

This toolkit provides a range of useful information, grouped into the following sections:

Part 1: General Information on Drugs and Inhalants

Part 2: Contacts and Helplines

Part 3: Rehabilitation Framework for Youths

Part 4: Helping Students Stay Drug-Free

Part 5: Legislation

Part 6: Suggested Lesson Plans for Educators' Consideration

Education can prevent drug abuse.
Let's raise our next generation to be drug-free.

Foreword

In Singapore, the drug situation remains under control. However, the Central Narcotics Bureau (CNB) is arresting more young drug abusers. CNB is also seeing more cases of drug clusters among youths. A cluster is formed when one youth abuses drugs. He/She subsequently introduces it to his/her friends and they in turn introduce it to their friends. This leads to an exponential increase in the contamination effect. Many of these youths had abused cannabis. The profiles of youth abusers have also changed, with more coming from middle-class families and who are doing well in school.

The Task Force on Youths and Drugs (TFYD), chaired by then Second Minister for Home Affairs, Mr Masagos Zulkifli, and then Minister of State for Education, Ms Sim Ann, was convened in November 2014 to:

- a) review the current drug abuse situation among youths and young adults;
- b) evaluate the current range of measures from preventive education to detection, enforcement, counselling and rehabilitation; and
- c) recommend strategies to strengthen our approach to tackle drug abuse among youths and young adults.

The Task Force recommended that an enhanced resource toolkit be developed for educators and youth counsellors. This toolkit will contain information on commonly abused drugs, how to detect signs of drug abuse, how to help youths stay away from drugs and helplines to call if a young person is suspected to be abusing drugs. Besides assisting educators in equipping students with relevant knowledge to lead a drug-free lifestyle, lesson plans are also included to assist educators to conduct preventive drug education for students in primary to post-secondary levels. Educators can use the relevant portions as background reading for project work or classroom discussions.

Singapore's proximity to drug-producing areas continues to pose a significant threat to our society. Singapore, being such 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 become more accepting of drugs as a lifestyle choice.

As drugs such as cannabis are now marketed as "cool" lifestyle drugs in some countries, it is important that we reach out to youths to dispel myths about drugs, and convince them that taking drugs is harmful, is "not cool", damages their mind and body, and inflicts pain and suffering on people whom they love.

Educators and youth counsellors are our vital partners in guiding our youths towards making the right decisions and leading a drug-free, healthy lifestyle. They have an important role to play in engaging youths and keeping them away from drugs.

Education is key. Let us work together towards a drug-free society.

Mr Ng Ser Song
Director
Central Narcotics Bureau
November 2015

**PART 1: GENERAL INFORMATION ON
DRUGS AND INHALANTS**



DANGER: DRUGS

Part 1: General Information on Drugs and Inhalants



Buprenorphine



BZP and TFMP



Cannabis



Cocaine



Ecstasy



Heroin



Inhalants



Ketamine



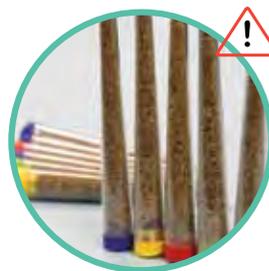
Lysergide



Methamphetamine



Mephedrone



New
Psychoactive
Substances



Nimetazepam



Buprenorphine

(also known as Subutex, Tec, SuSu)

Buprenorphine, or more commonly known as Subutex, comes in 2 mg and 8 mg pills. Its active ingredient is Buprenorphine Hydrochloride, which is a semi-synthetic opioid derivative closely related to Morphine. Subutex is taken sublingually i.e. placed under the tongue until it dissolves. However, abusers mix it with other prescription drugs and inject it for a greater 'high'.

Effects and Dangers

- Sedation
- Light-headedness
- Dizziness
- Nausea
- Constipation
- Vomiting

Withdrawal Symptoms

- Delirium tremens, clouding of consciousness and severe tremors or seizures
- Anxiety, nausea, vomiting and diarrhoea
- Abdominal cramps, muscle and joint pains
- Insomnia (difficulty in sleeping)

Penalties

- Possession or consumption of Buprenorphine: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of Buprenorphine: up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of Buprenorphine: up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.



BZP and TFMPP

(also known as 'Party Pills')

BZP and **TFMPP** belong to a group of drugs known as piperazines. Both are stimulants of the central nervous system and are known to produce stimulant and hallucinatory effects similar to MDMA, commonly known as 'Ecstasy'. Both BZP and TFMPP are known to be distributed as tablets resembling 'Ecstasy'. They may also be known as "party pills".

Effects and Dangers

- Seizures
- Vomiting
- Heavy sweating
- Increased body temperature
- Increased heart rate
- Agitation

Penalties

- Possession or consumption of BZP and TFMPP: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of BZP and TFMPP: up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of BZP and TFMPP: up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.



Commonly abused drug
in Singapore

Cannabis

(also known as Marijuana, Pot, Grass, Joints, Ganja, Hashish and Weed)

Cannabis comes from any part of a plant of the genus Cannabis. The whole plant is dried and compressed into blocks until it looks like dried herbs or tea leaves. Cannabis can lead to addiction.

It contains a chemical, Tetrahydrocannabinol, that affects one's mood and the way one sees and hears things. Cannabis affects one's concentration and memory, hence it weakens the abuser's ability to learn. Some cannabis abusers have also been known to subsequently abuse other drugs such as heroin and methamphetamine.

Effects & Dangers

- Inability to concentrate
- Slow reaction
- Distorted thinking and perception
- Poor balance and co-ordination
- Extreme anxiety, depression, confusion and paranoia (irrational fear or suspicion)
- Decline in motivation and drive in long-term abusers

Withdrawal Symptoms

- Moodiness
- Irritability
- Anxiety
- Tension

Penalties

- Possession or consumption of cannabis: up to 10 years of imprisonment and \$20,000 fine.
- Cultivation of cannabis: up to 20 years of imprisonment or \$40,000 fine, or both.
- Illegal traffic, import or export of:
 - a) Cannabis of more than 500 grams > may face the death penalty.
 - b) Cannabis resin of more than 200 grams > may face the death penalty.
 - c) Cannabis mixture of more than 1,000 grams > may face the death penalty.



Cocaine

(also known as Crack, Coke, Snow)

Cocaine is derived from the leaves of the *Erythroxylum Coca* plant. In its pure form, Cocaine is a white crystalline powder and it is either sniffed in powder form or injected into the body in liquid form. Cocaine is both a central nervous system stimulant and an anaesthetic. The chronic Cocaine abuser is socially dangerous because of the mental abnormalities caused by the drug.

Effects and Dangers

- Increased heart rate
- Aggressive behaviour
- Irritability
- Nausea, shaking, blurred vision and hallucination

Withdrawal Symptoms

- Anxiety, depression, anger and jittery feelings
- Fatigue (extreme tiredness)
- Nausea and vomiting
- Loss of desire to do things

Penalties

- Possession or consumption of Cocaine: up to 10 years of imprisonment and \$20,000 fine.
- Cultivation of any plant of the genus *erythroxylon* from which cocaine can be extracted: up to 20 years of imprisonment or \$40,000 fine or both.
- Illegal traffic, import or export of more than 30 grams of Cocaine: may face the death penalty.
- Illegal manufacturing of Cocaine: may face the death penalty.



'Ecstasy'

(also known as E, Adam, XTC, Pink Lady, Snow White)

'Ecstasy' refers to tablets containing Methylenedioxyamphetamine (MDMA), Methylenedioxyethylamphetamine (MDEA) and Methylenedioxyamphetamine (MDA). These tablets come in different colours with different logos stamped on them. They are often sold in discos as well as night joints. People take them to enable them to dance all night and sometimes they die from exhaustion and dehydration.

Effects and Dangers

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

Withdrawal Symptoms

- Anxiety, depression and uncontrollable fear
- Insomnia (difficulty in sleeping)
- Loss of control of senses and reality

Penalties

- Possession or consumption of 'Ecstasy': up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of 'Ecstasy': up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of 'Ecstasy': up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.



Heroin

(also known as White, Smack, Junk, Powder, Putih, Medicine, Ubat)

Heroin is a powerful and very addictive drug that comes in granular, powder or solution form. Heroin can be whitish or brownish in colour. Heroin abusers feel dull and tired easily. They cannot work properly as they are unable to concentrate. "Chasing the Dragon", a common method of abuse used by Heroin abusers here, involves heating the Heroin powder and sniffing the fumes through a rolled note.

Effects and Dangers

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

Withdrawal Symptoms

- Insomnia (difficulty in sleeping)
- Watery eyes and runny nose
- Irritable and jittery feelings
- Tremors and bodily cramps
- Chills and sweating
- Diarrhoea and vomiting

Penalties

- Possession or consumption of Heroin: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic, import or export of Heroin of more than 15 grams: may face the death penalty.
- Illegal manufacturing of Heroin: may face the death penalty.



