

PREVENTIVE DRUG EDUCATION HANDBOOK



What you need to know about Singapore's drug policy and laws,
and how you can help others stay away from drugs



WHY AM I RECEIVING THIS HANDBOOK?

The Central Narcotics Bureau (CNB) seeks your support in our common vision for a drug-free Singapore.

Singapore's proximity to the world's largest drug-producing region continues to pose a significant threat to our society. The harms of drugs are extensive and real - they don't just affect your mind and body, but also the people around you. Livelihoods are lost, relationships are destroyed, and those who grow up in a home environment of a drug abuser suffer. The wider community is also affected because drug abuse often leads to other crimes being committed.

This handbook, together with the accompanying deck of PowerPoint slides and set of FAQs, has been designed to help you share within your organisation and spheres of influence what the public needs to know about Singapore's drug policy and laws, and how collectively we can help Singapore remain drug-free.

We hope you find this set of resources useful. Let's work together towards a drug-free society!

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SINGAPORE'S DRUG POLICY

WHY SINGAPORE IS TOUGH ON DRUGS

Singapore aims to create a drug-free society where our people can work, live and play safely.

Our strict laws against drug traffickers serve as an effective deterrent in keeping foreign syndicates out of Singapore and in deterring Singaporeans from engaging in drug activities. Our laws are designed to ensure harmful drugs are kept out of the easy reach of most people especially youths, while enforcement efforts are focused on tackling drug supply and dismantling syndicates. Our approach may be seen to be tough, but it places the welfare of the abuser and the society at the centre of our policies.

Singapore, being an open and well-connected country, is not immune to external influence and the worldwide movement for the legalisation and decriminalisation of cannabis. Singaporeans may be more accepting of drugs as a lifestyle choice.

Legalisation and normalisation of drug use in Singapore will result in children becoming exposed to drugs and the negative consequences of growing up in a neglected environment. Drug abuse harms the abuser, those around him and has larger implications on society.

It is not as simple as a personal choice as it bears repercussions both at an individual and societal standpoint.

did you know?

- 1 Stress, curiosity and external influence are common reasons cited by youths for taking drugs
- 2 Youths today tend to have more liberal views towards drugs, which is largely influenced by the internet and social media
- 3 Youths may be more willing to experiment with cannabis, which is misperceived as a "soft and cool" drug
- 4 There is a widespread misinformation on drugs on the internet, which downplays or dismiss the harms of cannabis

did you know?

Drug addiction weakens family structures - addiction issues disrupt normal family life and may lead to family disintegration

- Drug addiction impairs parenting, causing child neglect
- Children face increased risk of inter-generational drug contamination
- Drug addiction causes social exclusion

Drug abuse also inflicts immeasurable harm on public health and safety. There are costs which are borne by the rest of society such as:

- Risk of drug-influenced driving - due to impaired perception, attention, cognition, co-ordination and reaction time
- Drug-related crime - committed under influence of drugs or resorting to criminal activities to financially sustain drug habit
- Visits to hospitals - due to overdoses, adverse reactions, psychotic episodes and spread of diseases such as HIV/AIDS and hepatitis B and C
- Damage to environment - illicit disposal of precursor chemicals and cultivation of coca bush and opium resulting in forest clearance

Source: International Narcotics Control Board, 2013)

As human resource is Singapore's most precious asset, we cannot allow drugs to take hold of our society. It is thus important to reinforce the national consensus of zero tolerance towards drug abuse.

That is why we need your help to spread the anti-drug message in your circles of influence and get our community to stay resilient against drug abuse!

LAWS

IN PLACE TO HELP US

Many people have the misperception that if they tell CNB of their suspicion that their family or friends are taking drugs, they will be sending their loved ones to jail.

Rehabilitation and aftercare form one of Singapore's multi-pronged drug control strategies to help drug abusers return to a drug-free life and reintegrate into our society.

