

# Our Life as Anti-Drug Heroes

**D**rugs are substances that can affect how your brain works. They may look colourful and seem interesting, but they are actually more dangerous than you think. They may even cost you your life.

Strangers or friends may approach you with reasons as to why you should try drugs. Don't fall for their tricks! Want to know how? Hear it first from these Anti-Drug Heroes. Here are their tips for staying drug-free!

**Izwan's tip: Develop hobbies and good habits**

Izwan, 17



I have many different hobbies such as reading and playing sports. My life is exciting enough with them – they're definitely way more fun and fulfilling than drugs.

**Ethan's tip: Spend time with loved ones and friends**

Ethan, 23



Trusted family and friends are people I know I can depend on, and they have my best interests at heart. They would never ask me to try something dangerous or harmful like drugs!

**Bala's tip: Focus on goals and dreams**

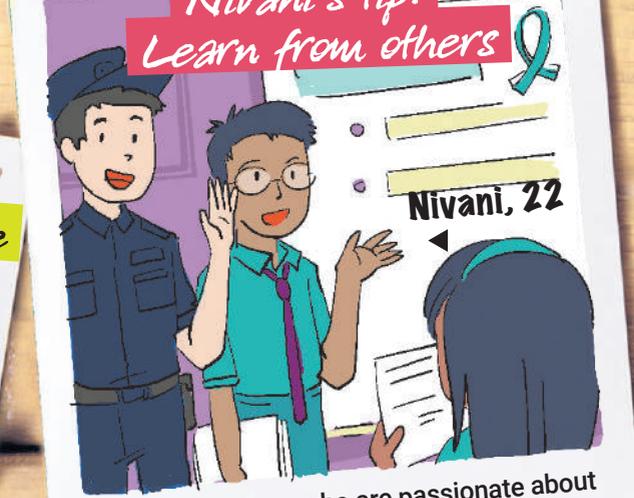
Bala, 18



I have so many dreams I want to achieve! Drugs make you feel sick and unmotivated, and will only distract you from the important things in life. Don't waste your time or money on them when you can be using them for classes, gifts, or a new game!

**Nivani's tip: Learn from others**

Nivani, 22



I work with others who are passionate about spreading the anti-drug message. We encourage members of the public to join our cause. I've learnt a lot from meeting people who are united in the fight against drugs!

**Siti's tip: Reach out for help**

Siti, 21



If you are approached by someone asking you to take drugs or think your friend might be taking drugs, ask your teacher, parent or a trusted adult for help.

**Yi Xuan's tip: Educate others on the anti-drug cause**

Yi Xuan, 20



It's important to let people know the irreversible and harmful effects of drugs on their health, life and how drugs can affect their loved ones. Say NO to drugs – be brave and firm!



Scan to watch this video and learn how you can help Singapore stay drug-free!

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