



# ANTI-DRUG AMBASSADOR

*BOOKLET FOR PRIMARY 5 STUDENTS*

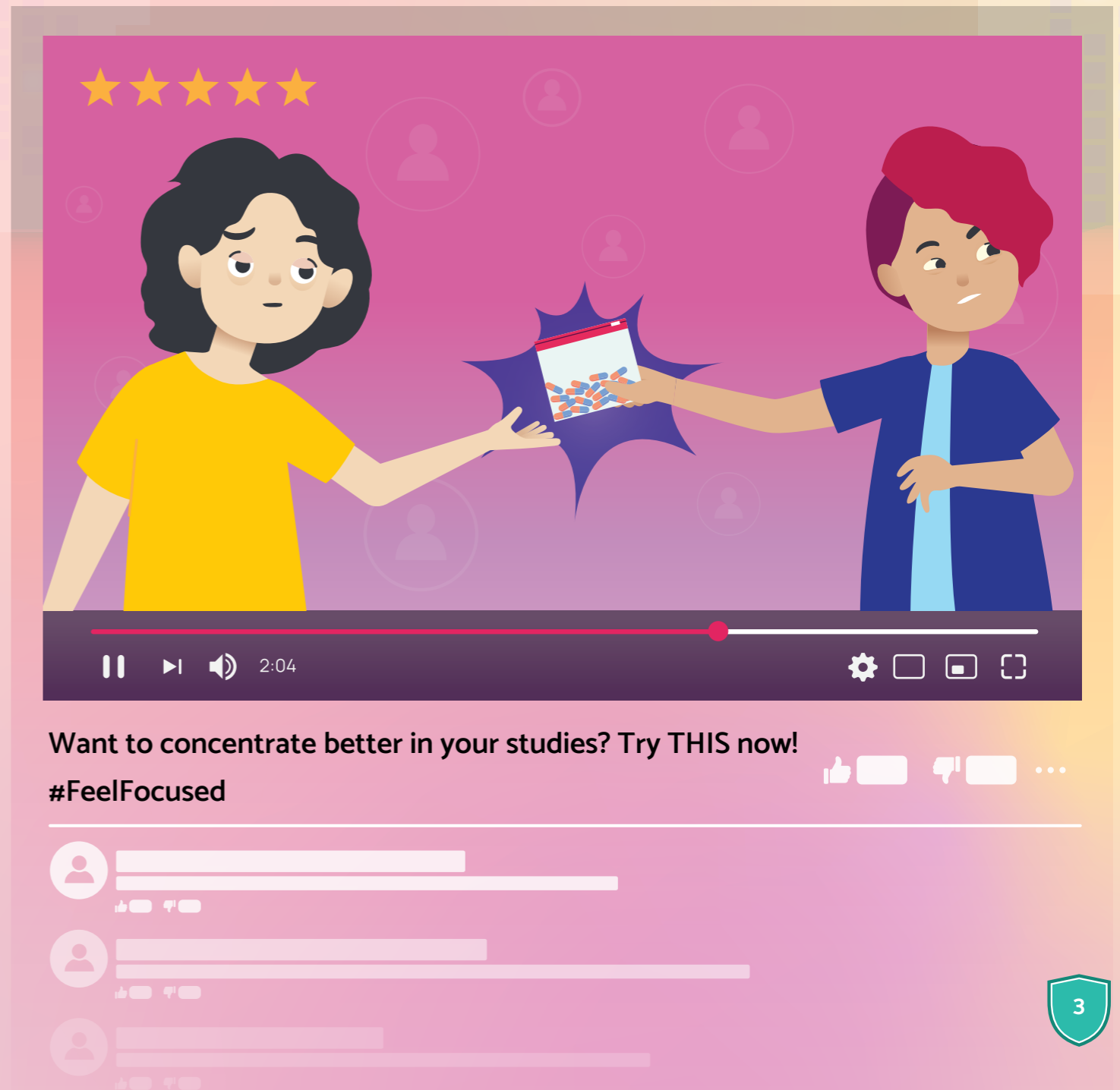
# INTRODUCING...



# The STORY

Ashwin, Putri and Ivan are surfing a video website when they come across a popular livestreamer promoting “sweets” with the hashtag #FeelFocused. However, they notice that the streamer looks dazed, and that the “sweets” look very suspicious. Could it be... drugs?

“Let’s alert Captain Drug Buster and look into this!”, the trio decides.



# DRUGS and INHALANTS!

## NEW PSYCHOACTIVE SUBSTANCES (NPS)

Also known as Spice, K2, Bath Salts, Kronik, Bromo-Dragonfly

### Harmful Effects

- Severe intoxications
- Severe toxic reaction leading to death
- Paranoia (irrational fear or suspicion)
- Hallucination
- Adverse cardiovascular problems
- Renal failure
- Seizures



## 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



## 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



## 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



## 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



SAY NO TO DRUGS!



# Search for WARNING SIGNS

Throughout the livestream, the streamer's behaviour seems to get stranger. Ashwin, Putri and Ivan suspect that the "sweets" are actually drugs. Prove that they are drugs by spotting the signs of drug abuse!

