

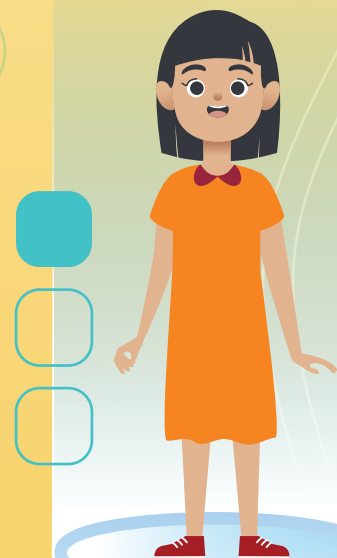


ANTI-DRUG AMBASSADOR

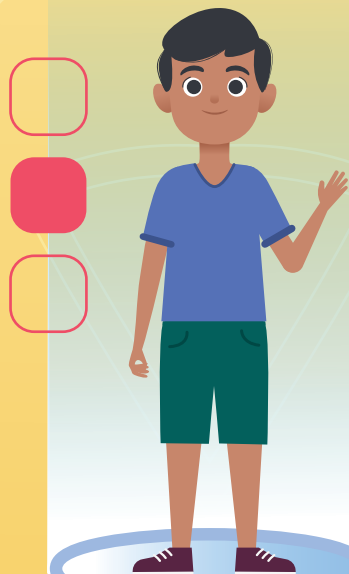
BOOKLET FOR PRIMARY 4 STUDENTS

INTRODUCING...

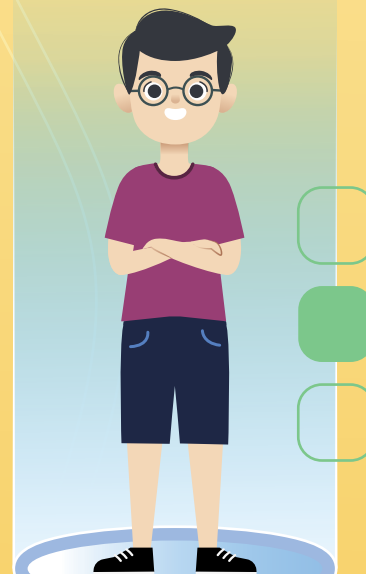
000



PUTRI



ASHWIN



IVAN



DR. WACKO
& DRUG MINIONS

I am Captain
Drug Buster!

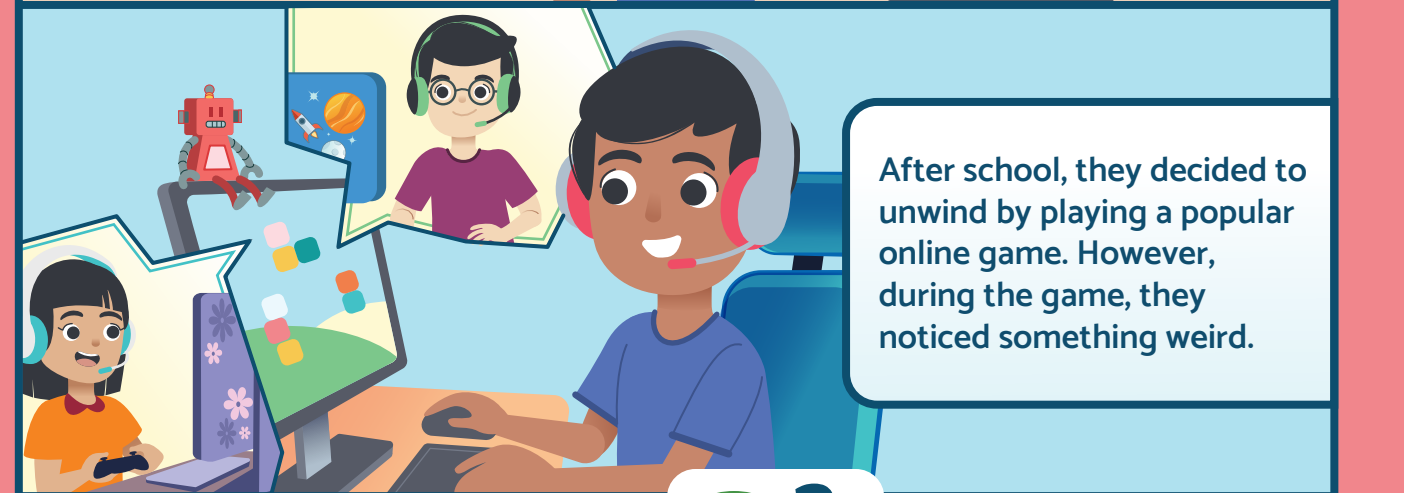


THE STORY

While doing home-based learning, Ashwin, Putri and Ivan noticed that 3 of their classmates have not been attending class.