Ketamine

(also known as K, Special K, Vitamin K, Kit Kat)

Ketamine is an anaesthetic for veterinary and human use. The drug takes the form of a white crystalline powder, liquid or tablet. Ketamine has become common at dance parties or 'raves' in Hong Kong, the United States and Australia. Ketamine produces a progression of effects on abusers, from a state of dreamy intoxication to delirium accompanied by the inability to move, feel pain or remember what has occurred. The effects of Ketamine last an hour or less but the drug can affect the senses, judgement and co-ordination for 18 to 24 hours.

Effects and Dangers

- Inability to move
- Distorted judgement, perception, hearing, sight, touch, smell and taste
- Confusion and hallucination
- Problems associated with the nose (nose bleeding, inability to smell properly)
- Gastric pains
- Urinary and bladder problems (difficulty in urinating, urinary tract infection)

Withdrawal Symptoms

- Depression, anger and irritability
- Fatigue (extreme tiredness)
- Insomnia (difficulty in sleeping)

Penalties

- Possession or consumption of Ketamine: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of Ketamine: up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of Ketamine: up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.



Lysergide (LSD)

(also known as 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. Although abusers generally take it orally, the tabs of blotting paper are also placed on skin areas that readily absorb the drug into the bloodstream, for example, under the eyelid. When ingested, LSD takes effect within 30 minutes. Its effects are strongest after 3 to 5 hours and can last up to 12 hours. Bad 'trips' can trigger severe panics, paranoia and confusion. After a 'trip', the abuser may feel depressed.

Effects and Dangers

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

Penalties

- Possession or consumption of LSD: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of LSD: up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of LSD: up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.



Commonly abused drug
in Singapore

Methamphetamine

(also known as 'Ice', glass, Crystal, Speed, 'Ya Ba', 'Quartz', 'Ice Cream', 'Hirropon', Shabu, Syabu)

Methamphetamine in its crystallised form is known as methamphetamine hydrochloride. It usually comes in the form of a colourless and odourless crystal that resembles glass fragments or shiny blue-white "rocks" of various sizes. This explains why it is more commonly known as 'Ice' in Singapore. Methamphetamine 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 and Dangers

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

Withdrawal Symptoms

- Extreme tiredness and hunger
- Anxiety, depression and irritability
- Insomnia (difficulty in sleeping)

Penalties

- Illegal traffic, import or export of methamphetamine of more than 250 grams: may face the death penalty.
- Possession or consumption of methamphetamine: up to 10 years of imprisonment and \$20,000 fine.
- Illegal manufacture of methamphetamine or any salt of methamphetamine: may face the death penalty.



Mephedrone

(also known as Bubbles, Meat, Snow, Meow)

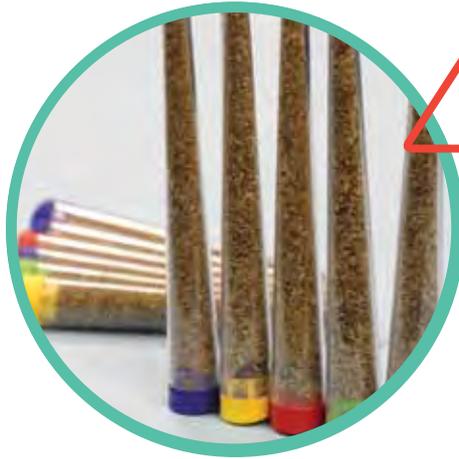
Mephedrone is a stimulant drug derived from cathinone, which is a Class A controlled drug. It is marketed as a substitute to 'Ecstasy' and amphetamines. Mephedrone abuse is known to cause cravings and dependence.

Effects and Dangers

- Dizziness
- Nausea
- Chills
- Teeth grinding
- Insomnia (difficulty in sleeping)
- Hallucination

Penalties

- Possession or consumption of Mephedrone: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of Mephedrone: up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of Mephedrone: up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.



Commonly abused drug
in Singapore

New Psychoactive Substances (NPS)

(also known as Spice, K2, Bath Salts, Kronic, Bromo-Dragonfly)

New Psychoactive Substances (NPS) contain ingredients which mimic the same effects as controlled drugs such as 'Ice' or Cannabis.

Effects and Dangers

NPS have unknown, dangerous toxicology effects and are as addictive and harmful as controlled drugs. Abuse can lead to:

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

Penalties

- Possession or consumption of NPS: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of NPS: up to 20 years of imprisonment and 15 strokes of the cane.
- Illegal import, export and manufacturing of NPS: up to 30 years of imprisonment or imprisonment for life and 15 strokes of the cane.

New Psychoactive Substances (NPS)- Drugs In Disguise!



NPS are substances that mimic the effects of controlled drugs.

NPS are as addictive, harmful and dangerous as illegal drugs, with unknown toxicology effects; and could even lead to death due to severe toxic reaction.

As of 1 May 2019, over 100 NPS have been listed as Class A controlled drugs in the Misuse of Drugs Act.

Why is NPS dangerous?

- NPS are usually marketed as “legal highs” under harmless fanciful names like “Spice”, “bath salts” or herbal smoking blends. The names often give the wrong perception that they are safe to consume.
- In Singapore, the types of NPS found are “smoking blends” which are made of botanical materials like leaves coated with NPS. They may be referred to as synthetic weed. Some NPS sold as tablets are passed off as ‘Ecstasy’.
- NPS are substances which are created to mimic the effects of established controlled drugs. These substances may not always be controlled under a country’s drug laws.



Nimetazepam

(also known as 'Erimin-5')

Nimetazepam, or more commonly known as 'Erimin-5' is a type of depressant taken orally in tablet form. Depressants are drugs which help a person to calm down and sleep. However, excessive use will lead to harmful effects.

Effects and Dangers

- Loss of consciousness
- Distorted judgement, sight and thinking
- Difficulty in speaking, moving and co-ordinating bodily functions
- Poor memory and concentration

Withdrawal Symptoms

- Anxiety and jittery feelings
- Insomnia
- Nausea, vomiting, quickened heartbeat, excessive sweating, violent shaking and stomach cramps
- Mental confusion
- Fits

Penalties

- Possession or consumption of Nimetazepam: up to 10 years of imprisonment and \$20,000 fine.
- Illegal traffic of Nimetazepam: up to 10 years of imprisonment and 5 strokes of the cane.
- Illegal import, export and manufacturing of Nimetazepam: up to 20 years of imprisonment and 15 strokes of the cane.



Inhalants

(also known as Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing, Stim Gum)

Some substances, such as glue and paint thinner, give off vapours and fumes. The sniffing of such vapours or fumes is known as inhalant abuse. Inhalant abuse affects the growth and development of muscles, nerves and organs. If you are an inhalant abuser, normal activities like running and shouting can cause death by heart failure. An inhalant abuser may die from suffocation anytime. This is known as Sudden Sniffing Death. It can happen on the first or consequent times the abuser sniffs glue.

Effects and Dangers

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough

Withdrawal Symptoms

- Anxiety, depression and irritability
- Aggressive behaviour
- Dizziness, shaking and nausea
- Insomnia (difficulty in sleeping)

Penalties

- Abuse of intoxicating substances: admission to an approved centre for treatment and rehabilitation for up to 6 months, or up to 6 months of imprisonment and \$2,000 fine.
- Selling or offering to sell an intoxicating substance when it is suspected that the substance is for the purpose of intoxication: up to 2 years of imprisonment or \$5,000 fine or both.

More information on Cannabis

Myths Of Cannabis Abuse

The number of youths arrested for abusing cannabis has increased since 2011. The Central Narcotics Bureau (CNB) detected a number of drug clusters involving youngsters who mostly confessed to abusing cannabis. The clusters comprised friends who introduced cannabis to each other. New clusters are formed when these youths interacted with other friends outside the original circles. The common view that youths who abuse drugs are usually from troubled family backgrounds and do poorly in studies is no longer the case. CNB and partner agencies are seeing better educated youths from healthy family backgrounds dabble in drug abuse.



Young cannabis abusers were found to perceive cannabis as a “soft” drug and that its associated harm and addictiveness is less serious than tobacco. Such views are influenced by what they read on social media and an increasing number of US states legalising cannabis for “medical” and recreational use. They are however mistaken as there is no such thing as “soft” drugs.

The Ministry of Home Affairs and the CNB have worked with medical professionals who endorsed the following key points about cannabis:



Cannabis Is Highly Addictive.

It has been known to lead to abuse of other drugs such as heroin and methamphetamine, and leading to poly-drug addiction.



Cannabis Is Harmful.

Its abuse is associated with mental health problems as well as respiratory problems. It is especially harmful to youths as cannabis abuse has been linked to impairments in teenage brain development, lower psychomotor skills, development of psychiatric conditions such as schizophrenia, and cognitive decline with a drop in IQ.



The Medical Benefits Of Cannabis Are Not Conclusive.

