

A substance that changes  
your body or your mind  
when taken

e.g. medicine given by doctors  
(prescription drugs)

## WHAT IS A DRUG?



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 and inhalants



METHAMPHETAMINE



NEW PSYCHOACTIVE  
SUBSTANCES (NPS)



Inhalants: a substance  
that gives out vapours and  
fumes



CANNABIS



Beware of  
chocolates/  
sweets  
infused  
with  
Cannabis!

# HOW DO DRUGS AFFECT YOU?

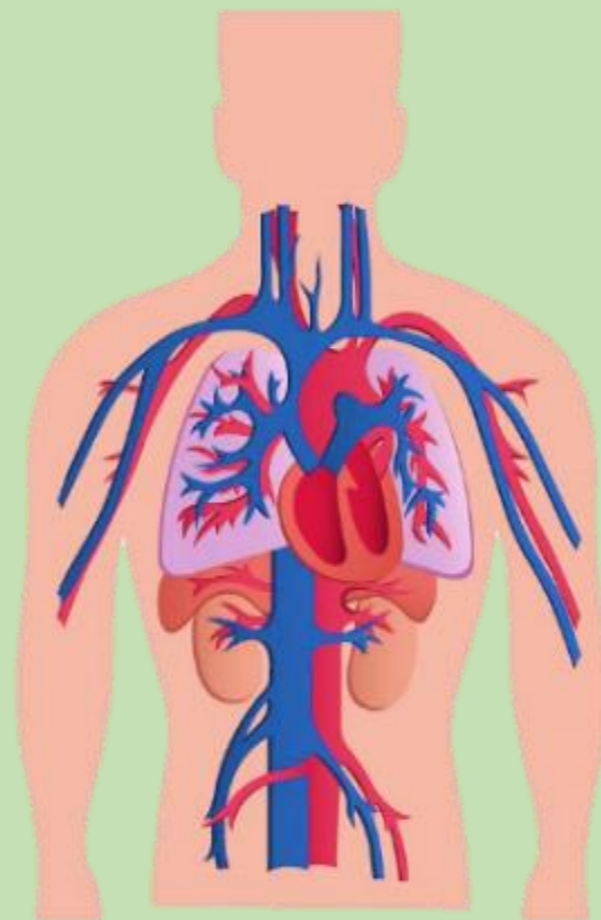
Memory Loss



Mood Swings

Loss of Coordination

Drugs will affect your learning and ability to grow up healthily.



## HEAD

- Permanent damage to the brain

## LIVER & KIDNEY

- Damaged function

## HEART & LUNGS

- Increased risk of cancer

# TRUE STORIES

*In the news....*



Robert Downey Jr comes clean about past drug use, recalls being revived from 'near coma' to shoot scene



Drugs hidden in papaya seized, eight arrested in CNB operation



Taiwan duo in hot water for smuggling heroin in instant noodles



Justin Bieber gets candid about past drug addiction: I 'felt like I was dying'

# DRUGS COME WITH SEVERE PUNISHMENTS



- 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!**

# Be Aware, Be Wise, Think Twice

(pg 13)

[Video Link](#)



#DrugFreeSG #BeAwareBeWiseThinkTwice

Be Aware. Be Wise. Think Twice.

6,826 views • May 9, 2020

👍 22    💬 3    ➦ SHARE    ⌵ SAVE    ...

# Mythbuster – The Ice Cold Truth about Meth

(pg 23)

[Video Link](#)



#DrugFreeSG  
Mythbuster Series: The Ice Cold Truth About Meth  
628 views • Dec 28, 2020