Find these words:

1. Dazed
2. Lethargic
3. Confused
4. Aggressive
5. Impulsive

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

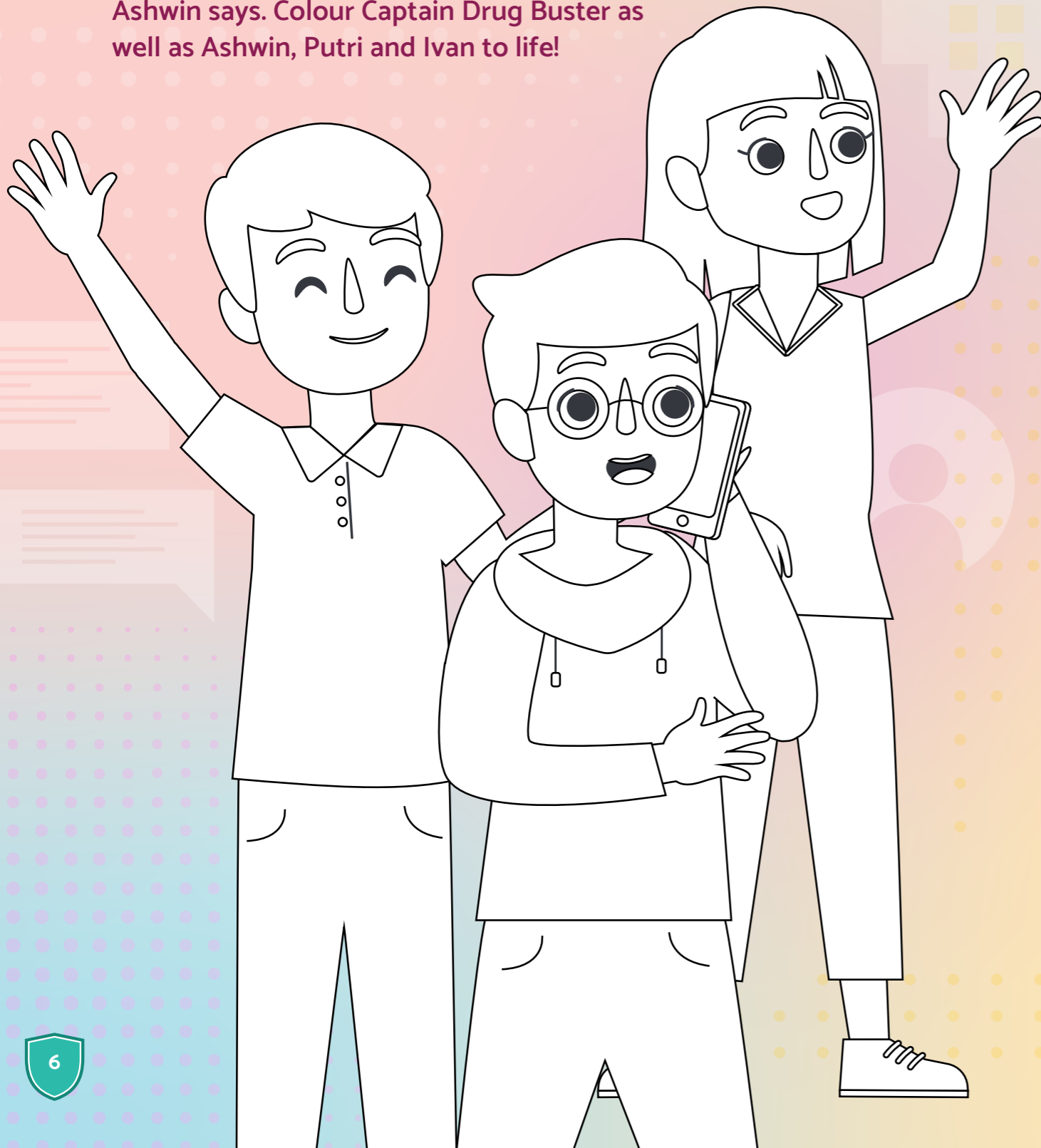


# SHADE, *tinge and hue*

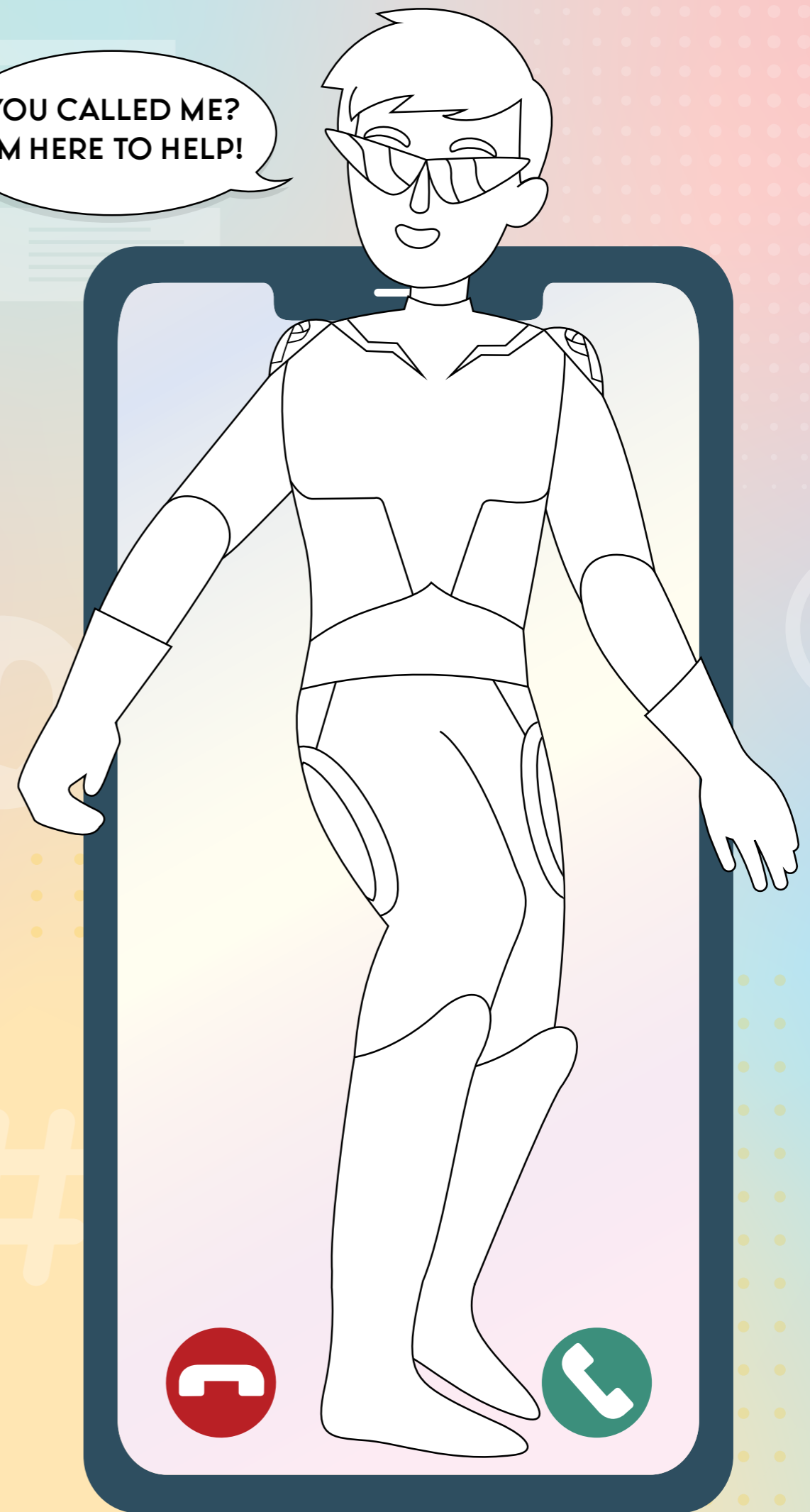


With the streamer trying to show that drugs are cool, the hashtag #FeelFocused is trending fast. Oh no! This could mean more viewers are getting exposed to drugs! “How do we stop this?” Putri asks.

