

If life is like a box of chocolates, be careful which one you choose

The chocolates shown are for illustration purposes only. PHOTOS: GETTY IMAGES



BROUGHT TO YOU BY



! Not all chocolates are made equal. Some contain harmful ingredients like cannabis.

Cannabis is a type of drug. It is also known as “weed”. It originates from any part of a Cannabis plant and can come in many different forms. Sometimes it looks like tea leaves, and sometimes it can be hidden in chocolates, cakes or other food items. Cannabis contains THC (tetrahydrocannabinol), which is a dangerous chemical that alters the mind. Cannabis is a controlled drug in Singapore, which means it is banned under the law. Food items, including chocolates containing cannabis or any other cannabis-related substances like THC, are also banned in Singapore.



! Hmm... What does cannabis do?

Cannabis is dangerous. It can affect your concentration and memory, making it difficult to learn and to retain information. Imagine if you couldn't remember what happened just five minutes ago! Your heart can start to beat really fast, and your mouth feels dry. Cannabis makes you feel unwell.

! But these feelings will go away after a short while, right?

No. Cannabis can cause serious health problems that last a long time. It can damage your lungs and cause you to fall sick easily. It can also cause permanent damage to your brain. Despite these very serious health problems, you would still crave for it as cannabis is addictive.



! Oh no! How can I tell if there are cannabis-related substances or cannabis in my chocolates?

Chocolates containing harmful substances look just like any other chocolate — you can't really tell them apart. So be careful when strangers offer food to you. Be extra careful when you are overseas! If you are unsure, just say “no” to strangers and alert your parents or teachers immediately.



Did you know?



Have you seen these cute stickers around? Find out more about these #ILiveFor stickers on CNB's Instagram account and pledge for a #DrugFreeSG (@cnb.drugfreesg). Scan the QR codes on the right to download the stickers on Telegram and WhatsApp.

TELEGRAM



WHATSAPP



Watch this

Ooh... Free gummy bears!
Scan the QR code here to watch the video Be Aware. Be Wise. Think Twice. What would you do if you were in the children's shoes?



Contest

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

STEP 1: Borrow a copy of Captain Drug Buster & Dr. Wacko: The Origin from the public library or school library. You can also scan the QR code here to access a digital copy from the CNB website.



STEP 2: Answer this question: What happened to Dan when he put on the anti-drug ribbon?

STEP 3: Send your answer to CNB_Community_Partnership@cnb.gov.sg by Oct 12, 2020. Winners will be contacted via the e-mail address used to submit the answer.

It is an offence to consume controlled drugs in Singapore. Singaporeans and Permanent Residents who are found to have consumed drugs outside of Singapore will also face the same penalties as if the offence has been committed here.