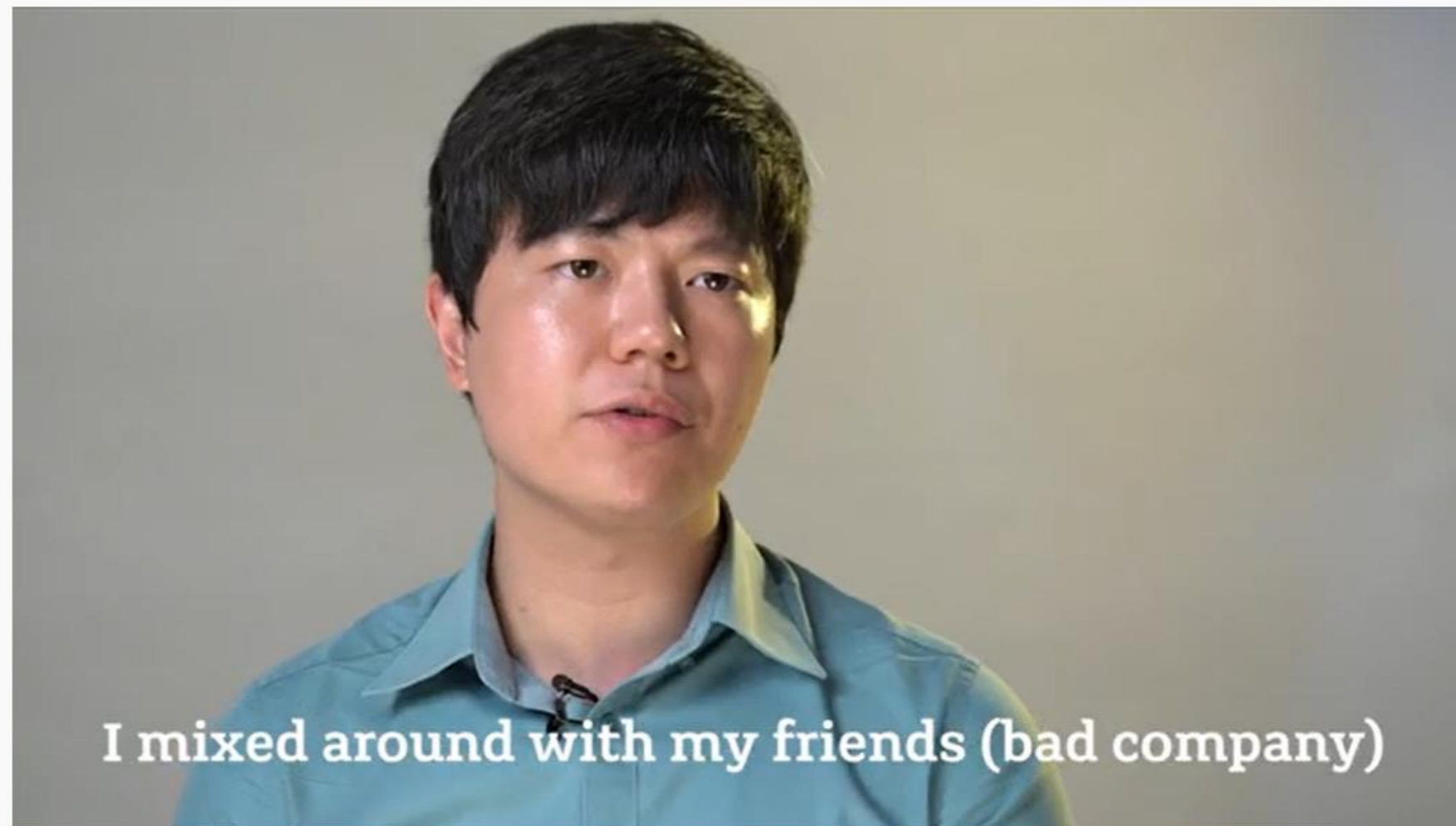
4 4 SHARE SAVE ...

The image shows a YouTube video player. The video frame displays a cartoon character with bright red hair and a teal, rounded body. The character is sitting at a small, dark brown table. On the table, there is a blue bottle with a red label, a small glass, and some white pills. The background is a simple, dark purple wall. Below the video frame is a standard YouTube player interface with a progress bar showing 0:05 / 1:55, and various control icons like play, volume, and settings. Below the player, the video title 'Mythbuster Series: The Ice Cold Truth About Meth' is visible, along with the hashtag #DrugFreeSG, view count (628 views), and upload date (Dec 28, 2020). At the bottom, there are icons for likes (4), dislikes (4), share, save, and a menu icon.

# #TheStruggle

## Sharing from an ex-abuser

[Video Link](#)



#TheStruggle - Thomas Liao

760 views • Dec 11, 2019

👍 4    💬 1    ➦ SHARE    ≡+ SAVE    ...





Answers for  
Primary 4  
Anti-Drug  
Ambassador  
Activity Booklet

# DRUGS AND INHALANTS!

# SPOT THE DRUGS!



## 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



## 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



## 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



## 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



## 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

**Say No to Drugs!**



That's weird. The chatroom is getting flooded with mixed images of medication and illicit drugs! Ashwin, Putri and Ivan try to close the chat window but they've been locked in.

"Don't worry." Captain Drug Buster assures them. "We just have to pick out the illicit drugs to unlock the chatroom."

To do so, help the trio cross out the illicit drugs!



# SOLVE THE PUZZLE

Great job unlocking the chatroom! But just before they can exit it, a puzzle pops up.