After school, they decided to unwind by playing a popular online game. However, during the game, they noticed something weird.



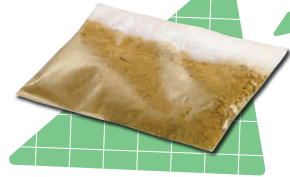
The trio started getting in-game messages asking if they would like to try new "stuff" to improve their focus.



Feeling suspicious, they contact Captain Drug Buster to get to the bottom of this mystery!



DRUGS AND INHALANTS!



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!



SPOT THE 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."

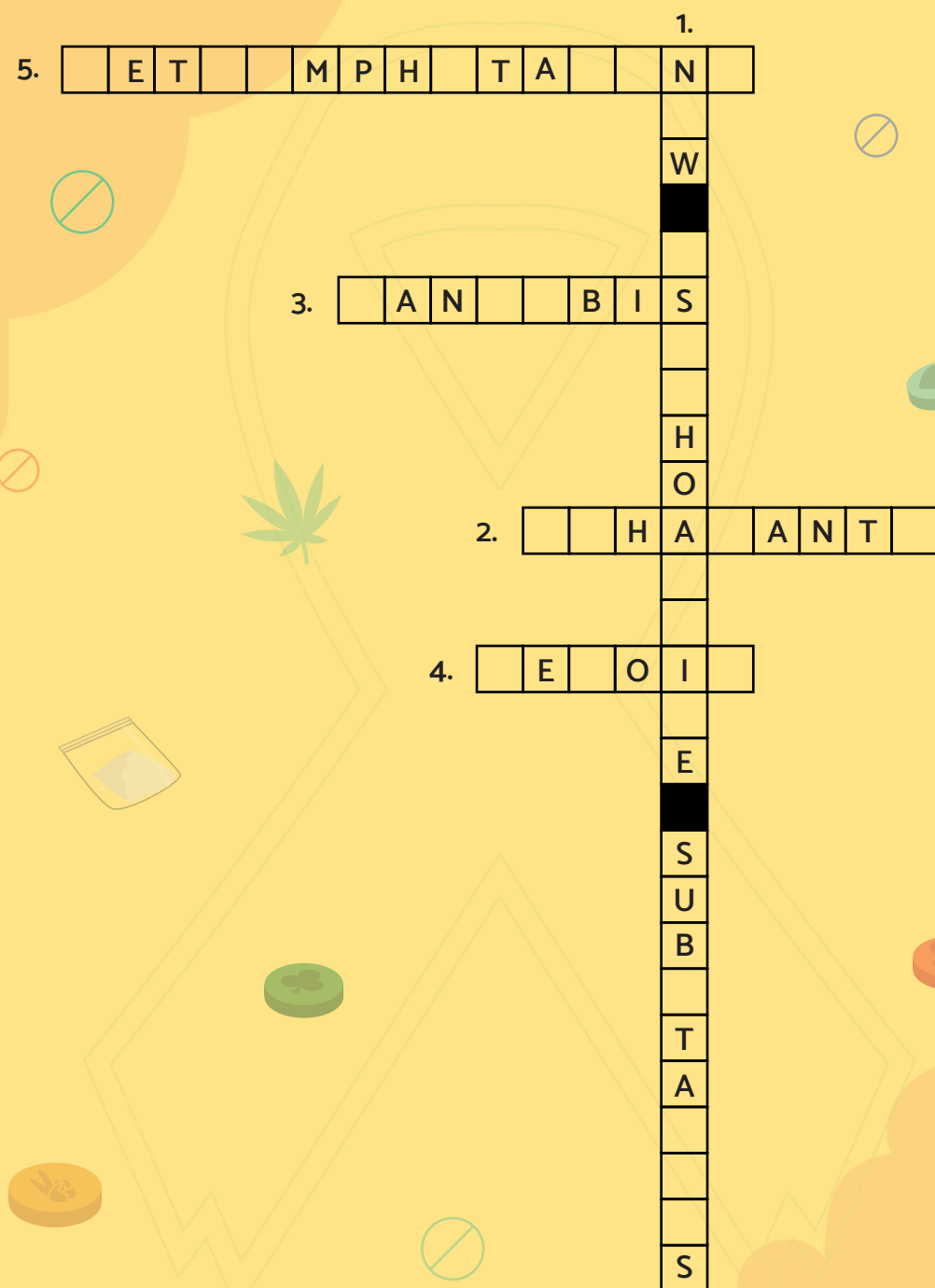
To do so, help the trio cross out the illicit drugs!