“Let’s quickly reach Captain Drug Buster for help!” Ashwin says. Colour Captain Drug Buster as well as Ashwin, Putri and Ivan to life!



YOU CALLED ME?  
I'M HERE TO HELP!

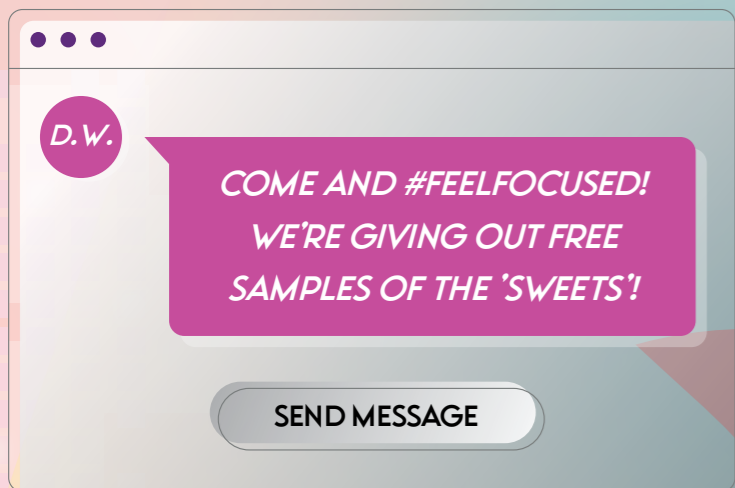




# DON'T GET Tricked!

“Wait a minute!” Ivan discovers after solving the puzzle. “I just received a message from someone with the initial ‘D.W.’ Looks like Dr. Wacko has sent the message to other livestreamers too.”

Turns out, Dr. Wacko and his Drug Minions have been controlling the various livestreamers to influence them into taking drugs!