The various intervention pathways and our laws against drug abuse are evidence-based and aimed at helping drug abusers better deal with their drug



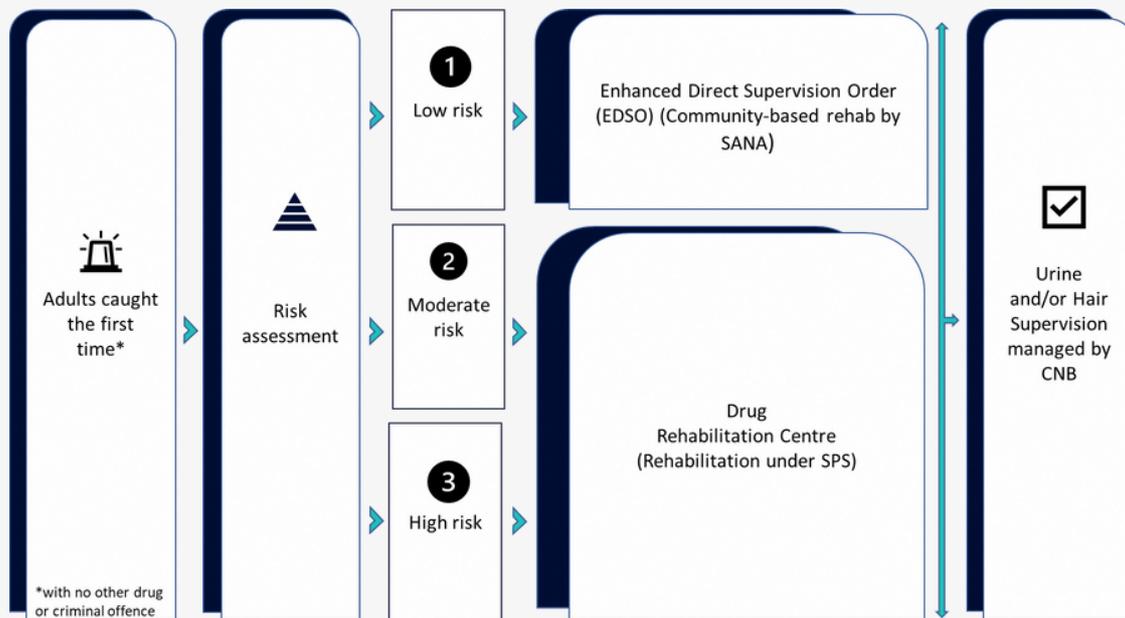
addiction problem. Our criminal justice system focuses a lot on youth rehabilitation because as far as possible, we want to give youth abusers a chance to turn over a new leaf, so that they do not ruin the rest of their lives. We want to intervene early and effectively, to allow them to continue to study and be with their families where possible.

It is thus important that these individuals seek help so that we can engage them in the appropriate intervention programmes early.

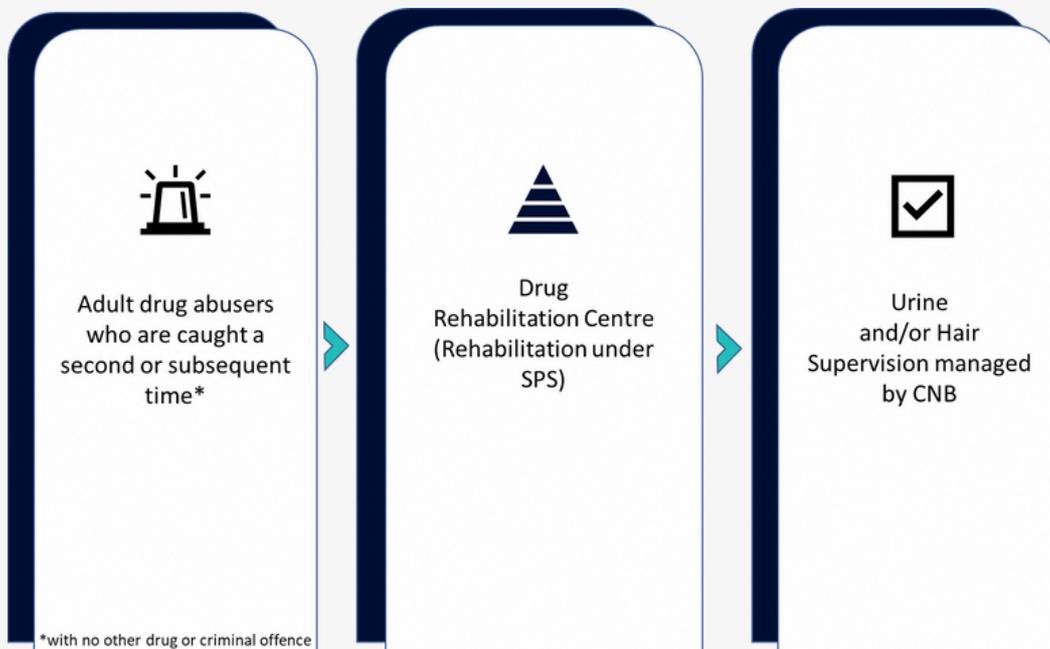
Where do adult drug abusers go when caught?