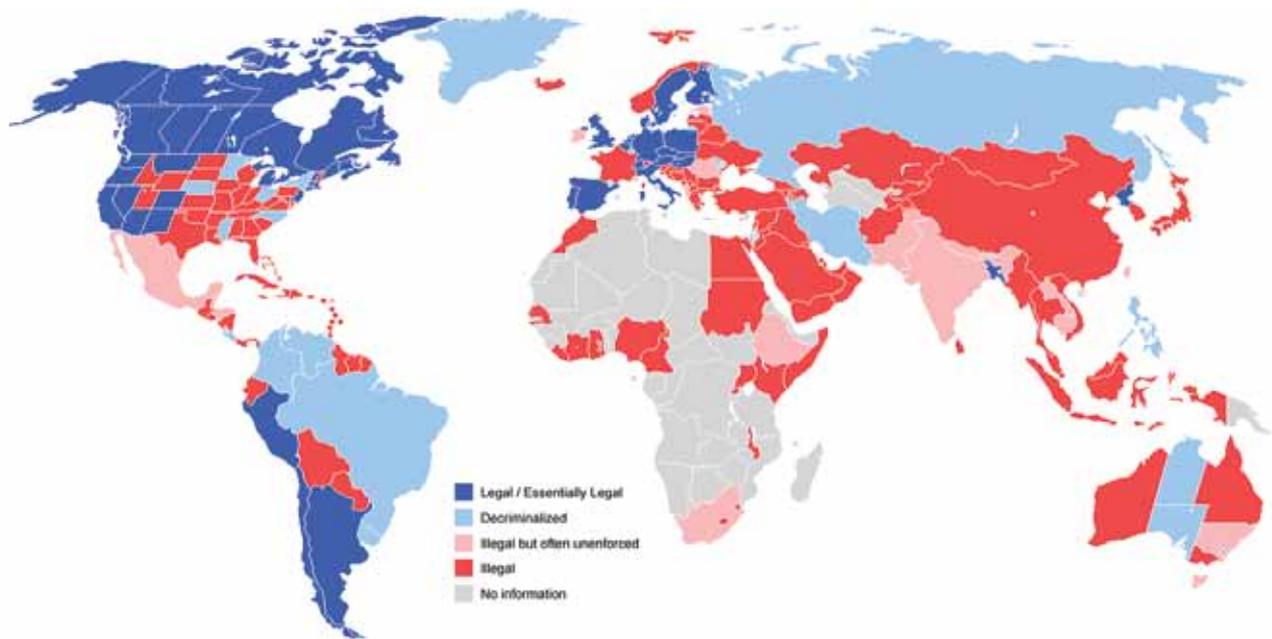
There are no studies which have validated claims of unprocessed or raw cannabis being able to treat medical conditions.

There is some published research on the potential therapeutic uses of cannabinoids (chemical compounds found within the cannabis plant) to manage seizures and epilepsy. Such cannabinoid pharmaceuticals need to undergo rigorous scientific review by the Health Sciences Authority (HSA) before they can be registered for supply in Singapore. 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.

For more information, please refer to the following link:

<https://www.mha.gov.sg/mediaroom/press-releases/the-singapore-government-position-on-the-use-of-pharmaceutical-products-containing-cannabinoids/>

Why Is Cannabis Abuse Of Concern?



Worrying Global Trends

- The United Nations Office on Drugs and Crime World Drug Report 2019 has highlighted that the most widely used drug worldwide is cannabis, and in most regions, there is an increasing proportion of people entering treatment for cannabis use disorders.
- Internationally, some countries are decriminalising drug use and adopting harm reduction approaches. These countries have chosen to address the problems arising from drug abuse, such as HIV transmissions. Each country has the right to determine for itself the best approach it needs to deal with its drug problems.
- There are also an increasing number of foreign jurisdictions legalising cannabis for recreational use, especially in the Americas. Cannabis was first legalised for recreational use in Colorado and Washington in Nov 2012. Canada has legalised it in 2018.
- Some publications like the Economist and National Geographic have published articles which advocate the legalisation of cannabis.



Changing Profile of Drug Abusers

- Cannabis is one of the most commonly abused drugs in Singapore.
- CNB is also seeing more cases of drug clusters amongst youths. Many of these youths had abused cannabis.
- The profiles of youth abusers have also changed, with more coming from middle-class families and who are doing well in school.



More Liberal Views

- Older youths seem to have more liberal views towards cannabis, that it is a “soft” drug, is less harmful and less addictive than tobacco, and are hence more willing to experiment with it. These views are wrong and dangerous.
- Such views are influenced by what they read on social media and the internet that normalise drug-taking behaviour, by celebrities (e.g. Rihanna, Justin Bieber, Lindsay Lohan) glamourising a drug-taking lifestyle, and by the growing calls of support from pro-drug lobbyists seeking to decriminalise drug use and even legalise certain drugs.
- These factors could have inculcated liberal attitudes towards drug use among youths, and form a misperception that cannabis abuse is cool and is a lifestyle to pursue.
- The information that is easily found on the internet and social media is not necessarily accurate and may be half-truths, misinformation, and lies. Teach your students to be discerning readers, and to take a step back and think critically as many of these sources advocating cannabis use have hidden agendas. Very often, these sources may be sponsored by entities who would benefit commercially from cannabis legislation.

Marketing Tactics

- Companies use questionable marketing tactics that downplay or dismiss the harms of cannabis. Instead, they portray cannabis and its consumption as part of an active, natural lifestyle choice, so as to shape public perception of cannabis and cannabis abusers.
- Cannabis has also been added into consumer edibles such as cookies and candies, normalising cannabis as a part of everyday edibles, making the young and impressionable think that cannabis is harmless and safe.



Drug Overdose And Deaths From Drug Abuse

- Famous celebrities such as Amy Winehouse (singer), Heath Ledger (actor), Whitney Houston (singer) and Cory Monteith (actor) were all victims of drug over-dose and paid the ultimate price for their addictions.
- Music Festivals are popular events among youths. These are some cases of drug-related deaths at music festivals:
 1. Defqon.1 Festival at Sydney, Australia (Sep 2018) saw 2 deaths by drug overdose, 13 hospitalisations and 700 that sought help from medical staff on site. Police charged 10 people with drug supply offences. In view of this, Sydney's Defcon.1 Festival 2019 was cancelled. (Source: <https://www.scmp.com/news/asia/australasia/article/2164420/nsw-premier-vows-shut-down-defqon-1-dance-party-after-drug>)
 2. Trip to the Moon Festival at Hanoi, Vietnam (Sep 2018) saw 7 deaths by drug overdose and 5 hospitalised in intensive care. Traces of ecstasy, methamphetamine and Cannabis were found in victims' bodies. The deaths led to a ban of all electronic music in Hanoi. (Source: <https://www.newshub.co.nz/home/world/2018/09/several-drug-overdoses-at-vietnam-s-trip-to-the-moon-festival.html>)

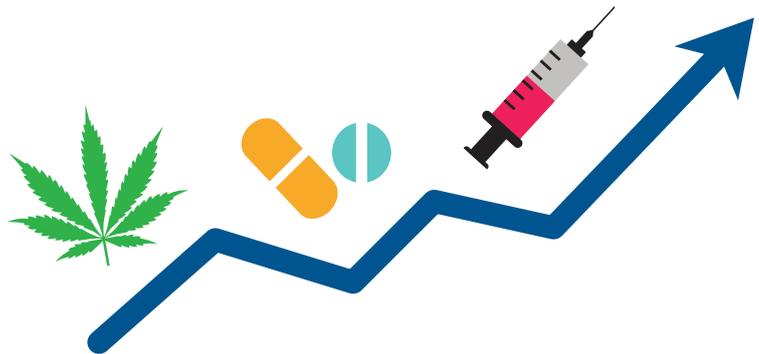


Under-Age Smoking Linked To Cannabis Abuse

- The Task Force on Youths and Drugs had commissioned a research team of psychologists from the Home Team to conduct an in-depth study on young abusers. The study was conducted from December 2014 to April 2015.
- One of the findings showed that cannabis abusers and 'Ice' abusers have peers who abuse drugs and exhibit poorer discipline in teenage years.
- Another finding is that in terms of early problem behaviour, both groups of abusers had a high incidence of underage smoking.
- Please refer to the study, Behavioural Analysis of Young Drug Offenders in Part 4 of this toolkit for more information.

Cannabis Is Addictive And A Gateway To Other Drugs

- People can become dependent on any drug. Both 'physical dependence' and 'psychological dependence' to cannabis have been observed.
- Many drugs like heroin are derived from plants or vegetable matter. It does not mean that cannabis is safe because it is a plant and therefore "natural".
- Cannabis abuse has also been known to lead to abuse of other drugs such as heroin and methamphetamine, leading to poly-drug addiction.

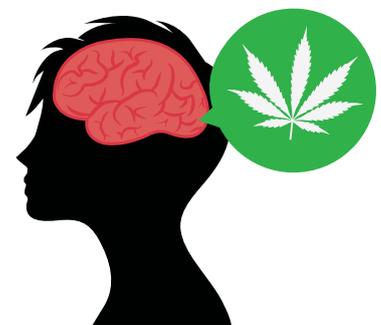


Cannabis Is More Harmful Than Tobacco

- It is a myth that cannabis is less harmful than tobacco.
- Both cannabis and tobacco are harmful. Cannabis is more damaging as it contains more tar and cancer causing agents. (Source: Marijuana, Infofacts, National Institute of Drug Abuse, U.S. Department of Health & Human Services)

The Earlier You Start, The More Harm Cannabis Does

- Cannabis is harmful. Its abuse is associated with mental health problems as well as respiratory problems.
- Cannabis is especially harmful to youth, and its use has been linked to impairments in teenage brain development, lower psychomotor skills, development of psychiatric conditions such as schizophrenia, and cognitive decline with a drop in IQ. (Source: The contribution of cannabis use to variation in the incidence of psychotic disorder across Europe (EU-GEI): a multicentre case-control study, Lancet Psychiatry, 19 Mar 2019)



Cannabis Is Used For “Medical” Purposes

- Despite the claims made about the efficacy of cannabis as a medicine, the medical benefits of cannabis are not conclusive at this point. Much more medical research and tests are still needed.
- If cannabis is indeed proven to have medicinal value, it must still be controlled and administered in the same professional manner as other controlled drugs, such as the use of morphine for pain management.
- Herbal cannabis and its derivatives that have been legalised for “medical use” in some states in US and in Canada are not recognised as pharmaceutical drugs by the medical/drug regulation authorities. Using cannabis for therapeutic purposes does not make it a medicine as well.



