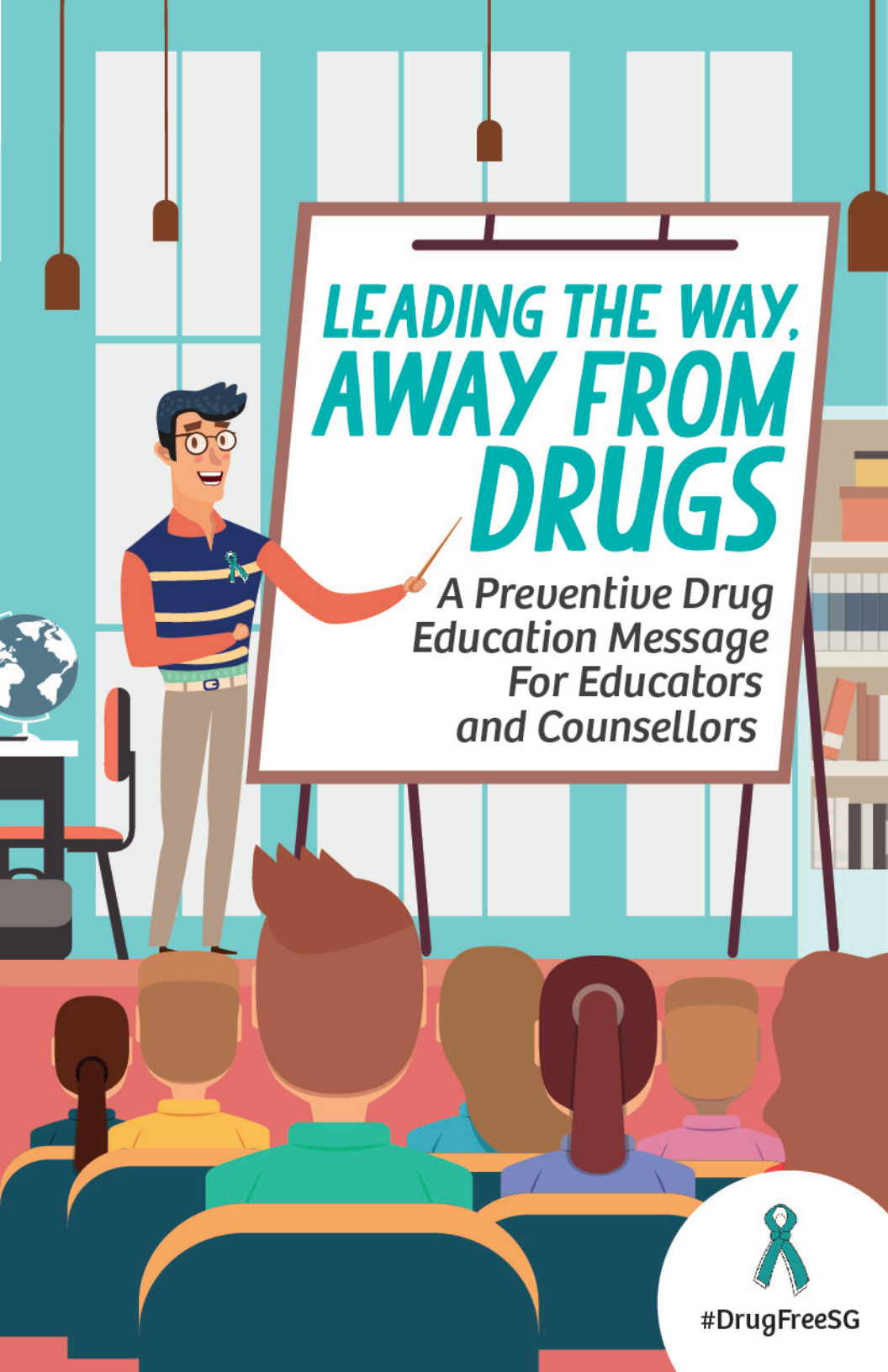


# LEADING THE WAY, AWAY FROM DRUGS

A Preventive Drug  
Education Message  
For Educators  
and Counsellors



#DrugFreeSG

# Dear Educators and Counsellors,

Youths today tend to have a more liberal view on drugs due to the influence of media and legalisation of Cannabis in some countries abroad. Misinformation of medical Cannabis online may further shape youths' perception that Cannabis is not harmful and less addictive. However, the truth is that the medical benefits of Cannabis are not conclusive and taking Cannabis is actually addictive.

You are your students' role model. As a trusting and inspiring adult, you play an important role in shaping the lives and values of our youths. Be in the know about the dangers of drugs and lead our youths towards a drug-free lifestyle.

Mr Ng Ser Song  
Director  
Central Narcotics Bureau

# 4 Ways to Help Youths Stay Drug-Free



Hangs around with a different group of friends



Sudden drop in school grades



Exhibits extreme mood swings

BEHAVIOURAL

## Know the Signs



PHYSICAL



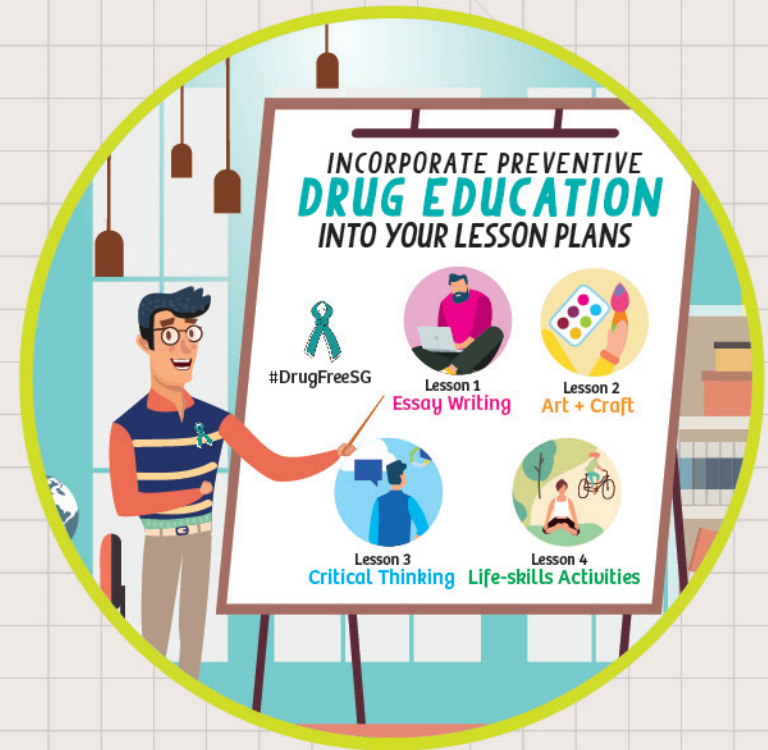
Displays poor body coordination



Has bloodshot/sunken eyes



Skips school regularly



# Know the Trends



**LEGIT?**

Youths today tend to have a more liberal view on drugs due to the influence of media and legalisation of Cannabis in some countries abroad.



Profile of abusers also include youths from middle class families who perform well in school.



The internet is rife with misinformation on drugs, and has made it easier to buy drugs online.



Stress, curiosity and external influence are the reasons commonly cited by youths for taking drugs.

Suggested lesson plans are available in the full version of the Educators' toolkit:



If you wish to report cases of suspected drug abuse, please call our helpline.

**Central Narcotics Bureau**  
1800-325-6666



@CNB.DrugFreeSG  
[www.cnb.gov.sg](http://www.cnb.gov.sg)