Drug abusers may be placed directly on the Drug Supervision Scheme or admitted to the Drug Rehabilitation Centre (DRC) for treatment and rehabilitation. However, if the drug abusers are under investigation for other drug or criminal offences, they will be charged in court under the Misuse of Drugs Act 1973.

The pathways of recovery depend on the abusers' assessed risk of reoffending.



Rehabilitation and supervision for adults caught for the first time, purely for drug consumption offences



Rehabilitation and supervision for adults caught multiple times for drug consumption offences

Enhanced Direct Supervision Order (EDSO) for first-time, low-risk adult abusers

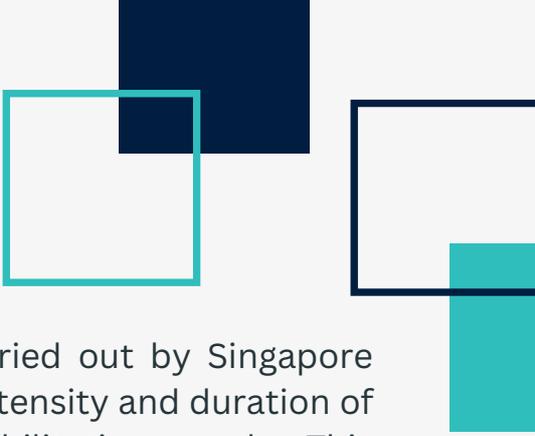
Drug abusers who are caught for the first time and are assessed to have low risk of reoffending are served with an EDSO. The EDSO was introduced in 2019 as part of Misuse of Drugs Act amendments, to help strengthen the reintegration of abusers into society.

Supervisees under the EDSO do not go to DRC. They will be assigned to a community case manager by Singapore Anti-Narcotics Association (SANA) to support them and their family in the rehabilitation. They are allowed to stay at their place of residence during the period of supervision but will be required to attend compulsory counselling sessions and undergo urine tests. The counselling sessions involve psychology-based methods such as goal-setting and family engagement. Supervisees are assessed regularly during their rehabilitation journey and the interventions are adjusted accordingly based on their progress.



Drug Rehabilitation Centre for repeat and/or high-risk abusers

Drug abusers with moderate or higher risk of relapse, or who are repeat abusers will undergo rehabilitation at a DRC. To help abusers rehabilitate and reintegrate into society, abusers who successfully complete their DRC regime will not have a criminal record. This applies only if they are not under investigation for any other drug or criminal offence for which they may be charged in court. In such an instance, the abuser may also be charged in court for drug consumption and if found guilty, will have a criminal record.



In the DRC, they receive intensive rehabilitation carried out by Singapore Prisons Service (SPS) where the type of programme, intensity and duration of rehabilitation varies according to individuals' rehabilitation needs. This includes psychological-based intervention programmes that target drug use habits, family programmes that equip inmates with relationship skills, as well as vocational and employability skills training to support ex-abusers in their reintegration into society.

The DRC separates abusers by risk of reoffending and age and treatment and rehabilitation would be for 12 months or more. In 2019, in order to help pure drug abusers reintegrate back into society, the rehabilitation regime was enhanced and extended to repeat pure drug abusers who were third timers and above.

Post-release, abusers undergo hair and/or urine supervision to detect and deter relapse.

Staying drug-free can be tough and supervision can help keep drug abusers from a relapse

All drug abusers caught after 1 August 2019 for drug consumption are issued Supervision Orders and placed on the Drug Supervision Scheme for five years.