Commercialisation Of Drugs Targeted At Youths – It’s All About Money!

- During the first ever Asia Pacific Forum Against Drugs (APFAD) held in Singapore on 27 Aug 2015, one of the invited speakers, Dr Kevin Sabet spoke about the commercialisation of today’s high potency cannabis. He raised an example of the new, young crop of Master of Business Administration (MBAs) who have already started a multimillion dollar private equity firm dedicated solely to financing the newly born cannabis industry – for example the business “Big Marijuana,” similar to “Big Tobacco”.
- Many companies advocating the benefits of cannabis have hidden agendas. Very often, it is

linked to the potential profits generated from feeding a population of addicts. However, what is often not reported are the adverse health-related consequences brought on by the legalisation of the drug. In the US, there was a 59% increase in cannabis-related emergency department visits and a 14% increase in cannabis-related treatment admissions. (Source: UN World Drug Report 2014)

“Some of the youths I worked with shared that they were offered cannabis, and took it out of curiosity (“just try”, “no-harm”). A few youths found drugs to be functional - helping them stay awake to study or work, or to lose weight. A more common argument which they put forth is that cannabis is readily and legally available in some countries. Many youths also believe that “weed” is a natural, non-addictive drug and thus negate the possible negative consequences. Many of them also see taking drugs as a social activity with their friends. As a result, they find no need to stop their drug usage and believe in their ability for self-control when they want to. Knowing the legal consequences for drug abuse is insufficient, given the youths’ personal fables. Educators should find out how the drug usage meets the youth’s needs, and then help the youths find alternatives to drugs. Access to alternate positive, fun activities and peer groups should also be encouraged.”

– a social worker with Fei Yue Community Services.

Adverse Health Effects of Smoking Cannabis

1 Brain

Stroke

- High risk of stroke
- Induced symptoms like headaches, impaired vision and lack of muscle coordination

Brain Impairment

- Study difficulties with reduced ability to learn, stay alert and retain information
- Significant IQ decline, especially for abusers who start smoking cannabis when they are adolescents

2 Oral

- Induced symptoms like dry mouth and tooth decay
- High risk of gum infection (gingivitis) and bone loss in oral cavity

3 Heart

- Accelerated heart rate
- Abnormal heart rhythms, causing palpitation and arrhythmias
- Risk of heart attack increased by 4.8 times in the first hour after smoking

4 Immunity

- Reduced resistance to common illness (e.g. cold, infection, bronchitis)

5 Inflammation and Clotting of Arteries (Cannabis Arteritis)

- Disrupted blood flow to hands and feet, leading to death of cells in hands and feet
- Severe cases of Cannabis Arteritis could lead to amputation of limbs

6 Mental Illness

Mental Disorder

- Cannabis abusers have double risk of developing mental disorder
- Induced mental symptoms like anxiety, depression, suicidal thoughts

Schizophrenia

- Risk of schizophrenia increased by 6 times with heavy cannabis abuse at young age

7 Dependence Syndrome

- Addiction and withdrawal symptoms

8 Lungs

More Harmful than Cigarettes

- Smoking 1 cannabis joint had the same effect on lungs as smoking 2.5-5 tobacco cigarettes

Breathing Problem

- Injury to lungs, resulting in loss of lung function

9 Reproduction

Male Infertility

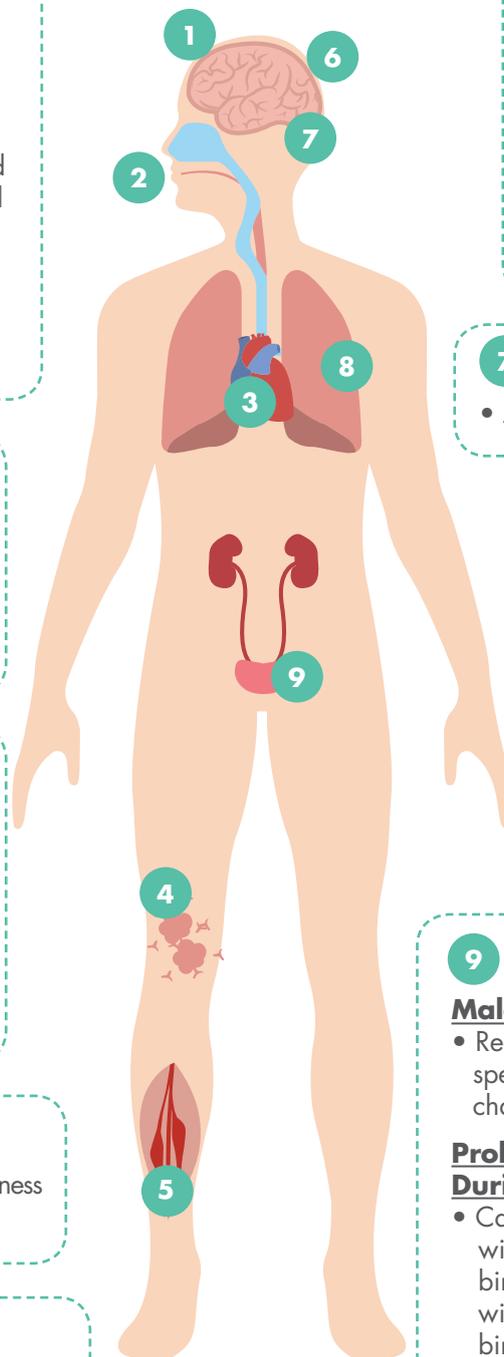
- Reduced quality and quantity of sperm, which will decrease the chances of fertilisation

Problems in Fetal Development During Pregnancy

- Cannabis abuse during pregnancy will lead to the likelihood of giving birth to premature babies, babies with lower birth weight and shorter birth length

Problems in Child Development with Maternal Cannabis Abuse

- Developmental defects in pre-natal cannabis-exposed children
- Close association between maternal cannabis and poor academic performance



PART 2: CONTACTS AND HELPLINES



**IMPORTANT NUMBERS
TO KNOW**

Part 2: Contacts and Helplines

Educators and youth counsellors can approach CNB for advice and assistance if you suspect or are worried that your students or charges may be involved with drugs. When a student is referred from the schools, CNB will work with the schools, including interviewing the student and will determine the appropriate follow-up action after a complete assessment and investigation.

| Agency | For who? |
|--|--|
| General Central Narcotics Bureau (CNB)  1800-325-6666 | Those who wish to report cases of suspected drug abuse. |
| General Singapore Anti-Narcotics Association (SANA) https://talk2sana.com/tools-for-change/live-chat/ 6pm to 9.30pm (Mon to Fri) | 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.

For updates on anti-drug information and events, or collaborations, educators and youth counsellors may contact the CNB as follows:

| Agency | For who? |
|--|--|
| Communications Division 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. |
|  6557 3216 6557 3217 | Those who wish to request for anti-drug talks, skits and exhibitions at your school. |
|  CNB_Community_Partnership@cnb.gov.sg | Those who wish to enquire about preventive drug education-related matters. Those who wish to explore collaboration opportunities. |

National Addictions Management Service (NAMS)

Relive – Clinic For Adolescents

Who Is It For?

Anyone who wishes to seek help with their addictions. NAMS has a clinic specially set up to provide an integrated treatment service to adolescents (below 19 years old) struggling with addiction issues. Treatment is confidential and NAMS will do their best to create a safe and supportive environment for our patients. Schools can contact NAMS to make an appointment for their students. NAMS also conducts talks and training/workshops for educators. Interested parties can email to nams@imh.com.sg. For more info, please refer to <https://www.nams.sg/our-services/relive/Pages/default.aspx>

NAMS Programmes

Adolescent Outpatient Programme, is run by the NAMS' ReLive team, which consists of professional counsellors who are trained to work with youths, to help them overcome their addiction issues. They work in collaboration with a multi-disciplinary team of specialists, including a psychiatrist, psychologist, family therapist and medical social worker to help adolescent patients.

For individual counselling sessions, Relive counsellors use the NAMS Adolescent Substance Abuse Manual and Workbook to guide the counselling process. The manual and workbook covers the following topics:

- Rapport Building
- Motivating Change
- Understanding substance abuse
- Triggers and Craving
- Developing new skills: Emotions and stressors
- Developing new skills: Problem solving
- Developing new skills: Peer pressure
- My Circle of Support
- Relapse Prevention
- Developing a clear plan
- Termination

Counselling is not restricted to the above topics, and they are free to explore others to cater to the needs of youths. Counsellors also engage parents and/or care givers to support the youth during treatment and rehabilitation.