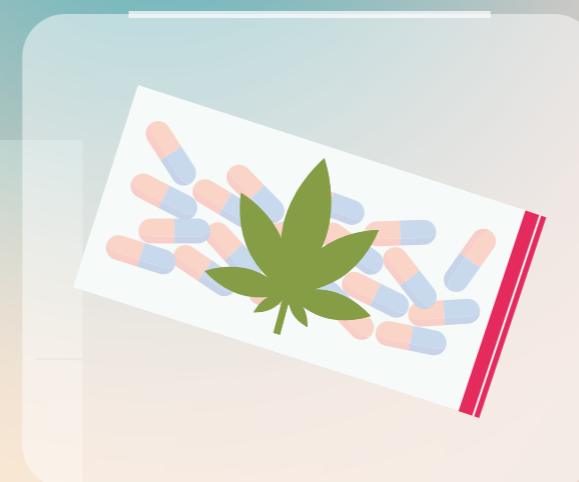
Let's trick these kids to get them hooked on drugs!



## Spot the DRUGS

“Dr. Wacko has been expanding his evil plan through this website this whole time?” exclaims Captain Drug Buster. “This is bad! More livestreamers are falling prey to misinformation online!”

Can you identify the harmful drugs?



# Paste THE STICKERS

“Well done, we got rid of the drugs!” Putri cheers. However, there are multiple video screens popping up suddenly, showing different livestreamers - some look fine, but others seem to behave strangely.


Can you recognise the harmful effects and tell-tale signs of drug abuse?