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?



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!

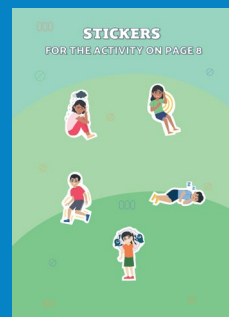


SPOT THE SIGNS!

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

COLOUR THE WORLD

Ashwin, Putri and Ivan have unlocked the portal! They teleport to the game world and meet up with Captain Drug Buster.

“Glad that you’re here!” Captain Drug Buster greets them. “We need to find the person behind these dubious messages about the drugs. Let’s go uncover this game world!”

Bring the game world to life by filling in the colours!

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!

SCAN ME!



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!

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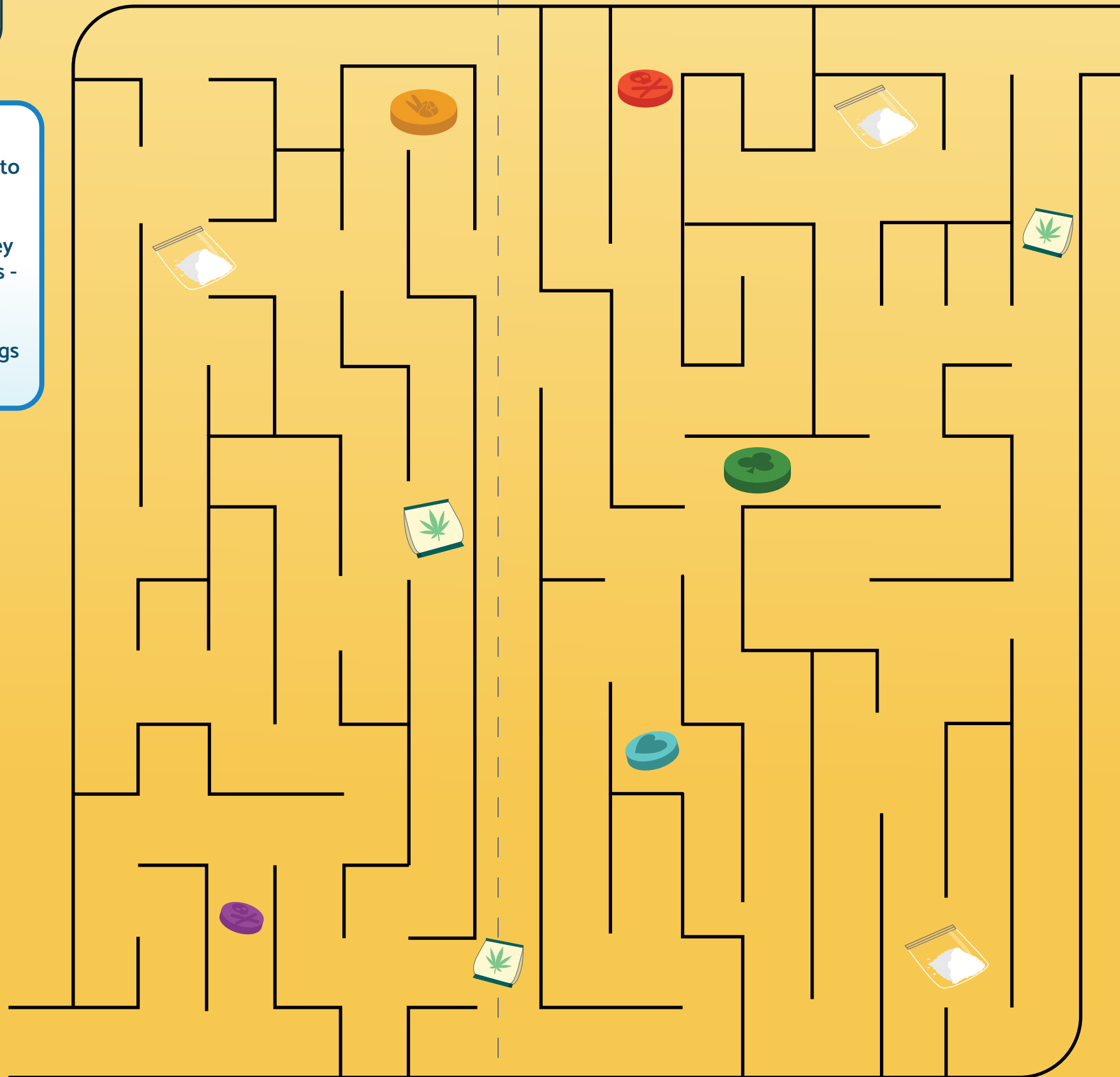
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Get through the maze while avoiding the drugs to follow the Drug Minions!