All Addictions Helpline (24-hour): 6-RECOVER (**6-7326837**) Website: www.nams.sg

HOPE is a programme designed to help parents understand common addiction problems faced by youth and learn practical skills on how to help their children manage addictions. It provides group therapy led by ReLive counsellors.

To sign up, contact the child's counsellor or call the All Addictions Helpline 6-RECOVER (6-7326837) for details.

Topics covered in HOPE:

- Getting to know you/Introduction of ReLive
- Understanding substance and behavioural addictions and how it impedes development in an adolescent
- Learning to deal with your child's behaviours
- Learning the importance and principles of self-care
- Rebuilding relationship with your child
- Sharing of your achievements and follow up plans

Referral to National Addictions Management Service (NAMS)

Recognizing early signs and symptoms of drug abuse is important as early intervention can provide a better course of treatment.



For appointments, call the IMH Appointment Line: **6389 2200**

For information, call the IMH General Enquiry Line: **6389 2000**

NAMS' All Addictions Helpline (24-hour): 6-RECOVER (**6-732 6837**)

Address:

Block 9 (Level 1)

Buangkok Green Medical Park

10 Buangkok View

Singapore 539747

NAMS Fax: 6315 4837

**PART 3: REHABILITATION
FRAMEWORK FOR
YOUTHS**



**PROTECTING OUR
YOUNG FROM DRUGS**

Part 3: Rehabilitation Framework for Youths

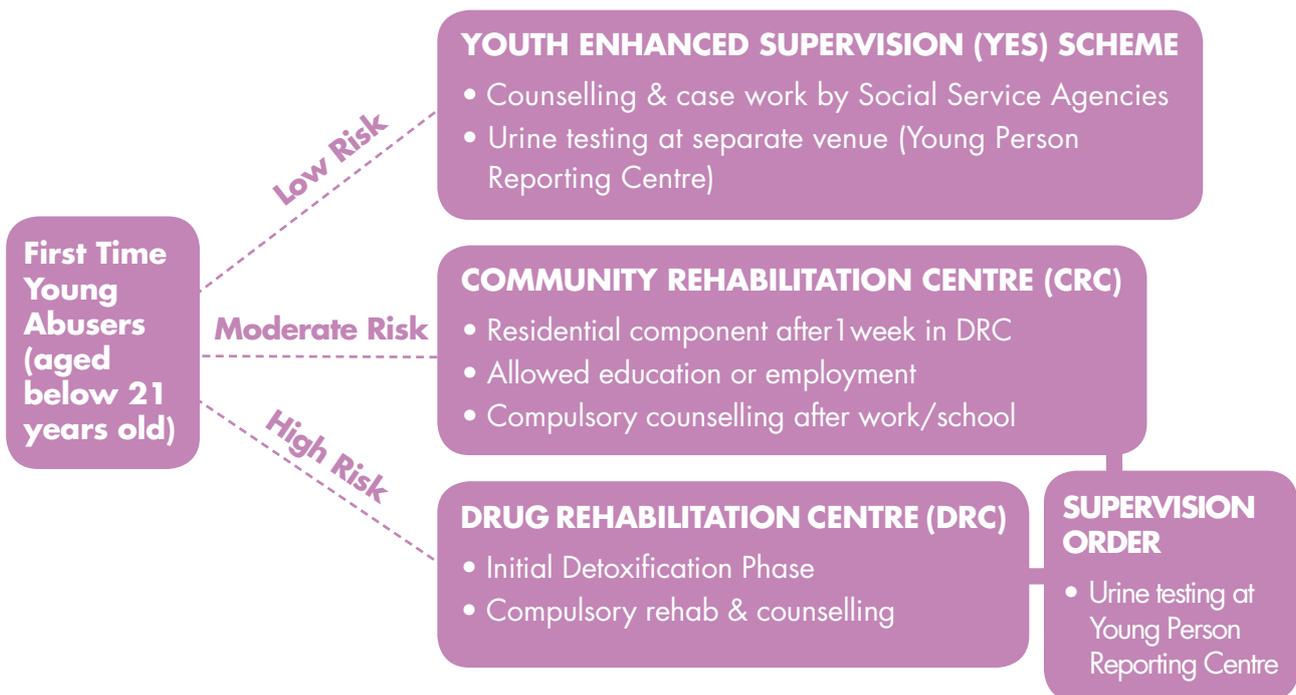
What can I do if I suspect that my student is taking drugs?

If the school or parents suspect any student or loved one is abusing drugs, immediate help must be rendered. The public may call CNB's 24 hour helpline at 1800-325-6666 or the National Addictions Management Service's All Addictions Helpline at 6-7326837 (6-RECOVER) (24 hours daily).

When the student is referred from the educator, CNB will interview the student. Investigations will also be conducted to determine whether a cluster exists in the school and the suppliers involved. Upon conclusion of the investigation and based on the findings, follow-up action will then be taken against the abusers.

Pathways for Youth Drug Abusers

Youth drug abusers will be placed on suitable rehabilitation programmes depending on their risk profiles. Risk assessments are conducted by trained psychologists to assess the abuser's likelihood of drug re-offending, taking into account factors such as criminal and drug abuse history, family support and anti-social peer associations. The abuser's risk profile will determine the type and intensity of rehabilitation programme that will be administered.



There is a range of differentiated and targeted rehabilitation programmes for youth drug abusers. A youth drug abuser* who is tested positive in the urine test may be emplaced on one of three rehabilitation programmes: the Youth Enhanced Supervision (YES) Scheme for low risk abusers, the Community Rehabilitation Centre (CRC) for moderate-risk abusers or the Drug Rehabilitation Centre (DRC) for high-risk abusers.

A person who is committed to a Drug Rehabilitation Centre does not have a criminal record registered against him.

*A youth drug abuser refers to those below 21 years of age.

The key elements of each programme are:

| | |
|---|---|
| <p>Youth Enhanced Supervision (YES) Scheme</p> | <p>The YES scheme comprises weekly or bi-weekly urine reporting for up to 2 years. The supervisees will also go through counselling and casework administered by social workers over a period of 6 months. Additionally, families of the supervisees are also engaged, as strong family support is an important part of the scheme.</p> |
| <p>Community Rehabilitation Centre (CRC)</p> | <p>Youth abusers assessed to be suitable for the 12-month CRC regime will first complete a short detention at the DRC. They are then placed on a structured 6-month residential phase at the CRC. The structured CRC environment facilitates rehabilitation while minimising disruption to abusers' daily lives. During their stay, abusers continue to study or work in the day and then return to the CRC in the evenings. The abusers will undergo drug intervention and life-skills programmes which inculcate pro-social values. These programmes, together with casework and counselling, help abusers resist the temptation of abusing drugs again and reject negative peer influence. Families of abusers are encouraged to visit regularly at the CRC, get involved in programmes and familiarise themselves with post-release routine.</p> <p>Upon their successful completion of the residential phase at the CRC, abusers will be electronically tagged and placed on supervised home leave for 6 months. In addition to family support during this phase, the youths continue to receive counselling and guidance from SPS' counsellors to ensure they keep away from drugs.</p> |
| <p>Drug Rehabilitation Centre (DRC)</p> | <p>The DRC regime lasts up to 48 months, depending on whether the youth abusers are first or second-time abusers, their risk levels, progress in rehabilitation as well as their conduct and behaviour. The DRC regime comprises the residential in-care and structured aftercare phases.</p> <p>Abusers receive differentiated in-care rehabilitation and counselling programmes to address their criminogenic needs and addiction issues in the DRC. The programmes are administered in accordance with the abuser's risk of general re-offending and severity of abuse. During the aftercare phase, they are closely supervised and undergo a regime to facilitate their reintegration into society.</p> |

**PART 4: HELPING STUDENTS STAY
DRUG-FREE**



**SAY YES
TO A DRUG-FREE
WORLD!**

Part 4: Helping Students Stay Drug-Free

Behavioural Analysis Of Young Drug Offenders

It is important to understand why youths abuse or do not abuse drugs, what the risk factors are, and their views on drug abuse.

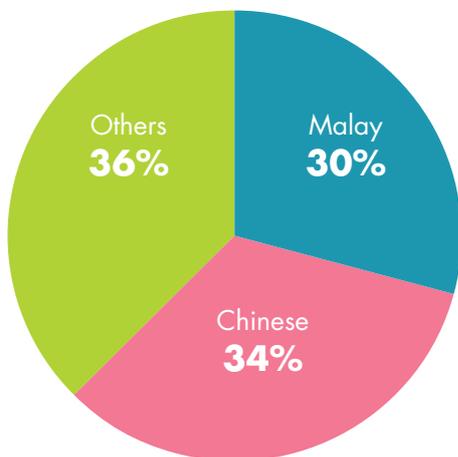
The Task Force on Youths and Drugs commissioned a research team of psychologists from the Home Team to conduct an in-depth study on drug abusers. The study was conducted from December 2014 to April 2015.