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



**STICKERS**  
for the activity on page 12

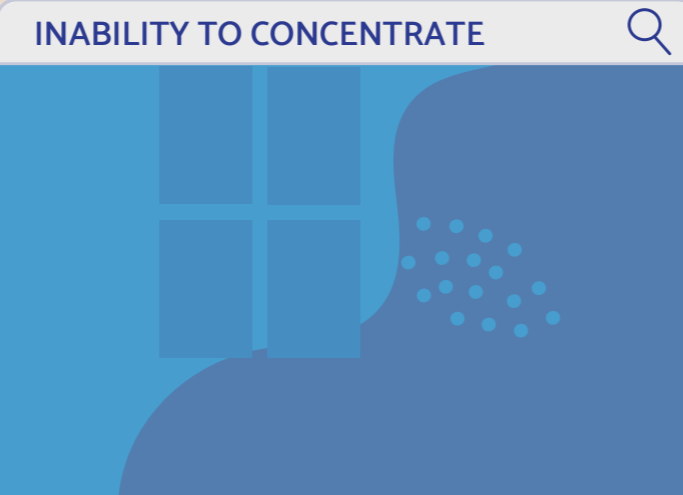
HALLUCINATION



DIZZINESS



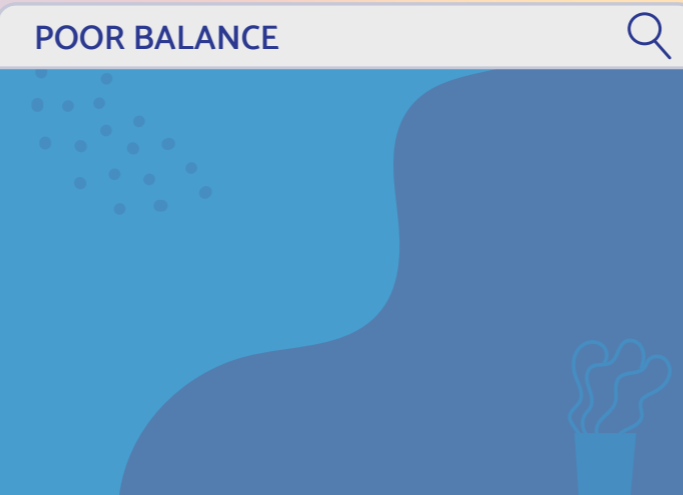
INABILITY TO CONCENTRATE



CRAMPS AND BAD COUGH



POOR BALANCE

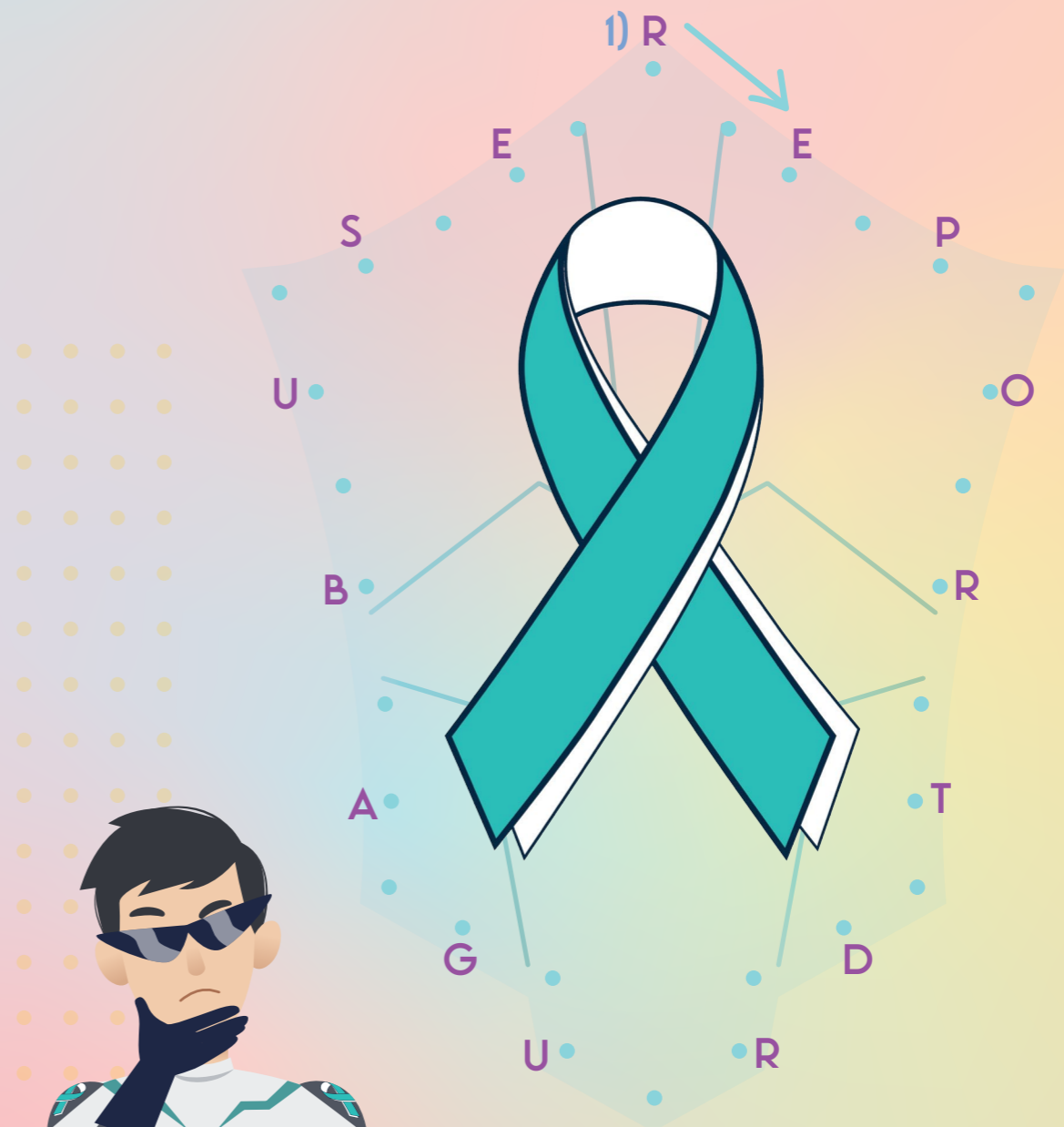


# Join THE DOTS!

“Oh no, looks like others are suffering from the harmful effects of drugs.” Ashwin is worried, looking at the livestreamers. “We need to stop Dr. Wacko before there are more victims!”

Captain Drug Buster has an idea. “Let’s send out a secret message to expose Dr. Wacko’s bad intentions!”

Help Ashwin, Putri and Ivan craft the message by joining the dots below!



What’s the secret message?  
\_\_\_\_\_

# MythBUSTERS

Captain Drug Buster and the trio decide to start their own video livestream to share about the harms of drugs and warn streamers against Dr. Wacko.

Some streamers have questions - can you help the group debunk these myths?



Mythbuster 1

Drugs are probably harmless, since movies and shows depict them as fun.

TRUE FALSE

Mythbuster 2

NPS can cause toxic reactions leading to death.

TRUE FALSE

Mythbuster 3

Someone told me this unknown substance is safe, so it should be true.

TRUE FALSE

Mythbuster 4

Signs of drug abuse include changes in appearance and abnormal behaviour.

TRUE FALSE

Hint: go to page 4 for clues!

**LET'S BUST THOSE MYTHS!** SCAN ME!

Scan the QR code to learn the buzz about cannabis.

