



CNB

For a Drug-Free Singapore

THE HARMS OF DRUG ABUSE

Why it's important to say "no" to drugs



What is a Drug?

A substance that changes your body or your mind when taken e.g. medicine given by doctors (prescription drugs)

BUT!

Drugs can be addictive and harmful, especially when used irresponsibly or when they are not needed.

To protect people from harm, some drugs are made illegal (**illicit drugs**).



Examples of Illicit Drugs



METHAMPHETAMINE

Also known as 'ice',
'crystal', 'yaba'



CANNABIS

Also known as
'weed', 'pot',
'marijuana', 'ganja',
'grass'



NEW PSYCHOACTIVE SUBSTANCES (NPS)

Also known as 'bath
salts', 'spice', 'K2',
'bromo-dragonfly',



INHALANTS

Also known as
'glue sniffing'



**Beware of chocolates/sweets
infused with cannabis!**

How do Drugs Affect You?

Drugs affect your learning

Memory Loss



Mood Swings

Loss of Coordination

This means you are likely to

- Perform **less well** in school
- Make **poor decisions**
- **Hurt** yourselves or others around you

Drugs tear families apart





How Do Drugs Affect You?

Drugs will affect your ability to grow up healthily and may even lead to death.

HEAD

- Permanent damage to the brain

HEART

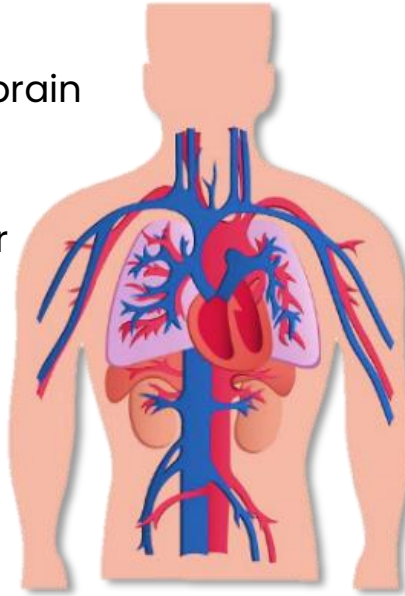
- Increased risk of lung cancer

LIVER

- Damaged to liver

KIDNEY

- Decreased kidney function



EYES

- Disturbed sight and judgement

LUNGS

- Impaired lung function

STOMACH

- Gastric pain

BLADDER

- Bladder problems



Drugs come with Severe Punishment

If a person **takes drugs**;
If a person **sells drugs**;
If drugs are **found on a person**...

The person could be jailed for up to 30 years, and subjected to caning of up to 15 strokes.



Drugs are very harmful, so Singapore has to take strong action to control them and protect our people!

CONSUMPTION OF CONTROLLED DRUGS OUTSIDE SINGAPORE

All Singapore/Permanent Residents found to have consumed illegal substances, **EVEN OUTSIDE SINGAPORE**, will face a penalty of **IMPRISONMENT** up to 10 years, **FINE** not exceeding \$20,000 or both.

If I can't do it here,
can I do it overseas?



WILL I GET CAUGHT IF I TRY?

To detect drug abusers, CNB is able to administer;



**Urine
Testing**



**Hair
Analysis**

Hair analysis enables CNB to detect drugs in the body **even months after use**.

CHOICE

- *What fills your “feelings bar”?*
- *What are some of the consequences of taking drugs?*
- *What are some positive outcomes when we choose to stay drug-free?*



Video Link



How to Say NO

Give a reason for staying away from drugs

"No thanks, it's bad for my health."

Change the topic

"No thanks. By the way, how's the school project you said you were working on?"

Counter-challenge by reminding them on the harmful effects of drugs

"You shouldn't be taking drugs, don't you know it's addictive and dangerous?"



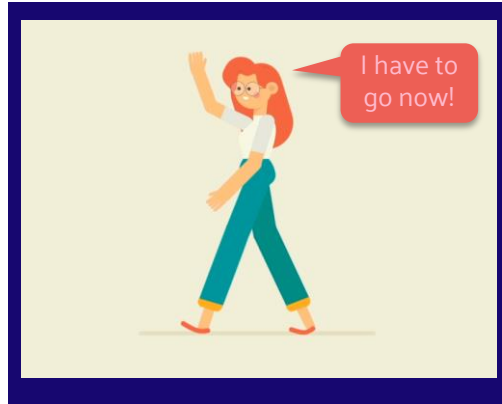


How to Say NO

**Avoid situations that
expose you to drugs**



**Engage in healthy
activities**



**Walk away from
such situations**



REMEMBER...

- Drugs are addictive
- Drugs have harmful effects on your mind and body
- Drugs can badly affect your life and your loved ones
- Say 'no' to drugs!