Go to the next page to solve the puzzle! Can you help Ashwin, Putri and Ivan learn about the harmful effects of drugs as well?

5. M E T H A M P H E T A M I N E

3. C A N N A B I S

2. I N H A L A N T S

4. H E R O I N

1. E  
W  
P  
Y  
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1. This drug causes severe intoxications and can lead to death.
  2. Continuous sniffing of this drug can cause permanent damage to the brain, liver and kidney.
  3. This drug is also known as Pot or Weed.
  4. This drug can cause difficulty in concentrating and constipation.
  5. This drug is also known as 'Ice' or Crystal.
- Hint: refer to page 4 for clues!**

# SPOT THE SIGNS!

Ashwin, Putri and Ivan finally exit the chatroom and find the other in-game characters interacting in the game lobby. However, some of them are acting strangely.

They look as if they have taken drugs. Can you recognise the tell-tale signs?

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



## LOSS OF BODY CONTROL



## HALLUCINATION



## DEPRESSION



## ANXIETY



## TIREDNESS



"Drugs are really bad for the body. Why are there messages in the game asking us to try them, then?" Ashwin wonders. "This is dangerous!"

Suddenly, Captain Drug Buster snaps his fingers, a plan forming in his head. "Let's meet in the game portal!" he says before logging off.

Can you help the trio access the game portal by finding the passwords below through identifying the harmful effects of drugs?



Words are hidden →, ↓ and ↘.

