervision.

TRUE

FALSE

2

Cannabis helps you concentrate better and improves your motivation.

TRUE

FALSE

3

If a stranger on the Internet offers you unknown substances, it is safe to accept.

TRUE

FALSE

4

It is ok to try drugs once, because you won't get addicted.

TRUE

FALSE





# UNLOCK\_\_\_\_\_ \*\*\*PASSWORD



The group finally catches up. Ashwin, Putri and Ivan cautiously enter the base. The Drug Minions are nowhere in sight but they are faced with another surprise.

On the screens are their 3 missing classmates! Turns out, they have been trapped inside the base, affected by the harmful drugs around them.



3 - Stressed

4 - Brave

6 - Positive

2 - Firm

1 - Bored

5 - Strong

To free their friends, unlock their screens by using encouraging words!

Choose the positive words, and write down their number (in ascending order) to get the code.

2

4

5

6

## HELPFUL TIPS FOR A #DRUGFREE LIFE

Relax with activities you enjoy.  
If you like reading, scan the QR code to check out Captain Drug Buster's other adventures!

SCAN ME!





# ? PERFECT MATCH ?

"We did it!" Ivan exclaims. "We freed our classmates!"

"To prevent them from falling prey to the Drug Minions' bad influence again, let's help your classmates find ways to lead a drug-free lifestyle," encourages Captain Drug Buster.



Match the thoughts to a healthy drug-free activity!

"I'm bored.  
I want to try new,  
exciting things."

"I'm stressed.  
How can I relieve it  
to feel better?"

"My friends are taking  
drugs and are offering  
me too. But if I say no,  
they will not hang out  
with me anymore."

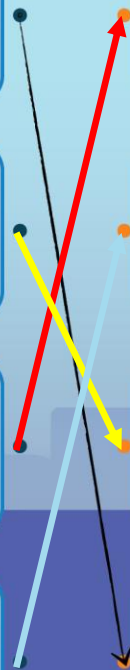
"I can't focus  
on studying. I need  
something to help me."

"There are other activities  
to do together with my  
friends. If they still shun  
me, maybe we shouldn't  
be friends then."

"There are ways to  
manage my studies.  
I'll ask my teacher or  
friends for help!"

"I can talk to my parents  
or the school counsellor  
about how I'm feeling."

"I'll take up sports or  
participate in my CCA!"



## REMEMBER...

- Drugs are addictive
- Drugs have harmful effects on your mind and body
- Drugs can badly affect your life and your loved ones
- Say 'no' to drugs!



**Please help to fill up the students' feedback form.  
Thank you!**