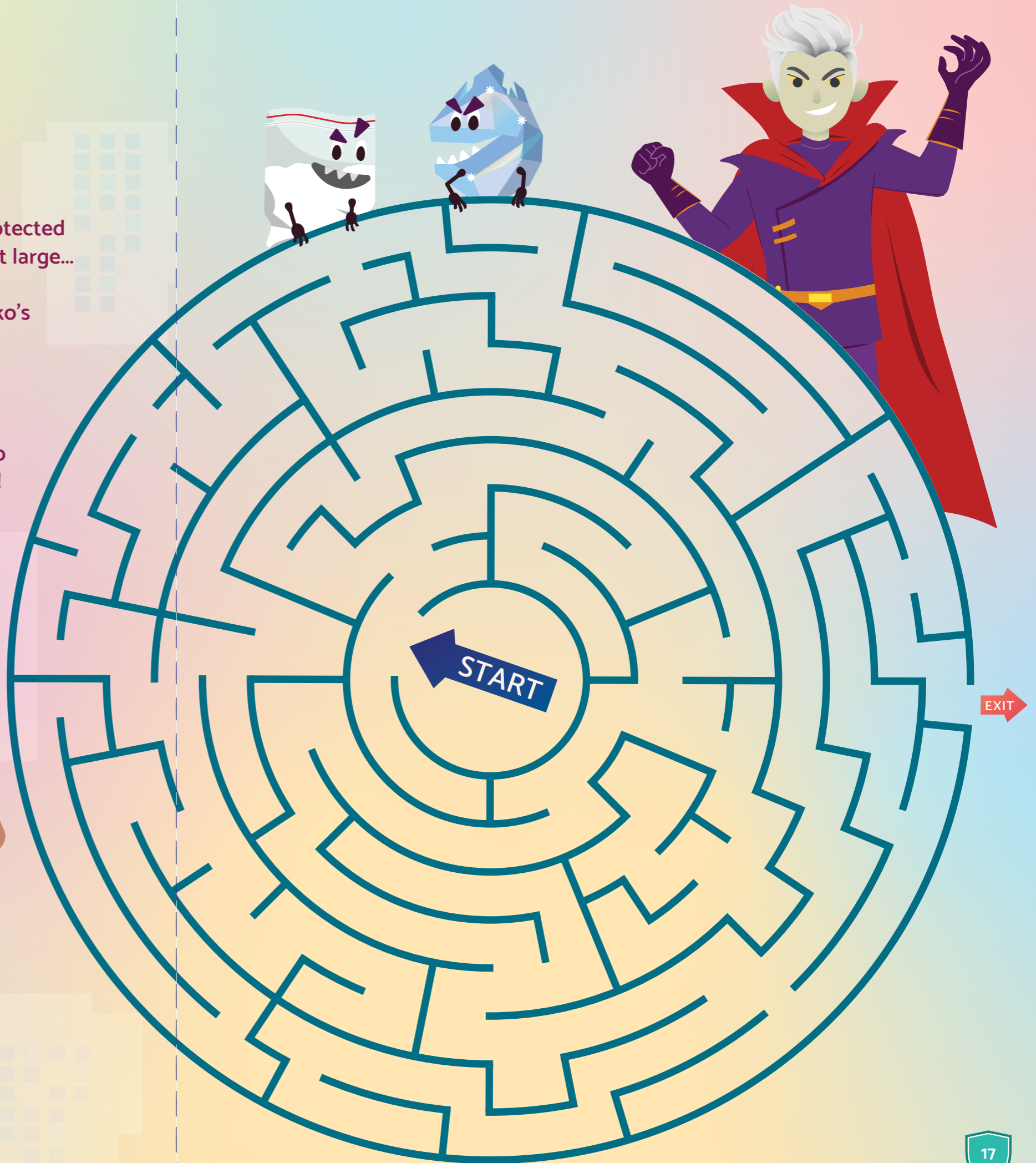


# EscapeHUNT

Success! The livestream goes well and more people are now protected against the misinformation about drugs. But Dr. Wacko is still at large...

"I've got an idea!" Ivan exclaims. "Let's try logging into Dr. Wacko's account and expose his evil plans!"

"That's a great suggestion!" replies Captain Drug Buster. But Dr. Wacko's account has blocked them out with a maze of firewalls. Help the team break through and find their way out!