START ➔



END



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.

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

"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.



Match the thoughts to a healthy drug-free activity!

"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!"



Ashwin, Putri and Ivan say bye to their classmates for now, promising to catch up soon.



As they head deeper into the base, Captain Drug Buster warns, "There's definitely someone behind this evil plan and the drugs. Get ready, this could be dangerous."



It's Dr. Wacko! "You really gave my Drug Minions so much trouble!" the villain scoffs.

"Just when I successfully trapped your classmates with my drugs, you freed them! How dare you ruin my addiction plans!" Dr. Wacko threatens.

#DIDYOUKNOW

Dr. Wacko's drugs are addictive and harmful to us. Scan the QR code to find out about this dangerous 'high'.

SCAN ME!



DRUGS AND LADDERS

Luckily, Captain Drug Buster has a plan to shut Dr. Wacko down - the trio needs to activate the freeze button to destroy the villain's control room.

But first, let's help them navigate through the snakes and ladders to reach the freeze button!

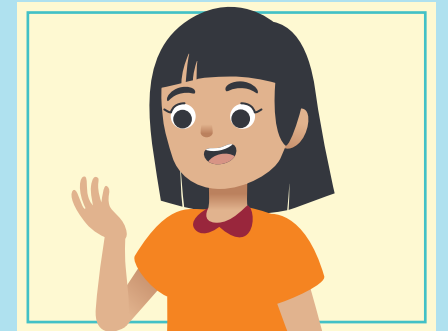
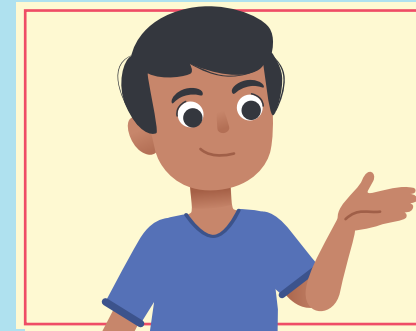


41	42	43 Gave in to peer pressure!	44	Freeze FINISH
40	39	38	37	36
31 Talked to a trusted adult about stress!	32 Thought drugs are cool!	33	34 Stood firm against peer pressure!	35
30	29 Accepted unknown substances!	28	27	26 Fell for the myths about drugs!
21	22	23	24	25
20	19 Didn't stand firm against drugs!	18	17	16
11	12	13 Turned away a drug offer!	14	15
10	9	8	7	6 Exercised when stressed!
START	2	3	4 Said 'no' to drugs!	5

ROLE-PLAY WITH A FRIEND!

“Nice, we’ve succeeded!” After destroying Dr. Wacko and his control room, the group teleports safely back home. Before leaving, Captain Drug Buster encourages Ashwin, Putri and Ivan to role-play with their classmates to help them stand firm against drugs.