As a supervisee, they undergo regular mandatory urine tests. Such regular checks help deter relapse and allow for early intervention if they do relapse. Supervisees who do well on supervision may be allowed to do hair analysis tests which offer longer periods in between checks, however, this privilege may be withdrawn should supervisees fail to observe the terms of the supervision order.

This 5-year supervision order is to help abusers kick the drug habit and develop a drug-free lifestyle.

SINGAPORE'S DRUG LAWS

THE MISUSE OF DRUGS ACT 1973

The Misuse of Drugs Act 1973 (MDA 1973) is an Act for the control of dangerous or otherwise harmful drugs and substances and for the purposes connected therewith.



UNDER MDA 1973, IT IS AN **OFFENCE** TO -

- **Traffic controlled drugs;**
- **Possess and consume controlled drugs;**
- **Consume controlled drugs outside of Singapore (as a result of positive urine test);**
- **Possess drug paraphernalia; and**
- **Allow and facilitate drug activities**

**The above list of offences is not exhaustive*



Trafficking in controlled drugs

Section 5 of the MDA 1973 - it shall be an offence to be involved in trafficking in a controlled drug (i.e. selling, giving, administering, sending, transporting, delivering, distributing), or even offering to do any of these acts on behalf of another person, regardless of whether that person is in Singapore. Depending on the class and quantity of the drug trafficked, the penalty ranges from **imprisonment** and **caning** to the **mandatory death penalty**.

Class A Drugs (Heroin, Cannabis, 'Ice', NPS, etc.)	Minimum 5 years imprisonment & 5 strokes of the cane
Class B Drugs (Codeine, Fenetylline, Nicocodine, etc.)	Minimum 3 years imprisonment & 3 strokes of the cane
Class C Drugs (Nimetazepam, Pipradrol, Triazolam, etc.)	Minimum 2 years imprisonment & 2 strokes of the cane



Possession and consumption of controlled drugs

Sec 8a of the MDA 1973 - it shall be an offence to be in possession of a controlled drug. If found to be in possession of a controlled drug, a person shall be liable for **imprisonment of up to 10 years**, or a **fine not exceeding S\$20,000**, or **both**.

Sec 8b of the MDA 1973 - it shall be an offence to consume, smoke or administer a controlled or specified drug in Singapore. If found to have consumed a controlled or specified drug, a person shall be liable for **imprisonment of up to 10 years**, or a **fine not exceeding S\$20,000**, or **both**.



Consumption of drugs outside Singapore

Sec 8A of the MDA 1973 - it shall be an offence for a **Singapore Citizen** and **Permanent Resident**, if found as a result of a positive urine test, to consume a controlled drug or specified drug outside of Singapore. If found, as a result of a positive urine test, to have consumed a controlled drug or specified drug outside of Singapore, a person may be dealt with **as if the offence had been committed within Singapore**.



Possession of pipes, utensils, etc.

Sec 9 of the MDA 1973 - it shall be an offence to be in possession of any pipe, syringe, utensil or apparatus or any articles intended for the smoking, administration or consumption of a controlled drug. If found to be in possession of articles for the purpose of drug-taking, a person shall be liable for **imprisonment of up to 3 years, or a fine not exceeding S\$10,000 or both**.



Responsibilities of owners, tenants, etc.

Sec 11 of the MDA 1973 - it shall be an offence for a person being the owner, tenant, occupier or person-in charge of any place or premises to allow drug activities (i.e. consumption, trafficking, manufacturing, etc.) to be conducted in the place or premises.



Contaminative behaviours that facilitate or promote drug use

Sec 11A, 11B, 11C and 11D of the MDA 1973 - it shall be an offence to:

- ⊘ Arrange or plan gatherings where controlled drugs are to be consumed/trafficked
- ⊘ Expose a child (any person below 16 y/o) to drugs
- ⊘ Introduce a person to a drug trafficker
- ⊘ Teach or provide information on drug-related activities to others
- ⊘ Disseminate information on drug-related activities (e.g. sharing of information on group chat, making a Facebook post, etc.)

COMMONLY ABUSED DRUGS AND THEIR EFFECTS

The most commonly abused drugs in Singapore are Methamphetamine, Cannabis, Heroin, Ecstasy, New Psychoactive Substances (NPS) and Lysergide (LSD). These drugs are highly addictive and harmful to the human body and mind.

METHAMPHETAMINE

a.k.a. 'Ice', Glass, Crystal, Speed, 'Ya Ba', 'Quartz', 'Hirropon', Shabu, Syabu



Methamphetamine usually comes in the form of a colourless and odourless crystal that resembles glass fragments or shiny bluewhite "rocks" of various sizes. It also comes in tablet form and is known as 'Crazy Horse Pill' or 'Ya Ba'. Most of the 'Ya Ba' tablets found in Singapore are embossed with the 'WY' logo and are green or orange in colour.

Methamphetamine is highly addictive and is a strong stimulant. It has a very strong effect on the central nervous system.



EFFECTS & DANGERS

- ✘ Increased heart rate and body temperature
- ✘ Fits, stroke and death
- ✘ Damage to heart and nerves
- ✘ Liver and kidney diseases
- ✘ Abnormal behavior with mood swings, confusion, delusion and hallucination
- ✘ Anxiety and irritability



WITHDRAWAL SYMPTOMS

- ✘ Extreme tiredness and hunger
- ✘ Anxiety, depression and irritability
- ✘ Insomnia

CANNABIS

a.k.a. Marijuana, Pot, Grass, Joints, Ganja, Hashish, Weed

Cannabis looks like dried herbs or tea leaves. It can come in the form of candies too. It contains a chemical, **tetrahydrocannabinol**, that affects one's mood and the way one sees and hears things. Cannabis affects concentration and memory, weakening one's ability to learn.



EFFECTS & DANGERS

- ✘ Inability to concentrate
- ✘ Distorted thinking and perception
- ✘ Slow reaction, poor balance and co-ordination
- ✘ Extreme anxiety, depression, confusion and paranoia
- ✘ Especially harmful to youths - linked to impairment in teenage brain development, lower psychomotor skills, and development of psychiatric conditions such as schizophrenia and cognitive decline in IQ



WITHDRAWAL SYMPTOMS

- ✘ Moodiness
- ✘ Irritability
- ✘ Anxiety
- ✘ Tension

did you know?

1

Cannabis abuse increases the risk of a fatal accident by two- to seven-fold due to impaired attention and reaction time

2

In Colorado, traffic deaths where the driver was found to have abused cannabis spiked by 104% since recreational marijuana was legalised

3

There is consistent evidence linking cannabis use to the development of major psychiatric conditions - schizophrenia, bipolar disorder and depression

4

Cannabis is addictive. Among those who use cannabis, about 1 in 10 will develop dependence. This increases to 1 in 2 among those who use cannabis daily



Cannabis for Medical Use

- Although there is some published research on the potential therapeutic uses of cannabinoids to manage seizures and epilepsy, there is still a lack of sufficient evidence to prove the effectiveness of cannabis use for medical conditions. There are also no studies which have validated claims of unprocessed or raw cannabis being able to treat medical conditions.
- There are strict frameworks in place for the supply, prescription and dispensation of controlled drugs used for medical purposes in Singapore. All such drugs must be prescribed by a Singapore doctor and must be prescribed for the medical condition registered with the HSA. Cannabinoid pharmaceuticals need to undergo rigorous scientific review by the Health Sciences Authority (HSA) before they can be registered for supply in Singapore.
- The use of cannabinoids has to be weighed against its potential side effects, due to the scarce lack of information on their long-term safety and efficacy. There are other currently available treatment options for these conditions, with comparable efficacy.
- In Singapore, drug control policies are underpinned by evidence and research. Although regulators allow safe and controlled access to evidence-based medical treatment options, cannabis remains an illicit drug.

HEROIN

a.k.a. White, Smack, Junk, Powder, Putih, Medicine, Ubat

Heroin is a powerful and very addictive drug that comes in granular, powder or solution form. It can be whitish or brownish in colour.





EFFECTS & DANGERS

- ✘ Lowered heart rate and respiration
- ✘ Damage to lungs, kidneys and liver
- ✘ Dull feeling and tiredness
- ✘ Difficulty in concentrating
- ✘ Constipation



WITHDRAWAL SYMPTOMS

- ✘ Insomnia
- ✘ Watery eyes and runny nose
- ✘ Irritable and jittery feelings
- ✘ Tremors and bodily cramps
- ✘ Chills and sweating
- ✘ Diarrhea and vomiting

ECSTASY

a.k.a. 'E', Adam, XTC, Pink Lady, Snow White



Ecstasy are tablets containing Methylenedioxyamphetamine (MDMA), Methylenedioxyethylamphetamine (MDEA) and Methylenedioxyamphetamine (MDA). These tablets come in different colours with different logos stamped on them. People take them to enable them to dance all night; sometimes they even die from exhaustion and dehydration.



EFFECTS & DANGERS

- ✘ Increased heart rate and blood pressure
- ✘ Hallucination
- ✘ Kidney, liver and brain damage
- ✘ Long term memory loss
- ✘ Chills, sweating and vomiting
- ✘ Inability to think, see and co-ordinate properly
- ✘ Jaw clenching, teeth grinding and uncontrollable shaking



WITHDRAWAL SYMPTOMS

- ✘ Anxiety, depression and uncontrollable fear
- ✘ Insomnia

NEW PSYCHOACTIVE SUBSTANCE (NPS)

a.k.a. Spice, K2, Bath Salts, Kronic, Bromo-Dragonfly

New Psychoactive Substances (NPS) refer to substances that mimic the effects of controlled drugs such as cannabis, cocaine, "Ecstasy", methamphetamine or heroin. NPS have unknown, dangerous toxicology effects and are as addictive and harmful as controlled drugs.



EFFECTS & DANGERS

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



LYSERGIDE (LSD)

a.k.a. Acid, Trips, Blotters, Tabs, Stamp, Black Sesame, Seed, Micro, Micro Dot

Lysergide (LSD) is a hallucinogen. It is often sold on blotting paper, which is usually imprinted with a colourful cartoon or design.



EFFECTS & DANGERS

- ✘ Numbness
- ✘ Loss of control of thoughts
- ✘ Distorted sight, hearing, smell, touch and taste
- ✘ Increased heart rate, breathing and body temperature
- ✘ Severe panic, confusion, hallucination and paranoia (irrational fear or suspicion)



HOW CAN I HELP MY FRIENDS AND LOVED ONES?

Look out for indicators

- 1 Pay attention to your friends and loved ones. Here are some indications that they may require help.



Behavioural signs

- Sudden change in circle of friends
- Sudden change in school grades or work performance
- Evasive behaviour and/or lying
- Sudden and extreme mood swings ranging from euphoria to depression. He/she may switch from being withdrawn and passive one minute to being angry the next.
- Overreacting to mild criticism or simple requests
- Seeks to manipulate instead of taking responsibility for his/her actions and behaviours
- Makes excuses for personal failures - 'It's always someone else's fault!'
- Noticeable lack of self-discipline
- Anxiety - chronic jerky or jittery movements, extreme fear and obsessive-compulsive behaviour
- Monetary extremes - possess excessive cash and constant complaints of insufficient money
- Changes in sleeping patterns
- Hostile or argumentative attitude
- Sudden loss of interest in family activities
- Irregular sleeping hours or wanting to pursue activities at unusual times
- Disappearances for long periods of time

Physical signs

- Poor physical appearance
- Abnormally pale complexion
- Getting sick frequently
- Sudden or dramatic weight loss or gain
- Chronic fatigue, lack of energy and vitality
- Short-term memory loss and runny nose when allergies are not a problem
- Problem with eyes - bloodshot, dilated pupils, droopy eyelids, imprecise eye movements, wearing dark glasses at inappropriate times
- Problems with coordination - dizzy spells, stumbling, shaky
- Dramatic appetite changes - sudden lack of appetite to sudden craving and excessive thirst
- Changes in speech and vocabulary patterns - rapid speech, slowed speech, slurred words



Environmental indicators

- Incense or air fresheners used to mask drug smells
- Unusual smells on clothing or breath
- Unusual containers or wrappers sighted
- Prescription medicine missing
- Money and valuables missing
- Secretive phone calls/phone messages



Communicate



- 2 Keep communication open and always listen in a non-judgemental way
- 3 Discover his/her talents and encourage him/her to develop them
- 4 Find common interests and spend time together
- 5 Suggest healthy group activities and sports he/she can join to widen their circle of friends and boost self-esteem
- 6 Discuss and remind him/her to stay away from drugs
- 7 Teach him/her coping skills and refusal tips.

7 tips to stay drug-free:

- a) Avoid situations where you might be influenced or pressured to try drugs
- b) Be bold - say "no" when you are offered drugs
- c) Make a joke and excuse yourself from the situation
- d) If all else fails, walking away is the best way to protect yourself
- e) Adopt healthy ways to cope with stress - exercising, listening to music, meditation, etc.
- f) Pick up a new skill! This is the time for you to learn a new language or sign up for that diving course!
- g) Spend your time meaningfully - involve yourself with community work, volunteer and create positive networks



- 8 Start your conversations using teachable moments (e.g. news on a well-known person arrested for drug abuse)
- 9 Teach him/her to be discerning readers and take a step back to think critically when reading information from dubious online sources that advocate drug use

WHAT SHOULD I DO IF...



I suspect someone is involved in drug activities?

You should call CNB at 1800-325-6666

I come across drugs, or what I suspect to be drugs?

You should not touch the items further. Call the Police or CNB at 1800-325-6666.

I see someone abusing drugs at my workplace?

Call the Police or CNB at 1800-325-6666.



MAKING A REPORT TO CNB

What happens if I report a family/friend?

Upon reporting any drug-related information, you will be asked to provide some details so that our officers can assess the case. All details provided will be treated with strict confidentiality. CNB will then make an informed assessment and take early intervention and appropriate measures to assist you. Your identity will be treated with strict confidentiality.

What happens after my family/friend is arrested?

The person will be brought back to CNB or the police station for investigation and the person will be dealt with accordance with the law. If suspected to be a drug abuser, he/she will be subjected to an Instant Urine Test (IUT) or hair test and interview by a CNB officer.



Convincing someone to stop abusing drugs is not easy, and not everyone takes well to being told about what they should or should not do, especially if it is coming from a peer.

The best way to help your friend is to notify CNB so that they can get professional help soonest to address the drug problem accordingly. Upon notification, CNB will investigate and recommend the appropriate treatment and rehabilitation options based on his/her urine test results and risk profile.

You may feel uncertain about notifying the authorities. But remember, you play an important role in saving your loved ones from falling deeper and deeper into the dangers of drugs.

CONTACTS AND HELPLINES

CONTACT



Central Narcotics Bureau
1800-325-6666



Singapore Anti-Narcotics Association
<https://talk2sana.com/tools-for-change/live-chat/>
6pm to 9.30pm (Mon to Fri)

FOR WHO?

Those who wish to **report cases** of suspected drug abuse

Those who wish to **talk to para-counsellors** about any drug-related issues that you or someone close to you might be facing

To help students know more about the harms and dangers of drugs and how to stay drug-free, CNB works closely with schools and community organisations to offer preventive drug education.

 www.cnb.gov.sg
   @CNB.DrugFreeSG

Those who wish to know about **preventive drug education news, anti-drug articles, activities and events**

 CNB.DrugFreeSG

Those who wish to watch **anti-drug videos**

 www.eservices.cnb.gov.sg/pde/

Those who wish to request for **anti-drug talks, skits and exhibitions** at your school or organisation.

 CNB_Community_Partnership@cnb.gov.sg

Those who wish to enquire about **preventive drug education-related matters** or wish to explore **collaboration opportunities**

 www.volunteer.gov.sg

Those who wish to join as an **advocate** and **spread the anti-drug message**.

RESOURCES

for information



CNB's website



Drugs and Inhalants



Misuse of Drugs Act 1973

to watch



CNB's YouTube



PDE Video: Down the Rabbit Hole



PDE Video: Last Days

for parents, educators, counsellors



Smart Parenting articles



PDE toolkits



PDE message cards



Information booklet on Cannabis



Information booklet on New Psychoactive Substances (NPS)