

LEADING THE WAY  
AWAY FROM DRUGS



*A Preventive Drug Education  
Message for NS Commanders*



#DrugFreeSG

# Dear Commanders,

National Service is a key milestone for all male Singaporeans. It is a time of change as they transit from boyhood to adulthood. While this experience is exhilarating for many, it can be stressful for others as well.

Some of your men may find it challenging to adapt to the new routines and may even resort to drugs as a coping mechanism for stress. Youths today also 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.

As commanders, encourage your men to adopt a drug-free, healthy lifestyle and ensure your force's operational readiness is not compromised by drug abuse.

**Mr Ng Ser Song**  
Director  
Central Narcotics Bureau

## Know the Signs

### PHYSICAL



Poor body coordination and chronic fatigue



Falls sick frequently



Bloodshot/sunken eyes

### BEHAVIOURAL



Always anxious



Tendency to report sick without reason



Evasiveness and lack of self-discipline

### 4 Ways to Help Your Men Stay Drug-Free

1

Understand their well-being.



2

Assist them in adapting to the new camp environment.



4

Develop them physically and mentally to fight temptations.



3

Equip them with the skills to say no to drug offers.





# 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.

For more drug prevention resources, you may access the full version of the NS Commanders' toolkit here:



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)