Methodology

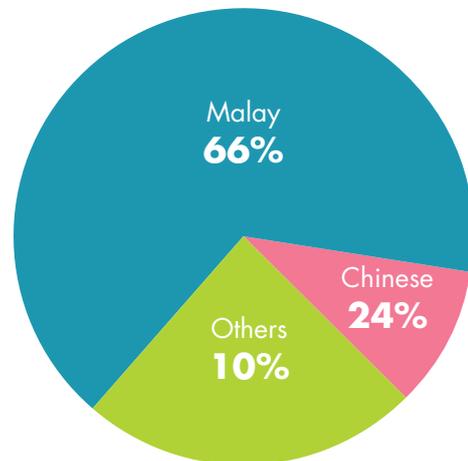
700 participants aged 12 to 29 years, and comprising 237 abusers and 463 non-abusers were surveyed in the study. Participants completed a set of questionnaire that measured the risk and protective factors of drug abuse and their perceptions towards preventive education. The team also conducted individual case history interviews with 28 drug abusers to acquire better understanding of the factors affecting drug abuse and prevention. The team arranged 18 focus group discussions involving 109 non-abusers to understand their thoughts on drug abuse and views on current preventive education efforts.

Key Findings

Cannabis Abusers



'Ice' Abusers



Cannabis And 'Ice' Abusers Have Different Profiles

Cannabis abusers were more ethnically diverse comprising 34% Chinese and 30% Malays, as compared to 'Ice' abusers which comprised 24% Chinese and 66% Malays. Additionally, cannabis abusers came from middle or high Socioeconomic Status households, whereas about half of the 'Ice' abusers came from households with low Socioeconomic Status.



Cannabis Abusers Are Similar To Non-Abusers In That They Have Strong Family Support And Perform Well Academically

Both cannabis abusers and non-abusers cited having strong family support during their teenage years, as they had closer parental supervision, as compared to 'Ice' abusers. Similar to non-abusers, only a low proportion of cannabis abusers had parents with drug abuse history. A high proportion of cannabis abusers and non-abusers also performed well at school.



Cannabis Abusers And 'Ice' Abusers Have Peers Who Abuse Drugs And Exhibit Poorer Discipline In Teenage Years

The presence of drug peers was a key factor that differentiated drug abusers from non-abusers and it was this access that contributed to drug initiation. In terms of early problem behaviour, both groups of abusers had high incidence of underage smoking. The study showed abusers were likely to have disciplinary issues in school such as truancy and prior arrest records, compared to non-abusers.



Cannabis Abusers Were Influenced By Social Media And Perceived That Cannabis Was Less Harmful And Addictive

Cannabis abusers attributed their abuse to the media's influence, with a larger proportion citing celebrities as a reason for drug initiation as compared to 'Ice' abusers and non-abusers. The rise in the use of social media has also facilitated the dissemination of inaccurate information regarding cannabis use. Similarly, compared to 'Ice' abusers and non-abusers, a larger proportion of cannabis abusers cited influence from what they read on the Internet as a reason for cannabis initiation.

The study found that cannabis abusers tended to perceive that cannabis was less harmful and addictive than tobacco. Cannabis abusers also showed a lack of regard for the legal consequences of cannabis abuse. They were convinced by the media and Internet that cannabis was not harmful and that Singapore's laws are too strict. Cannabis abuse was also generally not frowned upon and this social acceptance of cannabis abuse was observed not only among cannabis abusers but also among 'Ice' abusers and non-abusers.

The two case summaries illustrate the changing profile of young drug abusers identified in this study.

Case 1 – X, 17-year-old Chinese male

He was arrested based on information received by CNB and was part of a drug cluster involving young persons.



Family Profile

X grew up in a typical nuclear family, and cited that he had good family support, with parental supervision. His family members did not have any criminal or drug offending history. They also did not consume alcohol or smoke cigarettes.



Risk Factors

X started smoking when he was in Secondary 1. He was introduced to take cannabis by his peers. He also learnt about cannabis from the media and read more about it on the Internet.



School

Prior to drug use, X was an average student in school. He did not have any disciplinary issues in school, and had full attendance for classes.



Attitudes Towards Drugs

X had a liberal attitude toward cannabis use. He held the perception that cannabis was not as harmful as other types of drugs and this made him more open to trying it.



“I knew about cannabis from a friend who introduced me to it. Before he introduced it to me, I already knew that cannabis is not as bad as taking ‘Ice’ or other synthetic drugs because of the exposure to media and all that. After he introduced me, I tried to find out more about cannabis from the Internet, like what the methods to consume are and how to stop using too.”

— X on peer and media influence on his drug initiation

Case 2 – Y, 24-year-old Malay male

He was arrested for cannabis consumption.



Family Profile

Y grew up in a typical nuclear family, and cited that he had good family support, with close relationships between each family member. Y's family members did not have any criminal or drug offending history. They also did not consume alcohol or smoke cigarettes.



Risk Factors

Y started smoking at age 14. He abused cannabis together with his friends from primary school. Y learnt about cannabis from the Internet, and took the initiative to read up more about it.



School

Y did well in his studies in secondary school and went on to study in a post-secondary institution. He took part in school activities, and represented his school in sports competitions. Y attended classes diligently and did not display any disciplinary issues in school.



Attitudes Towards Drugs

Y had a liberal attitude toward cannabis use. He held the perception that cannabis was not addictive and easily available in his community. He also said that he would seek cannabis for use when he was overseas.

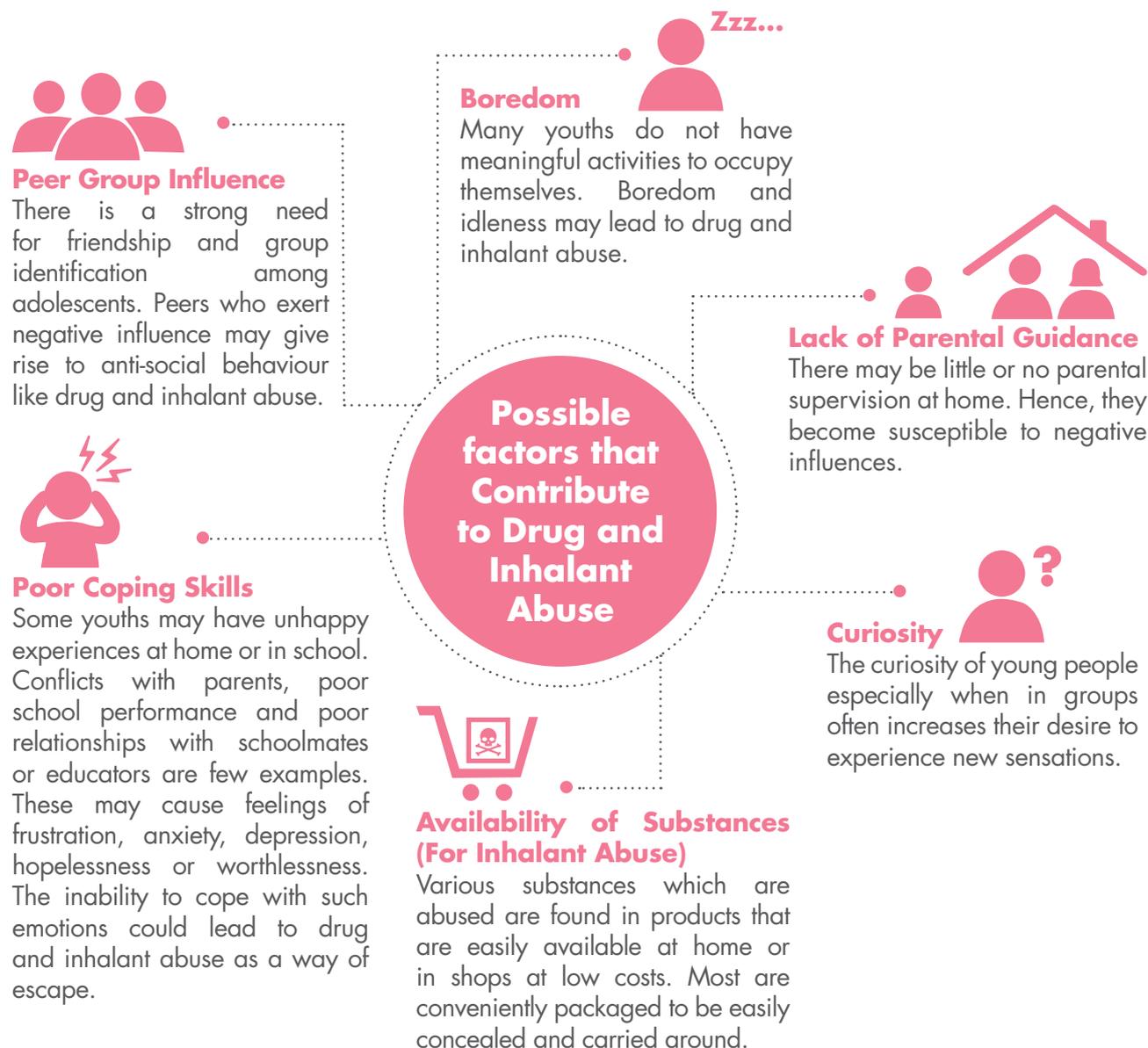


Conclusion

The study has provided insights on the issue of youth drug abuse and highlighted risk factors that can be addressed through home, school and community initiatives.

