ADVERTORIAL

ABUSING METH can

make you aggressive, anxious and highly

can lead to psychosis,

This makes it hard to differentiate what is real and what is not.

irritated. This drug

a condition that

affects the mind.



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



BONUS POINTS!

Find these anti-drug symbols and activities.



Anti-drug ribbon A symbol of Singapore's

Buster united stand against drugs. The Central Narcotics Its colours represent health, Bureau's symbol of justice vitality and strength. and protector of families.

Captain Drug



TO DRUGG 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'.



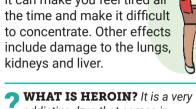
Suspicious drug-related activity

If you see one, report it to a trusted adult.



Anti-Drug Advocates

They are youths helping their peers steer away from drugs.



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 cause the person to always feel exhausted and depressed.

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 causes users to feel 'high'.



learning about the harmful effects of drugs with the Drug



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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,

addictive drug that comes in powder or solution form. It can either be white or yellow in colour.

WHAT IS METH?

Meth, short for a strong stimulant that usually comes in the form of a colourless and odourless crystal that resembles glass fragments. It also comes It can largely affect the central nervous

CANNABIS can

plant of the genus cannabis. Tetrahydrocannabinol (THC) is the main psychoactive substance in cannabis that