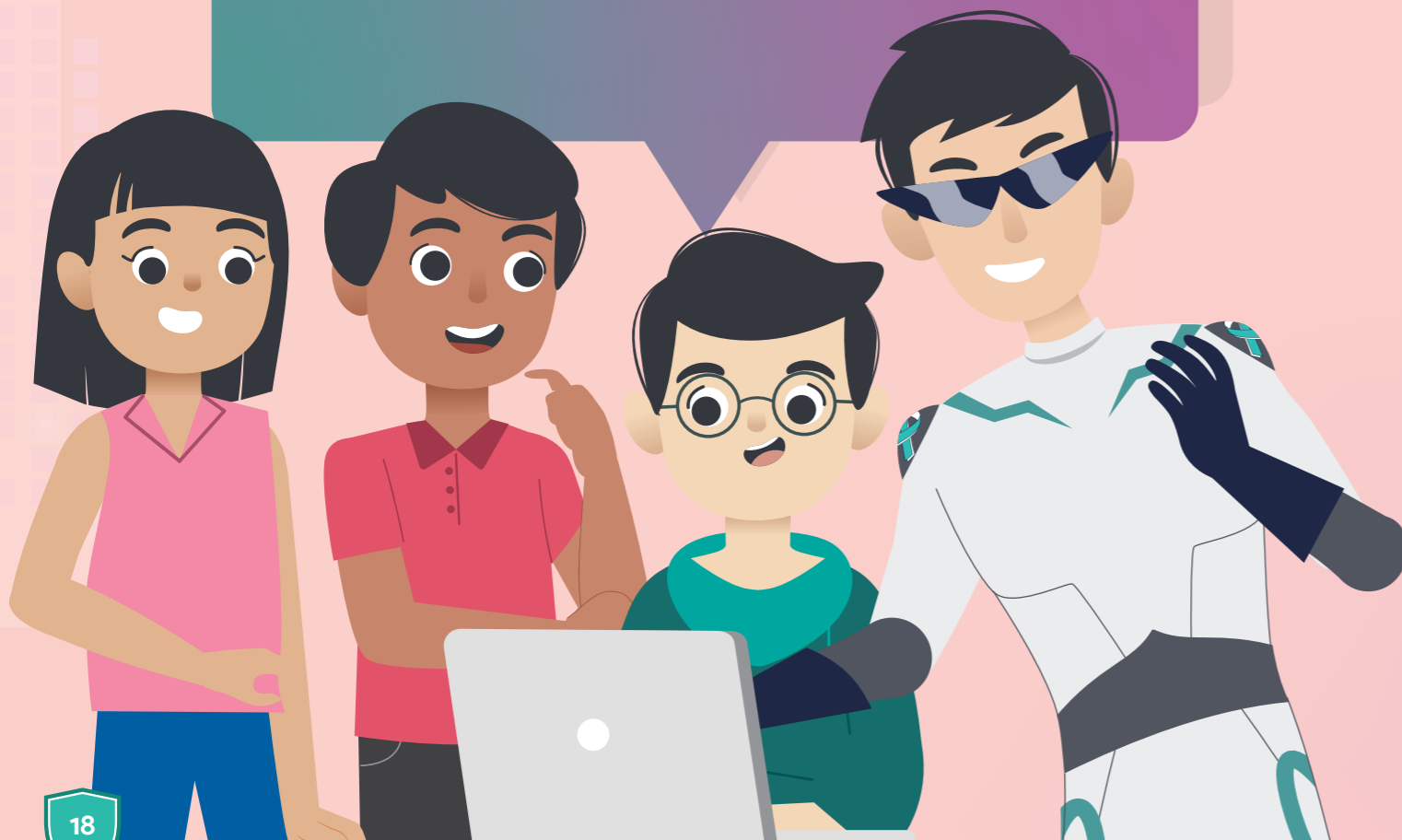


# Unlock THE PASSWORD

At last, the group manages to get into Dr. Wacko's account!  
There's one final password.

Choose the ways to say "No" to drugs, and write down their  
number in ascending order!

ENTER YOUR PASSWORD



Can you help Captain Drug Buster, Ashwin, Putri and Ivan crack the code?

4

Standing firm and  
saying "No" bravely

6

Accepting the  
drug offer

2

Leaving the  
conversation

1

Keeping the drugs in  
your bag for a friend

3

Asking a trusted  
adult for help

5

Changing the subject  
to another topic

**TIPS TOWARDS A  
#DRUGFREE LIFESTYLE**

Find out how you can help yourself and your loved  
ones turn away from drugs in this video here.

SCAN ME!



# DRUGS *and* LADDERS

“Yes, we got into Dr. Wacko’s account!”

However, Ashwin, Putri and Ivan discover the screens of other streamers who have been trapped by Dr. Wacko and the harms of his drugs. Let’s help them finish the snakes and ladders game to escape!



30 You got into a fight with your classmate because you felt agitated	31	32	33 You went for your first swimming class	FINISH!
29 You decided to pick up a new hobby	28 You went to smoke with your friends instead of going for soccer practice	27 You went to smoke with your friends instead of going for soccer practice	26	25
20	21	22	23	24
19	18	17 You shared the pills you got from Dr. Wacko with your classmate	16	15 You suggested having a picnic with your family on the weekend
10	11	12 Oh no! You took one of the unknown pills Dr. Wacko gave you	13	14 It's a breezy day and you walked your dog around the park
9	8 Good job! You finished reading the book you borrowed from the library	7	6	5
START	1	2	3 You followed Dr. Wacko's account and made friends with him	4

# PAIR It Up

Great effort! Ashwin, Putri and Ivan have freed the streamers. However, they are still suffering from the effects of drug abuse and might give in to Dr. Wacko's bad influence again.

"Don't worry, we'll show you how to lead a healthy, drug-free lifestyle," reassures Putri. Match the thought to a positive alternative!



"I'm feeling restless and bored. I want to try something new."

"I can talk to a trusted adult, like my parents or school counsellor on how I'm feeling."

"My friends think I'm timid because when they offered me drugs, I said 'No'."

"I'll suggest other activities to do together with my friends. Drugs are harmful, they should not even try it."

"I'm getting stressed out with my studies. What can I do to feel better?"

"Exercising can help me relax. I'll try it out."

"My family thinks I'm too uptight. Maybe I should take something to calm myself down."

"There's a new park nearby - I'll go for a walk, or read a new book."

# Let's Play PRETEND

“Hey, you kids! What makes you think you’re right?” Dr. Wacko appears at this moment, trying to convince Ashwin, Putri and Ivan that drugs are harmless.

To prove Dr. Wacko wrong, let’s act out the script by Captain Drug Buster with a friend or family member and defeat Dr. Wacko!



FRIEND  
1

I saw someone offering a special drug online! Taking drugs looks so cool. I think it will make me the most popular kid in school.

