

Diary of an Anti-Drug Advocate: Protecting dreams and our future

My name is Zi Fei. I'm a...

Student...

Judoka...

An electric bass player...

To be honest, I'm just a regular teenager with aspirations and dreams...

I'm also an anti-drug advocate.

Some people my age may turn to drugs to relieve stress. Unfortunately, many fail to realise that drugs only offer temporary relief from problems and are highly addictive and dangerous.

I remember being given an anti-drug comic booklet along with a green and white ribbon pin, which my friends and I wore on our collars all day...

As I grew older, I began to understand better what it means to stand for the anti-drug cause.

I was invited to join the Anti-Drug Advocate (ADA) programme when I graduated from secondary school in 2018.

I expanded my social circle while broadening my knowledge about the harmful effects of drug abuse. I also had the opportunity to serve the community by organising events to help disseminate anti-drug messages to others.

It's more than just saying "no" to drugs. It's also about spreading this knowledge through fun and interactive ways.

In 2018, I was involved in the filming of an anti-drug video Unfulfilled Dreams produced by CNB. The video was inspired by the true story of a young life sadly lost to drugs.

Scan the QR code to watch Unfulfilled Dreams

I'll never forget the process of filming the party scene, which went on all the way till 4am. It was tiring but I learnt a lot. I also made new friends through this experience.

Currently, I am planning an anti-drug initiative which involves designing and distributing face masks to the general public.* I hope to raise awareness about the anti-drug cause and also the ADA programme.

As an ADA, it's important to have compassion, and to understand the emotional needs of others and why they might turn to drugs. We're at the age where we are most susceptible to temptations and peer pressure.

I stay away from drugs by doing the things I enjoy, such as playing my bass or going to the gym with my buddies.

Being an ADA means protecting our ability to keep dreaming of the future we want for ourselves, and ensuring that our peers and loved ones won't ever have to lose their dreams to drugs.

Will you join us?
Write in to
CNB_Community_Partnership@cnb.gov.sg
to volunteer as our ADA for a DrugFreeSG!

*This will be done in line with social distancing guidelines to ensure the safety of all individuals.

*This story is based on an interview with Lim Zi Fei, an anti-drug advocate with the Central Narcotics Bureau of Singapore.

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CONTEST

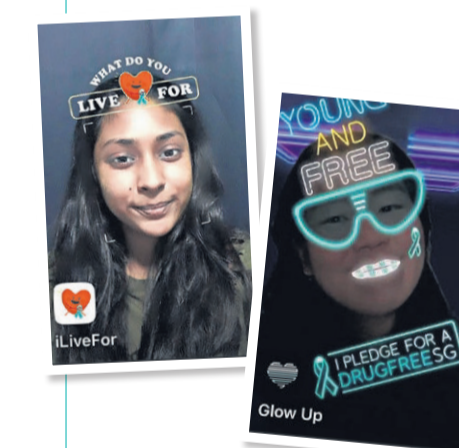
Answer a simple question correctly to stand a chance to win a limited-edition DrugFreeSG goodie bag!

Tell us what you can do to stay drug-free or help others around you to stay drug-free.

Send your answer to CNB_Community_Partnership@cnb.gov.sg by Feb 8, 2021. Winners will be contacted via the e-mail address used to submit the answer.

WHAT'S NEW?

Have you seen these Instagram filters?



When you have something to live for, you won't throw it away for drugs. Scan the QR code or visit bit.ly/iliveforfilter to try out these #ILiveFor and Glow Up filters and pledge for a #DrugFreeSG.



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