To help them prepare, Captain Drug Buster has sent them a script. Let’s give it a go!



Friend 1

Dr. Wacko told me that drugs not only relieve stress, it also makes me look cool. He even said that the effects are not as harmful as they seem.

Friend 2

It is not only harmful. It can also cause long-term damage to your body.

Friend 1

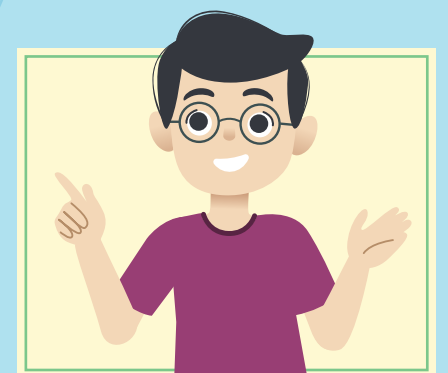
It can't be that bad, right?

Friend 2

It can be! It's easy to get addicted to drugs, so don't even start.

Friend 1

You're right, I guess they're pretty harmful. I'll say "No" next time someone offers me drugs.

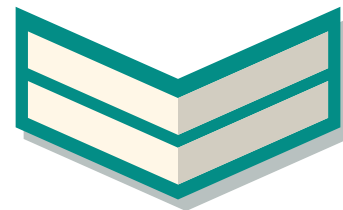


The fight is not over!
To be continued...

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:

[illegible]

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

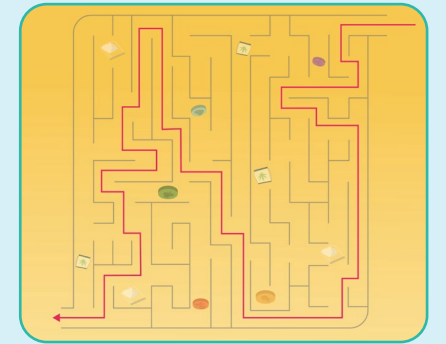
We commemorate the International Day Against Drug Abuse and Illicit Trafficking, also known as World Drug Day, on 26 June every year. In conjunction with the Anti-Drug Abuse Campaign (ADAC), we hold an annual competition for primary school students to create anti-drug montages within their school premises.

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

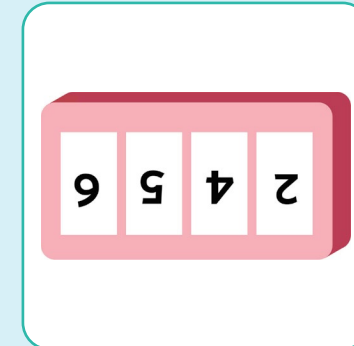
Check out more details from your teacher or follow CNB's social media handles @CNB.DrugFreeSG for updates!



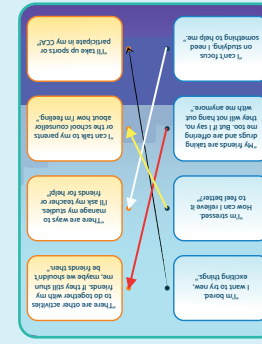
ANSWERS TO ACTIVITIES



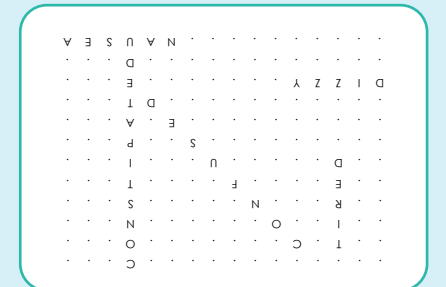
Page 16-17: Escape Hunt



Page 19: Unlock Password



Page 21: Perfect Match



Page 9



Page 13: Join the Dots!

Question 1: True
Question 2: False
Question 3: False
Question 4: False

Page 15: Mythbusters



Page 5: Spot the Drugs!

1. New Psychoactive Substances
2. Inhalants
3. Cannabis
4. Heroin
5. Methamphetamine

Page 6: Solve the Puzzle



Page 8: Spot the Signs!

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CNB Hotline: 1800-325-6666



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STICKERS

FOR THE ACTIVITY ON PAGE 8

