

ADVERTORIAL

# What can illegal drugs do to you?

Drugs are very addictive and can have harmful effects on your mind and body. Can you spot all of them in the illustration?



## HARMFUL EFFECTS OF DRUGS

**HEROIN** can slow down functions of the brain and nervous system. Abusing it can make you feel tired all the time and make it difficult to concentrate. Other effects include damage to the lungs, kidneys and liver.

**WHAT IS HEROIN?** It is a very addictive drug that comes in powder or solution form. It can either be white or yellow in colour.

**NEW PSYCHOACTIVE SUBSTANCES (NPS)** can lead to hallucinations. Because no one knows what's exactly in NPS, taking this drug often results in unknown and dangerous toxicological effects on the body.

**WHAT IS NPS?** It refers to substances that mimic the effects of other drugs such as cannabis, heroin or meth.

**DRUG ADDICTION** can affect a person psychologically. When one is highly dependent on substances to function, drugs can cause the person to always feel exhausted and depressed.

**ABUSING METH** can make you aggressive, anxious and highly irritated. This drug can lead to psychosis, a condition that affects the mind. This makes it hard to differentiate what is real and what is not.

**WHAT IS METH?** Meth, short for methamphetamine, is a strong stimulant that usually comes in the form of a colourless and odourless crystal that resembles glass fragments. It also comes in tablet form. It can largely affect the central nervous system.

**SMOKING CANNABIS** can damage your lungs. Also known as marijuana, this drug can injure the cell linings of your lungs' windpipes or large airways. Abusing cannabis can lead to chronic coughing, wheezing and bronchitis.

**WHAT IS CANNABIS?** It comes from any part of a plant of the genus cannabis. Tetrahydrocannabinol (THC) is the main psychoactive substance in cannabis that causes users to feel 'high'.

### BONUS POINTS!

Find these anti-drug symbols and activities.



**Anti-drug ribbon**  
A symbol of Singapore's united stand against drugs. Its colours represent health, vitality and strength.



**Captain Drug Buster**  
The Central Narcotics Bureau's symbol of justice and protector of families.



**Say 'No' to Drugs sign**  
It is important to know that you are in control of your body, and you have the power of saying 'no'.



**Suspicious drug-related activity**  
If you see one, report it to a trusted adult.



**Anti-Drug Advocates**  
They are youths helping their peers steer away from drugs.

Have fun while learning about the harmful effects of drugs with the Drug Buster Buddies mobile app!

Download for free on the App or Play store!

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