FRIEND  
2

No, it will not. In fact, you will suffer from effects like heart problems and slow reactions. Do you think you will still look cool after that?

FRIEND  
1

No way! I thought these effects will only be temporary?

FRIEND  
2

That’s what Dr. Wacko wants you to think. I bet he didn’t tell you about the physical and mental health impacts.

FRIEND  
1

That sounds awful. You’re right, drugs are harmful. I’ll say “no” firmly if someone ever offers them to me.



# Key Learning VALUES

“Let’s deactivate Dr. Wacko’s account for good before he can hurt more people,” commands Captain Drug Buster.

But before signing out, he has one more thing to tell the audience on the livestream.

Unscramble the words below to reveal how we can stay drug-free!

                         
\_ \_ E \_ \_ R \_ \_ V \_ \_ E

in saying “No” to drugs  
(available letters: A, B, B)

                         
\_ \_ B \_ \_ F \_ \_ R \_ \_

in turning away from negative influences  
(available letters: M, E, I)

                               
\_ \_ B \_ \_ P O S \_ \_ T \_ \_ V \_ \_

in leading a healthy, drug-free life  
(available letters: I, I, E, E)



**FOR A #DRUGFREESG**

Find out why it’s important to live in a drug-free Singapore where we can work, play and grow up safely.

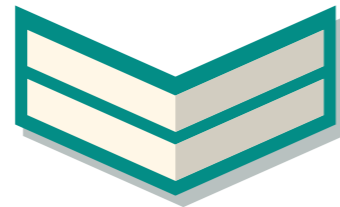
SCAN ME!



# Pledge to be DRUG-FREE!

Well done! Your efforts have contributed to a successful mission.

Pledge together with your friends to stay drug-free and become a Drug Buster Buddy!



I pledge to stay drug-free by:

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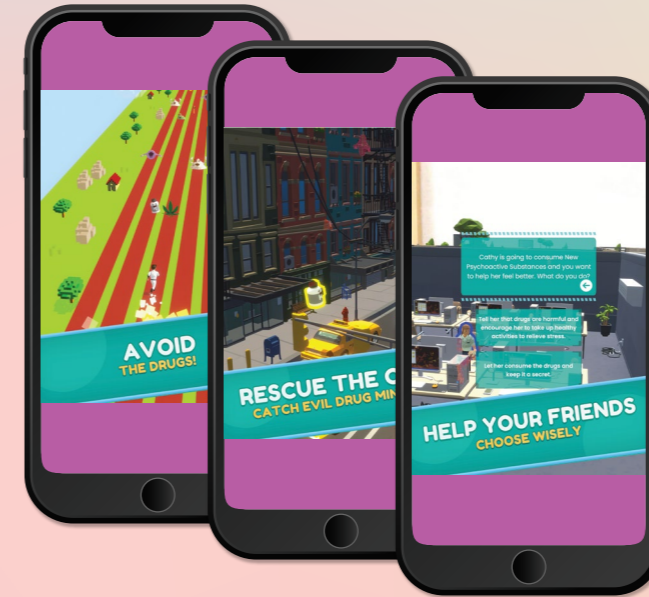


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# STEP INTO THE WORLD OF Augmented Reality!



Join Captain Drug Buster onboard as a Drug Buster Buddy! Can you complete all 3 missions successfully and top the leaderboard?



Download on the App Store!



Download on the Play Store!



Want to embark on an exciting anti-drug journey? Download the DrugFreeSG app and scan the AR markers in the online brochure to interact with virtual characters!



# ANTI-DRUG montage competition

We commemorate the International Day Against Drug Abuse and Illicit Trafficking, also known as World Drug Day, on 26 June every year. In conjunction with the Anti-Drug Abuse Campaign (ADAC), we hold an annual competition for primary school students to create anti-drug montages within their school premises.

Schools with the best anti-drug montages will stand to win cash prizes!

Check out more details from your teacher or follow CNB's social media handles @CNB.DrugFreeSG for updates!



# Answers to ACTIVITIES

PAGE 26: KEY LEARNING VALUES

BE BRAVE

BE FIRM

BE POSITIVE

PAGE 23: PAIR IT UP

PAGE 18: UNLOCK THE PASSWORD

2 3 4 5

PAGE 17: ESCAPE THE MAZE

PAGE 15: MYTHBUSTERS

1. False
2. True
3. False
4. True

PAGE 13: JOIN THE DOTS!

REPORT  
DRUG ABUSE

PAGE 12: PASTE THE STICKERS

PAGE 11: SPOT THE DRUGS

PAGE 9: SOLVE THE PUZZLE

1. Methamphetamine
2. Cannabis
3. NPS
4. Heroin
5. Inhalants

PAGE 5: SEARCH FOR WARNING SIGNS

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



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Visit the CNB Website at [www.cnb.gov.sg](http://www.cnb.gov.sg) for more information on drugs and drug abuse, and to download a digital copy of this booklet.

CNB Hotline: 1800-325-6666



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# STICKERS

*for the activity on page 12*