Some Common Factors Contributing To Drug And Inhalant Abuse

Youths have cited varied reasons for abusing drugs and/or inhalants. The following infographics shows some of the common ones:



“Some reasons that youths gave in to drug abuse were poor home dynamics and communication within the family, or family problems (e.g. separation, divorce, infidelity). These incidents may have taken place years ago and was not even happening at the point when the youth gave in to substances. Sometimes they say “I don’t know why I am depressed”. Feeling disrespected and misunderstood were other reasons for their drug abuse. To counter these reasons, educators may use art, dance and music, or talk therapy, to help students understand that there are problems and there are choices, but that it is important to assess the choice and how it affects life now and later.”

– Dr Nisha, founder/counselling psychologist with the Centre for Psychotherapy.

Warning Signs Of A Potential Drug Problem

Here are some warning signs of a potential drug problem which may include changes in behaviour, unexplained absenteeism and a noticeable lack of self-discipline and interest.

Behavioural Signs



- A sudden change in circle of friends
- A change in school grades or behaviour
- 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.
- An ability to manipulate instead of taking responsibility for their actions and behaviours.
- Makes excuses for personal failures – It's always someone else's fault
- A noticeable lack of self-discipline
- Anxiety: Anxiety can be characterised by chronic jerky or jittery movements, extreme fear and obsessive-compulsive behaviour
- Monetary extremes: Possession of excessive cash and constant complaints of insufficient funds
- 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
- Loss of appetite and excessive thirst
- Short-term memory loss and runny nose when allergies are not a problem
- Problems with eyes: bloodshot eyes, dilated pupils, droopy eyelids imprecise eye movements, wearing dark glasses at inappropriate times
- Problems with coordination: dizzy spells, stumbling, shaky
- Dramatic appetite changes ranging from a sudden lack of appetite to a sudden craving
- 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
- Prescription medicine missing
- Money missing
- Valuables missing
- Secretive phone calls/phone messages
- Running away

How You Can Prevent Youths From Abusing Drugs And Inhalants

Educators need to know about drugs and the related issues so that they can help the students stay drug-free, through discussions and talks in class. The following are some ways to help student stay clear of drug abuse.



1 Help Them Feel Good About Themselves

Youths sometimes take drugs to feel good about themselves. However this is temporary and may lead to long-term abuse or death.

You can increase youths' self-esteem by:

- Offering praise and encouragement.
- Showing affection.
- Being there for them. Engage them in conversation regularly to understand them better.
- Giving them responsibility to make them feel valued and respected.



2 Teach Youths Facts About Drugs And Inhalants

- Know the facts. Support your views with current information. Talk calmly and openly without exaggeration as the facts are frightening enough on their own.
- Discuss with the youths about the dangers drug or inhalant abuse can cause to their health.
- Use good "teachable" moments to talk to the youths about drugs. For example, discussing the issue of drugs when coming across such topics in media.
- Use terms that the youths would understand, for example, "drugs can make you dizzy," or "drugs will make you sick and look unattractive."



3 Teach Youths To Say No To Drugs

For example, to say "no, thanks" when offered drugs. You may wish to use some tips under the topic 'Top Ten Refusal Skills for Teens'.



4 Address Peer Pressure And Emphasise That Drug Or Inhalant Abuse Is Not The Right Way To Fit In



5 Suggest Healthy Group Activities And Sports They Can Join To Widen Their Circle Of Friends And Boost Self-Esteem

Observe their activities. Any sudden change in friends, behaviour or interests could be an indicator that they may be facing problems.

From Dr Nisha, founder/counselling psychologist with the Centre for Psychotherapy

Get each student to write down a problem and deposit the paper into a box. After, students are to pick one paper and read aloud the problem written on it, and the class is then asked to talk about the issue. In this manner, anonymity is kept safe. Yet, all students would have discussed their problems by the end of one month, and have received answers too.

Top Ten Refusal Skills For Teens

Most young people start out in life wanting to stay off drugs. Besides causing harm to physical and mental health, drugs are expensive and illegal! No one wishes to go to prison, die young or disappoint one's parents and loved ones. Health, freedom, and family should remain top priorities for everyone.

Many teenagers stumble into the abuse simply because they are unsure of how to respond when offered drugs. They are afraid of losing a friend, looking uncool, or being left out. Teaching them to say "no" in different ways prepares them for several possible scenarios.

By learning a range of possible responses, youths are more likely to be able to give the best response when the time arises. Below are ways teens can respond to peer pressure.



Drugs Are Not Cool, And Will Destroy Your Image.

Drug abuse tends to take a toll on the abuser's body and affect a healthy appearance. Drugs can cause lung damage, fatigue, heart rate and blood pressure changes, and other physical damage, including bad body odour!

Remind students how much better they will look, feel and smell if they stay off drugs.

Make A Joke

Sometimes humour can lighten a serious mood and divert attention elsewhere.

For example, you can "joke" that you do not have the money to spend on drugs. Drug abuse is an expensive habit. Tell them to never be ignorant, just because someone offers drugs for free once. Before long, those offering will want something in return, be it cash, trade, or sex. Drug dealers are not running charities. Claiming you do not have money to waste is one way to keep drug dealers away.



Be Prepared To Say 'No'

Have ready-made reasons to say "NO". Saying no firmly discourages future offers.

"That's illegal. I don't want to get into trouble."

"Sorry. I don't want to end up in jail."

"My parents will find out".



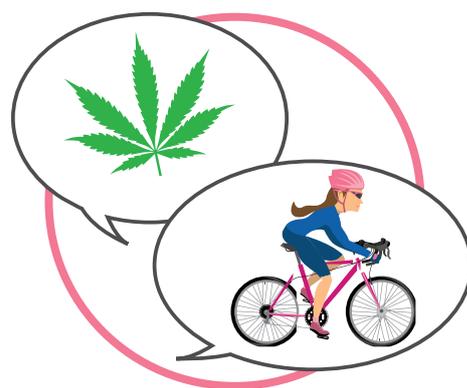
No Time For Drugs

Drugs are not all about the 'high'. Drug abusers invest immense time and energy into serving their habits - being out of touch with reality while "high", hunting for drugs to satisfy the next crave, looking for money to buy drugs, recovering from hangovers etc.

Life is short. Don't waste precious time.

Ignore The Suggestion / Change The Subject

Pretend you never heard the suggestion and change the topic. Act like the matter isn't even worth discussing.



Be Bold And Simply Say No

In some situations, simply saying no without arguing and explaining is the best response. Just make sure the "no" is a strong and determined one. Be polite, but if it doesn't work, use a strong and assertive tone of voice. While saying no, maintain good eye contact and an upright body posture. Make sure the person offering understands that you seriously mean what you say. Body language communicates better than words in such situations.

"No, thanks. I don't do drugs."

"Sorry. Sniffing glue isn't for me."

"No, thanks. I'm cool the way I am."

"No way! Taking drugs is stupid."

"Are you kidding? Why would I want to do something so dumb?"

"No, thanks. Why would I want to ruin my life?"

Note To Educators

Educators can get the students to role-play and come up with refusal phrases or strategies.

Avoid The Situation

Avoid situations where you know people will be abusing drugs or sniffing glue.

Choose your friends wisely and hang out with non-abusers.



Leave The Situation

If it is friendly teasing, say something funny to get out of the situation. If you don't like where things are headed, you should leave. It may seem risky, but by leading the way, other friends too may just follow you.

"I have to go now. I have an appointment."

Suggest An Alternative Activity

Many youths wind up doing what they shouldn't because they lack other options. By suggesting another activity, you're offering everyone an exit. You may just be surprised who might take you up on it.



The Power Of Numbers

Make a pact with friends to stay clear of drugs. Often, knowing that your friends will back you up is comforting. Sometimes "we" is stronger than "I".

Note To Educators

Educators can also print this article for students.

PART 5: LEGISLATION



THE LAW

Part 5: Legislation



As a law enforcement agency, CNB derives its powers from various legislation. The primary legislation is the Misuse of Drugs Act, or MDA for short. The MDA targets drug importers, traffickers and abusers.

The Misuse Of Drugs Act*

The MDA criminalises drug consumption, and offenders are liable to a mandatory minimum imprisonment term of 1 year upon conviction, and up to 10 years of punishment and \$20,000 fine. However, a rehabilitation-focused approach is preferred and those who only consume drugs and admit to drug use will be committed to the Drug Rehabilitation Centre (DRC) for treatment and rehabilitation. For abusers who also face charges for other offences, they will be charged for drug consumption as well as the other offences. If charged for drug consumption, abusers who are arrested for the third and subsequent times will continue to face long term imprisonment and caning.

The penalty for drug trafficking includes long jail terms of up to 30 years including caning, as well as the death sentence for trafficking certain types of drugs beyond certain quantities. Any person convicted of trafficking more than a specified amount of opium, morphine, heroin, cannabis, cocaine and methamphetamine may receive the death penalty.

