



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

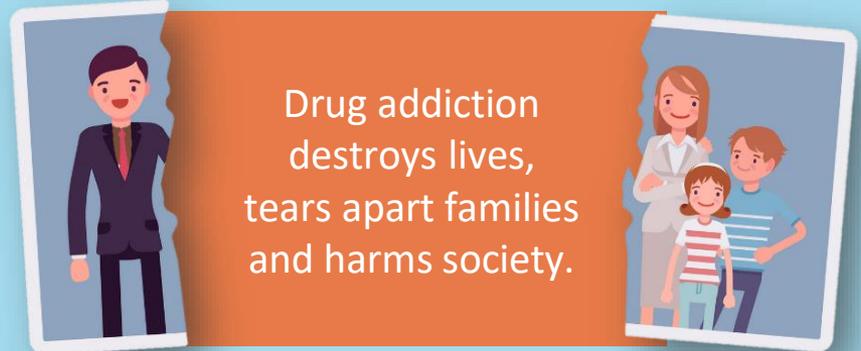
Loss of
Coordination

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

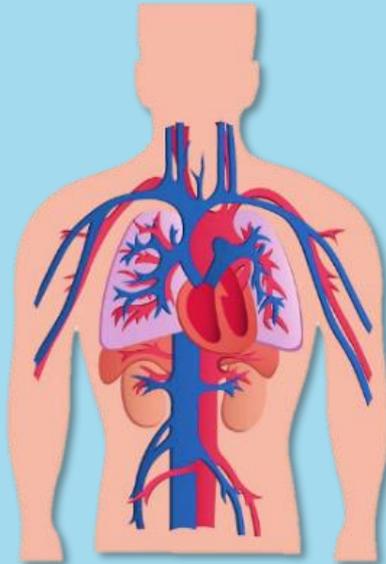
- Increased risk of lung cancer

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



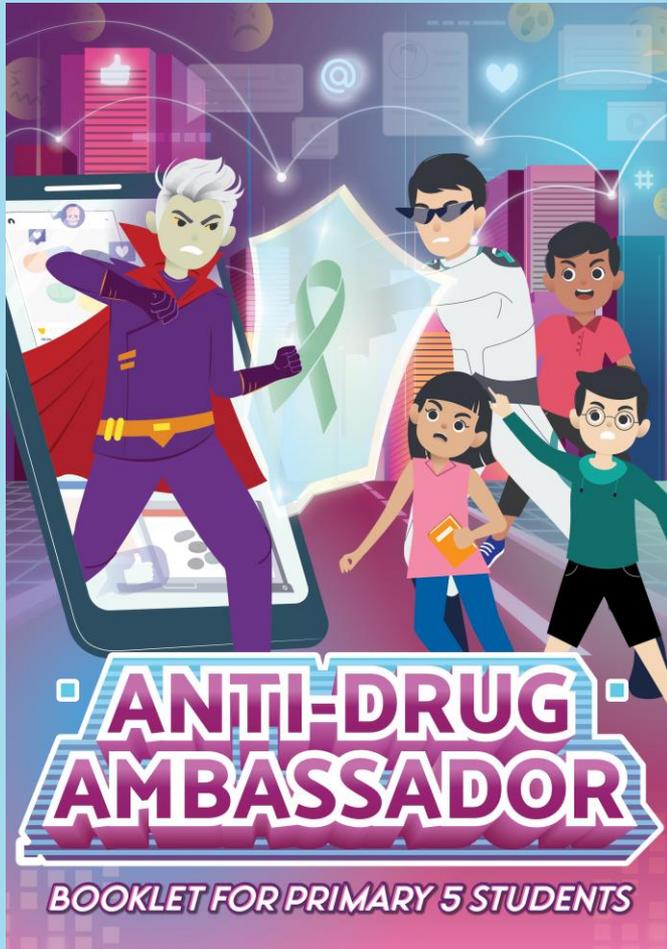
[Video Link](#)

Hope for New Tomorrow

How drug abuse also hurts the people who care for us



[Video Link](#)



**Answers for
Primary 5
Anti-Drug
Ambassador
Activity Booklet**

DRUGS and INHALANTS!

NEW PSYCHOACTIVE SUBSTANCES (NPS)

Also known as Spice, K2, Bath Salts, Kronic, Bromo-Dragonfly

Harmful Effects

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

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

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

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

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

SAY NO TO DRUGS!

Search for WARNING SIGNS

Throughout the livestream, the streamer's behaviour seems to get stranger. Ashwin, Putri and Ivan suspect that the "sweets" are actually drugs. Prove that they are drugs by spotting the signs of drug abuse!

Find these words:

1. Dazed
2. Lethargic
3. Confused
4. Aggressive
5. Impulsive



Solve the PUZZLE



Captain Drug Buster, together with the trio, begins to investigate the streamer's account on the video website. Meanwhile, the website suddenly acts weirdly and blocks them with a crossword puzzle!

Can you solve the puzzle by guessing the names of the drugs?

1 This drug is also known as 'ice'.

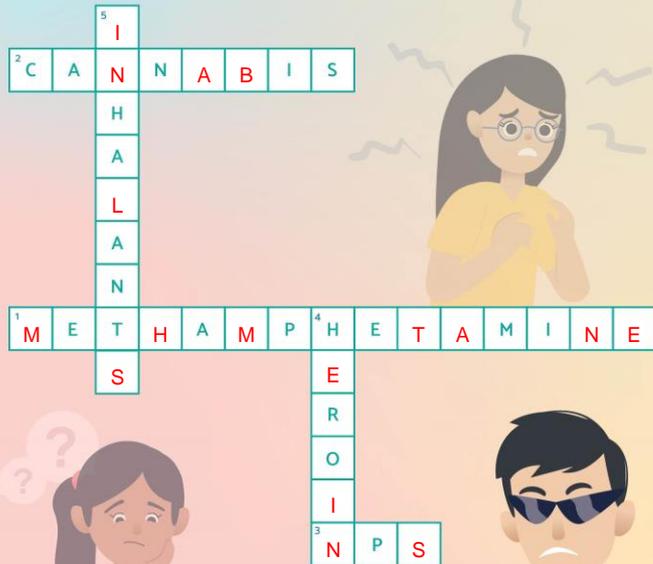
2 This drug causes poor balance and coordination.

3 Its side effects include: seizures, renal failure and adverse cardiovascular problems.

4 This drug lowers the heart rate and respiration.

5 This drug can cause cramps, pains and bad cough.

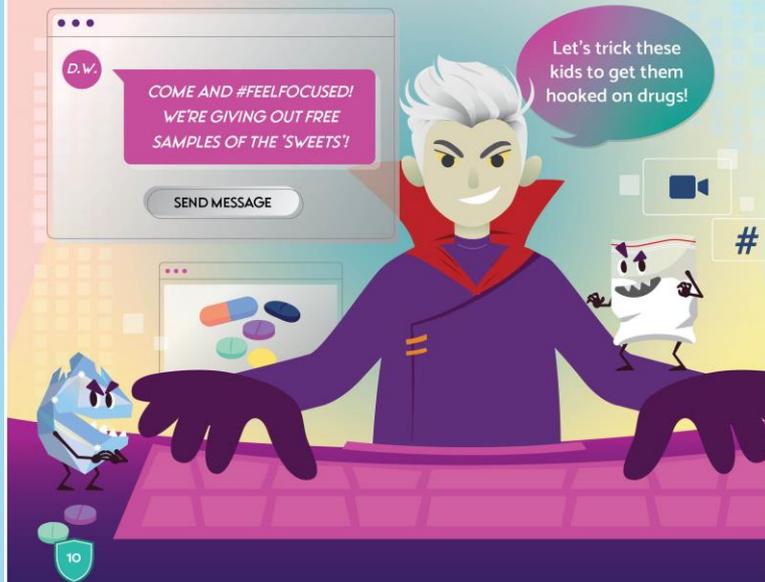
Hint: go to page 4 for clues!



DON'T GET Tricked!

"Wait a minute!" Ivan discovers after solving the puzzle. "I just received a message from someone with the initial 'D.W.' Looks like Dr. Wacko has sent the message to other livestreamers too."

Turns out, Dr. Wacko and his Drug Minions have been controlling the various livestreamers to influence them into taking drugs!



Spot the DRUGS

"Dr. Wacko has been expanding his evil plan through this website this whole time?" exclaims Captain Drug Buster. "This is bad! More livestreamers are falling prey to misinformation online!"

Can you identify the harmful drugs?



Paste THE STICKERS

"Well done, we got rid of the drugs!" Putri cheers. However, there are multiple video screens popping up suddenly, showing different livestreamers - some look fine, but others seem to behave strangely.

Can you recognise the harmful effects and tell-tale signs of drug abuse?

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



<p>HALLUCINATION</p> 	
<p>DIZZINESS</p> 	<p>INABILITY TO CONCENTRATE</p> 
<p>CRAMPS AND BAD COUGH</p> 	<p>POOR BALANCE</p> 

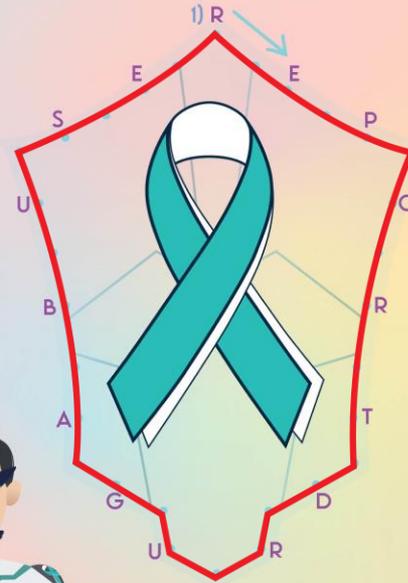
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Join THE DOTS!

"Oh no, looks like others are suffering from the harmful effects of drugs." Ashwin is worried, looking at the livestreamers. "We need to stop Dr. Wacko before there are more victims!"

Captain Drug Buster has an idea. "Let's send out a secret message to expose Dr. Wacko's bad intentions!"

Help Ashwin, Putri and Ivan craft the message by joining the dots below!



What's the secret message?

**REPORT DRUG
ABUSE**

MythBUSTERS

Captain Drug Buster and the trio decide to start their own video livestream to share about the harms of drugs and warn streamers against Dr. Wacko.

Some streamers have questions - can you help the group debunk these myths?



Mythbuster 1

Drugs are probably harmless, since movies and shows depict them as fun.

Mythbuster 2

NPS can cause toxic reactions leading to death.

Mythbuster 3

Someone told me this unknown substance is safe, so it should be true.

Mythbuster 4

Signs of drug abuse include changes in appearance and abnormal behaviour.

Hint: go to page 4 for clues!

LET'S BUST THOSE MYTHS!

Scan the QR code to learn the buzz about cannabis.

SCAN ME!



EscapeHUNT

Success! The livestream goes well and more people are now protected against the misinformation about drugs. But Dr. Wacko is still at large...

"I've got an idea!" Ivan exclaims. "Let's try logging into Dr. Wacko's account and expose his evil plans!"

"That's a great suggestion!" replies Captain Drug Buster. But Dr. Wacko's account has blocked them out with a maze of firewalls. Help the team break through and find their way out!



Unlock THE PASSWORD

At last, the group manages to get into Dr. Wacko's account!
There's one final password.

Choose the ways to say "No" to drugs, and write down their
number in ascending order!



ENTER YOUR PASSWORD

2 3 4 5



Can you help Captain Drug Buster,
Ashwin, Putri and Ivan crack the code?

4

Standing firm and
saying "No" bravely

6

Accepting the
drug offer

2

Leaving the
conversation

1

Keeping the drugs in
your bag for a friend

3

Asking a trusted
adult for help

5

Changing the subject
to another topic

TIPS TOWARDS A #DRUGFREE LIFESTYLE

Find out how you can help yourself and your loved
ones turn away from drugs in this video here.

SCAN ME!



PAIR *It Up*

Great effort! Ashwin, Putri and Ivan have freed the streamers. However, they are still suffering from the effects of drug abuse and might give in to Dr. Wacko's bad influence again.

"Don't worry, we'll show you how to lead a healthy, drug-free lifestyle," reassures Putri. Match the thought to a positive alternative!



"I'm feeling restless and bored. I want to try something new."

"I can talk to a trusted adult, like my parents or school counsellor on how I'm feeling."

"My friends think I'm timid because when they offered me drugs, I said 'No.'"

"I'll suggest other activities to do together with my friends. Drugs are harmful, they should not even try it."

"I'm getting stressed out with my studies. What can I do to feel better?"

"Exercising can help me relax. I'll try it out."

"My family thinks I'm too uptight. Maybe I should take something to calm myself down."

"There's a new park nearby - I'll go for a walk, or read a new book."

Key Learning VALUES

“Let’s deactivate Dr. Wacko’s account for good before he can hurt more people,” commands Captain Drug Buster.

But before signing out, he has one more thing to tell the audience on the livestream.

Unscramble the words below to reveal how we can stay drug-free!

B E B R A V E

in saying “No” to drugs
(available letters: A, B, B)

B E F I R M

in turning away from negative influences
(available letters: M, E, I)

B E P O S I T I V E

in leading a healthy, drug-free life
(available letters: I, I, E, E)

FOR A #DRUGFREE SG

Find out why it’s important to live in a drug-free Singapore where we can work, play and grow up safely.

SCAN ME!



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!



<https://go.gov.sg/aaa2023-studentsfeedback>