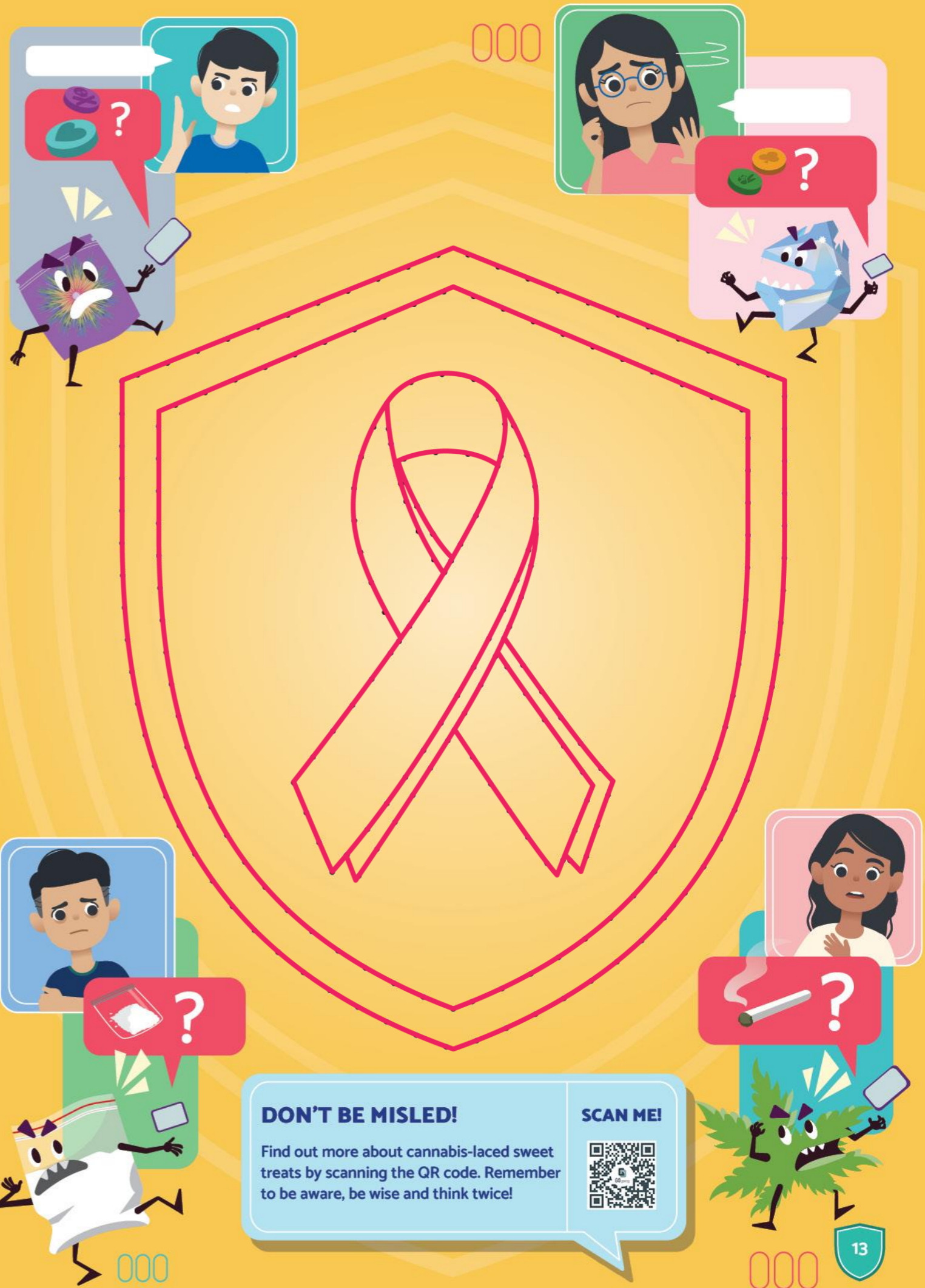
DIZZY CONFUSED CONSTIPATED NAUSEA TIRED

R	M	U	G	P	J	F	N	P	I	T	J	C	E	E	R
U	V	T	E	C	X	M	Z	H	J	U	O	O	N	F	H
D	Y	I	Y	E	O	Y	R	W	X	B	P	N	L	M	P
N	A	R	N	Y	W	N	C	P	R	Q	Y	S	D	A	O
A	K	E	T	L	O	F	F	E	N	Z	F	T	C	V	B
S	G	D	N	L	R	B	U	U	L	N	O	I	K	S	O
A	M	M	I	V	T	D	U	O	S	K	M	P	W	W	P
B	N	O	R	Z	K	X	H	C	U	E	G	A	I	R	Z
G	V	Y	V	S	D	O	T	N	D	E	D	T	H	W	D
D	I	Z	Z	Y	O	B	J	G	Q	C	A	E	U	B	K
B	X	U	R	G	P	R	Y	Q	X	Q	K	D	H	F	A
I	T	Q	K	N	X	Y	D	Q	A	N	A	U	S	E	A

# JOIN THE DOTS!

There it is! They've found the source. Turns out, the Drug Minions were the ones sending out those suspicious messages telling players to take drugs.

Let's create an Anti-Drug Ribbon Shield to disrupt the Drug Minions' evil plans!



**DON'T BE MISLED!**  
Find out more about cannabis-laced sweet treats by scanning the QR code. Remember to be aware, be wise and think twice!



Putri notices that one of the Drug Minions was talking to her classmate Sarah.

Sarah seems a little shaken, but otherwise fine. "The Drug Minions are targeting students," she explains to the trio. "Last week, I saw 3 of our classmates chatting with them. I haven't seen them since."

"We will follow them and find out more!"



# MYTHBUSTERS

Oh no! While the group was chatting with Sarah, they didn't notice that the Drug Minions have disappeared!

To shake off the trio, the Drug Minions have littered myths on drugs to confuse them.

Make the right choice and bust these myths!



1

We should take prescribed medication only under a doctor's advice or our parents' supervision.

**TRUE**

FALSE

2

Cannabis helps you concentrate better and improves your motivation.

TRUE

**FALSE**

3

If a stranger on the Internet offers you unknown substances, it is safe to accept.

TRUE

**FALSE**

4

It is ok to try drugs once, because you won't get addicted.

TRUE

**FALSE**

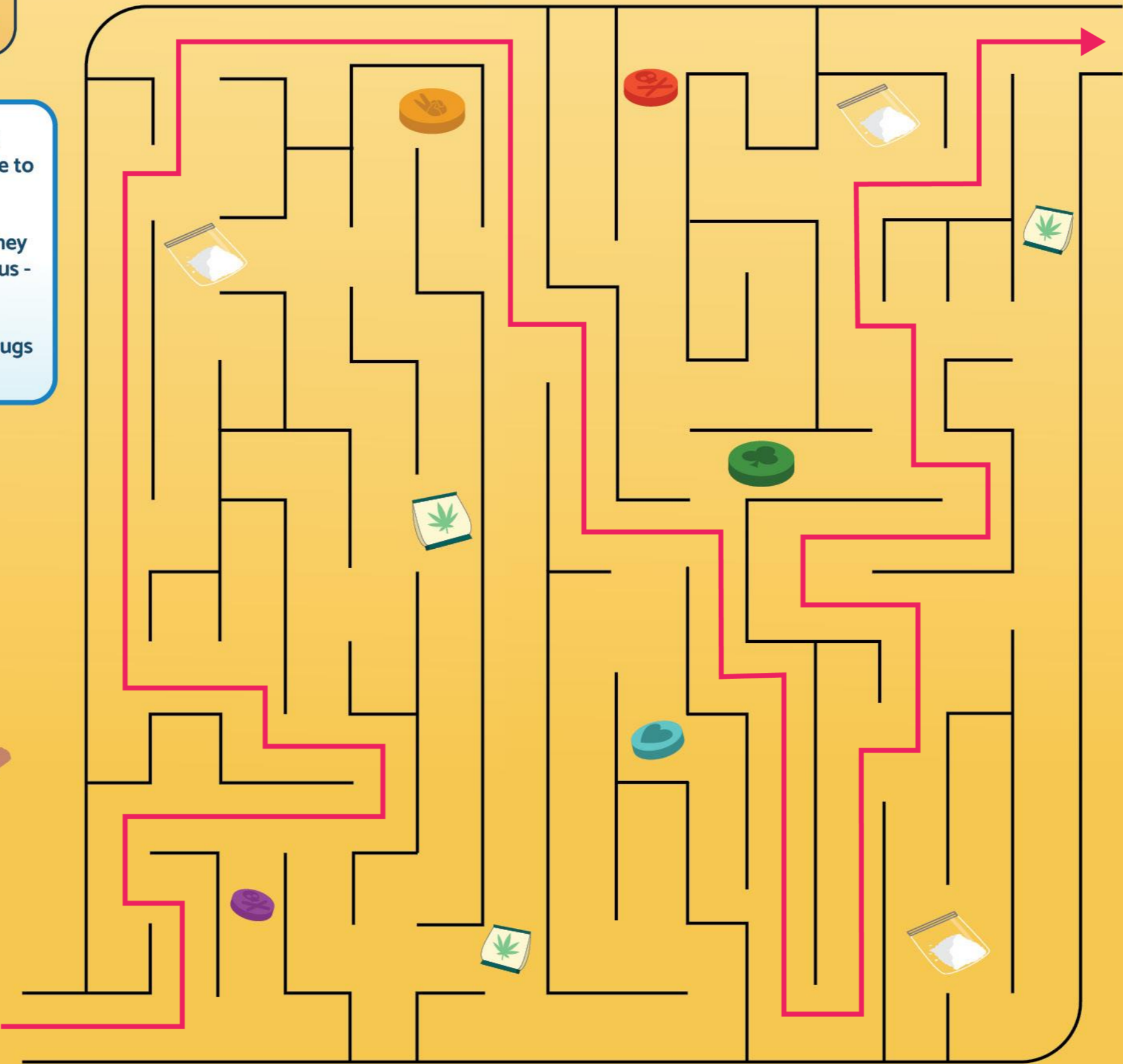


# ESCAPE HUNT

The Drug Minions are getting further away!  
They have slipped through a maze to escape to their base.

“Be careful!” Captain Drug Buster warns. “They have left drugs in the pathways to stumble us - watch out.”

Get through the maze while avoiding the drugs to follow the Drug Minions!



# UNLOCK \_\_\_\_\_ \*\*\*PASSWORD



The group finally catches up. Ashwin, Putri and Ivan cautiously enter the base. The Drug Minions are nowhere in sight but they are faced with another surprise.

On the screens are their 3 missing classmates! Turns out, they have been trapped inside the base, affected by the harmful drugs around them.



3 - Stressed

4 - Brave

6 - Positive

2 - Firm

1 - Bored

5 - Strong

To free their friends, unlock their screens by using encouraging words!

Choose the positive words, and write down their number (in ascending order) to get the code.

2

4

5

6

## HELPFUL TIPS FOR A #DRUGFREE LIFE

Relax with activities you enjoy.  
If you like reading, scan the QR code to check out Captain Drug Buster's other adventures!

SCAN ME!





# PERFECT MATCH

Match the thoughts to a healthy drug-free activity!

"We did it!" Ivan exclaims. "We freed our classmates!"

"To prevent them from falling prey to the Drug Minions' bad influence again, let's help your classmates find ways to lead a drug-free lifestyle," encourages Captain Drug Buster.



"I'm bored. I want to try new, exciting things."

"I'm stressed. How can I relieve it to feel better?"

"My friends are taking drugs and are offering me too. But if I say no, they will not hang out with me anymore."

"I can't focus on studying. I need something to help me."

"There are other activities to do together with my friends. If they still shun me, maybe we shouldn't be friends then."

"There are ways to manage my studies. I'll ask my teacher or friends for help!"

"I can talk to my parents or the school counsellor about how I'm feeling."

"I'll take up sports or participate in my CCA!"



# REMEMBER...

- Drugs are addictive
- Drugs have harmful effects on your mind and body e.g. dizziness, loss of control, confusion, nausea
- 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!