Repeat traffickers and those who traffic drugs to young or vulnerable persons will face stiffer punishment. A young person refers to a person who is below 21 years old. Similarly, harsher punishments apply to those who recruit young or vulnerable persons into drug trafficking, importation or exportation.

It is also illegal to arrange or plan gatherings where controlled drugs are to be consumed or trafficked. The organiser will be liable for aggravated punishment if such gatherings involve young or vulnerable persons.

All New Psychoactive Substances (NPS) are listed as Class A controlled drugs under the First Schedule. The consumption and possession, importation and exportation, trafficking and manufacturing of these substances will hence constitute an offence under the MDA.

*On 15 January 2019, amendments made to the MDA were passed in Parliament. The amendments will enhance our anti-drug framework and enforcement powers, as well as strengthen our drug rehabilitation regime. Please refer to CNB Website (www.cnb.gov.sg) for more information.

Consumption of Controlled Drugs outside Singapore

Drug consumption is an offence regardless of where the drug is consumed. Singaporeans and Permanent Residents who are found to have consumed illegal substances outside Singapore will be dealt with the same penalty as if that offence had been committed in Singapore.

Long-Term Imprisonment

Although the policy is now to divert pure drug abusers (i.e. those persons whose offence is drug consumption) to the treatment regime, the Long Term punishment is still retained. It will continue to apply to those who have been charged for consuming a specified controlled drug (for the third and subsequent time) as well as other criminal offences.

For more information, please visit Singapore Statutes Online on MDA (<https://sso.agc.gov.sg/>) and CNB website (www.cnb.gov.sg).

The Intoxicating Substances Act

The Intoxicating Substances Act is the main legislation governing inhalant offences. Intoxicating substances refer to substances that give off vapours and fumes, such as glue and paint thinner. The sniffing of such vapours or fumes is known as inhalant abuse, which is commonly referred to as glue-sniffing, solvent abuse, solvent inhalation and solvent sniffing. This law deals with both the inhalant abusers and suppliers, and spells out the offences in relation to inhaling or using, as well as supplying or offering to supply intoxicating substances.

The Act makes inhalant abuse an offence punishable with a fine not exceeding \$2,000 or imprisonment not exceeding 6 months or both.

The Act also deals with shopkeepers suspected to be supplying intoxicating substances to abusers. It makes the selling or offering to sell an intoxicating substance, for the purpose of intoxication, an offence under the law. This offence is punishable by a fine not exceeding \$5,000 or imprisonment for a term not exceeding 2 years or both.

Consumption of Controlled Drugs Outside Singapore

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



FACT NOT FICTION!

- It is an offence to consume illegal drugs overseas.
- All Singaporeans/Permanent Residents found to have consumed illegal substances, **EVEN OUTSIDE SINGAPORE**, will face the penalty up to 10 years of IMPRISONMENT and S\$20,000 fine.

It is NOT TRUE if someone tells you that it is not an offence to consume illegal drugs overseas. You can be arrested and will face the same penalties as if the offence had been committed in Singapore.

**PART 6: SUGGESTED LESSON PLANS FOR
EDUCATORS' CONSIDERATION**



**DRUGS ARE
NO CHILD'S PLAY!**

Part 6: Suggested Lesson Plans for Educators' Consideration

Lesson Plan 1 For Primary Schools Say No To Drugs! - What Are Drugs And Inhalants?

Lesson Objectives

By the end of the lesson, students should be able to:

- describe what drugs and inhalants are
- describe the harmful effects, penalties and consequences of drug abuse

Methodology / Teaching Strategy

(English lesson) Crossword Puzzle

Time required

30 minutes

Materials Needed

- Drugs and Inhalant Poster or Harmful Effects of Drugs at pages 59 and 60.
- Crossword puzzle at page 61.

Lesson Body

Introduction (10 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - What are "drugs" and "inhalants"?
 - What does "abuse" mean?
- Introduce the topic of "drug and inhalant abuse" and learning objectives to the class.

Lesson Development (15 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster or Harmful Effects of Drugs at pages 59 and 60 to aid you in the lesson. The key points are:
 - More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.

- c) Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. Educators may wish to elaborate on how drug abuse would destroy dreams and family – for example, one of the effects of drugs is a lower IQ, parents would be devastated and very sad to learn that their child is a drug abuser.
 - d) There are penalties to drug abuse, to protect you and your family from drug abuse.
 - e) Do not try drugs at all. You may wish to introduce a tagline to help the students remember this (e.g., Life Does Not Rewind. Say No to Drugs).
- Distribute the crossword puzzle (refer to page 61 for a copy) to students. The activity can be done as an individual, or in groups of 2 – 4 students.

Note To Educators

Customised crossword puzzles can also be generated using online resources (search for “generate crossword puzzle” and “puzzle maker”). Educators may also refer to this website to generate more crossword puzzles: www.readwritethink.org/files/resources/interactives/crossword/

Closure and Consolidation (5 mins)

- Summarise the key messages, using the words from the crossword puzzle.
- All drugs are harmful and always say NO to drug abuse.

Additional Resources

- Educators and students may visit the CNB website (www.cnb.gov.sg) for more information on the commonly abused drugs in Singapore.
- The answer key for the crossword puzzle is at page 62.
- Educators may download this toolkit at CNB’s website (www.cnb.gov.sg).

Drugs and Inhalant Poster



WHAT YOU NEED TO KNOW ABOUT

DRUGS & INHALANTS

HEROIN

⚠️ Commonly abused drugs



ALSO KNOWN AS

- White, Smack, Junk, Powder, Puth, Medicine, Ubat

EFFECTS AND DANGERS

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

WITHDRAWAL SYMPTOMS

- Insomnia (difficulty in sleeping)
- Watery eyes and runny nose
- Irritable and jittery feelings
- Tremors and bodily cramps
- Chills and sweating
- Diarrhoea and vomiting

NEW PSYCHOACTIVE SUBSTANCES

⚠️ Commonly abused drugs



New Psychoactive Substances (NPS) contain ingredients which mimic the same effects as controlled drugs such as 'Ice' or Cannabis.

ALSO KNOWN AS

- Spice, K2, Bath Salts, Kronic, Bromo-Dragonfly

EFFECTS AND DANGERS

New Psychoactive Substances (NPS) have unknown, dangerous toxicology effects and are addictive and harmful as controlled drugs. Abuse can lead to:

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

PENALTIES

CONSUMPTION AND POSSESSION

Buprenorphine, Cannabis, Cocaine, 'Ecstasy', Heroin, Ketamine, Lysergide(LSD), Mephedrone, Methamphetamine, Nimetazepam, New Psychoactive Substances (NPS), Piperazines

- Up to 10 years of imprisonment and \$20 000 fine.

NOTE: For consumption of Heroin, Methamphetamine, 'Ecstasy', Ketamine, Cocaine, Cannabis, Nimetazepam and Buprenorphine

- First and second time drug abusers undergo rehabilitation treatment at a DRC. However, for those who abuse specified drugs and are caught the third and subsequent time, they are liable for long-term imprisonment and caning.

INHALANT OFFENCES

Abuse of intoxicating substances

- Admission to an approved centre for treatment and rehabilitation for up to 6 months OR
- Up to 6 months of imprisonment or \$5,000 fine or BOTH

Selling or offering to sell an intoxicating substance when it is suspected that the substance is for the purpose of intoxication

- Up to 2 years of imprisonment or \$55,000 fine or BOTH

BUPRENORPHINE

ALSO KNOWN AS

- Subutex, Tec, Susu

EFFECTS AND DANGERS

- Sedation
- Light-headedness
- Dizziness
- Nausea
- Constipation
- Vomiting

WITHDRAWAL SYMPTOMS

- Delirium tremens, clouding of consciousness and severe tremors or seizures
- Anxiety, nausea, vomiting and diarrhoea
- Abdominal cramps, muscle and joint pains
- Insomnia (difficulty in sleeping)



INHALANTS



ALSO KNOWN AS

- 'Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing

EFFECTS AND DANGERS

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough

WITHDRAWAL SYMPTOMS

- Anxiety, depression and irritability
- Aggressive behaviour
- Dizziness, shaking and nausea
- Insomnia (difficulty in sleeping)

PIPERAZINES



BZP and TFMP fall under the group of Piperazines, which stimulate the Central Nervous System, and produce stimulant and hallucinatory effects similar to MDMA

ALSO KNOWN AS

- BZP, TFMP, 'Party Pills'

EFFECTS AND DANGERS

- Seizures
- Vomiting
- Heavy Sweating
- Increased body temperature
- Increased heart rate
- Agitation

CANNABIS

⚠️ Commonly abused drugs



ALSO KNOWN AS

- Marijuana, Pot, Grass, Joints, Ganja, Hashish, Weed

EFFECTS AND DANGERS

- Increased risk of developing a psychosis
- Decline in motivation and drive in long-term abusers

WITHDRAWAL SYMPTOMS

- Moodiness, irritability, anxiety and tension

KETAMINE

ALSO KNOWN AS

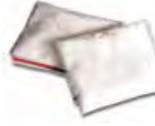
- K, Special K, Vitamin K, