

EXPECTATION VS. REALITY

What you've heard

You may think you know all about drugs from friends, celebrities, or the internet. How much of it is fact or fiction? Flip the page to learn the truth.

"It's fine to try meth or cannabis once or twice. Taking drugs recreationally isn't that bad... It's not like I will get addicted to them. I can stop anytime I want."

"I've seen on the internet celebrities taking drugs to relax or get inspiration, and they seem fine. Some drugs like cannabis are also legal in certain countries, so it's probably safe."

"So many movies show people taking drugs as cool and successful. I want to be like them too. Even if there are side effects, they'll probably wear off quickly, right?"

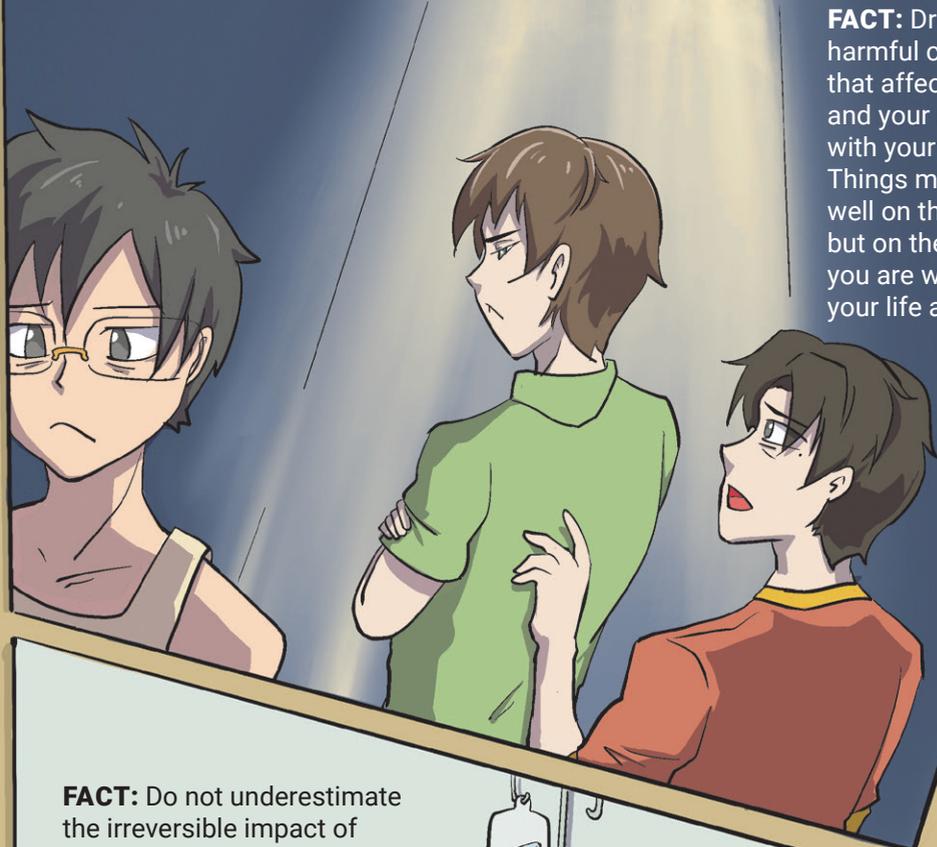
"I heard drugs can help you to focus better! I'll try some so I can concentrate when I study and get good grades."



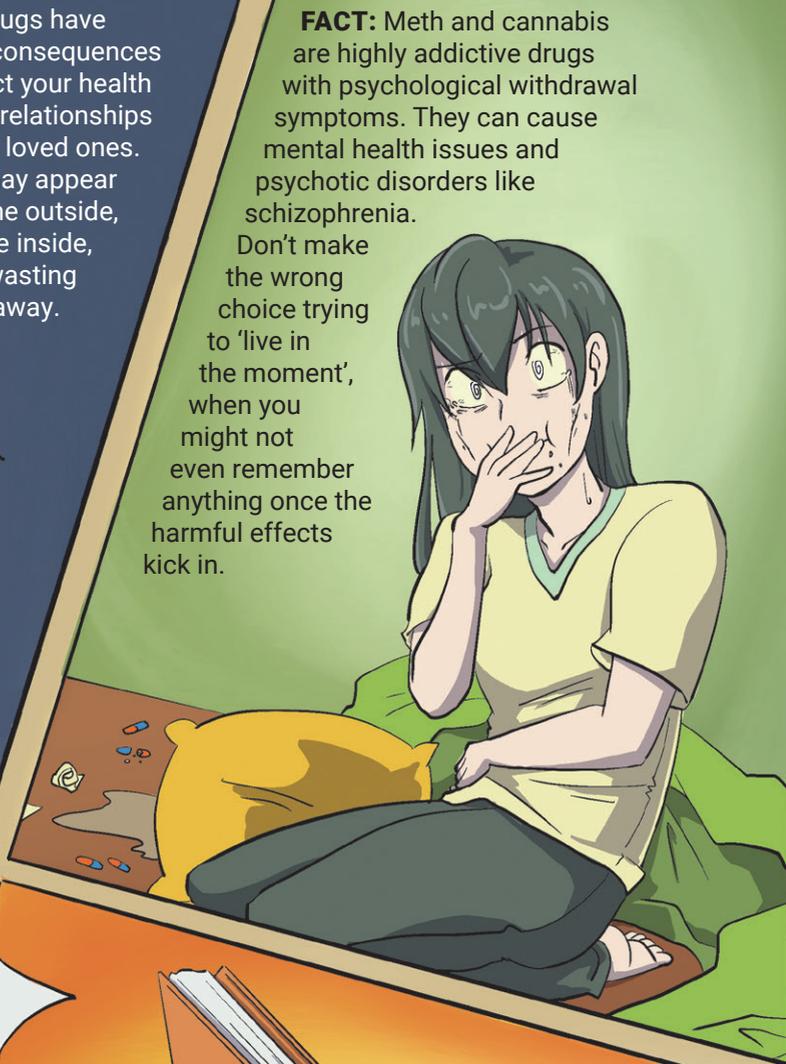
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What you should know

The life of a drug abuser is neither glamorous nor exciting.
The truth is far grimmer than you think.



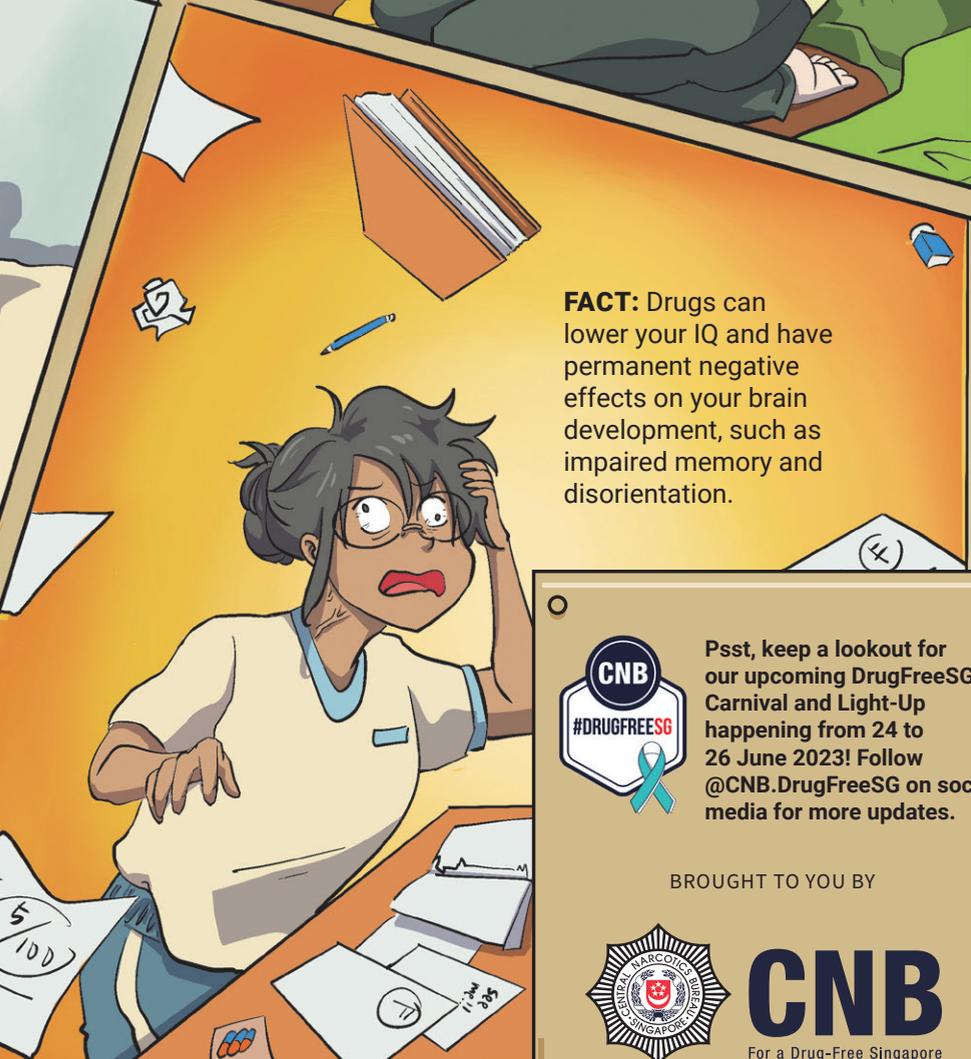
FACT: Drugs have harmful consequences that affect your health and your relationships with your loved ones. Things may appear well on the outside, but on the inside, you are wasting your life away.



FACT: Meth and cannabis are highly addictive drugs with psychological withdrawal symptoms. They can cause mental health issues and psychotic disorders like schizophrenia. Don't make the wrong choice trying to 'live in the moment', when you might not even remember anything once the harmful effects kick in.



FACT: Do not underestimate the irreversible impact of taking drugs. This includes permanent damage to blood vessels of the heart and brain, and high blood pressure leading to heart attacks, strokes and death.



FACT: Drugs can lower your IQ and have permanent negative effects on your brain development, such as impaired memory and disorientation.



Psst, keep a lookout for our upcoming DrugFreeSG Carnival and Light-Up happening from 24 to 26 June 2023! Follow @CNB.DrugFreeSG on social media for more updates.

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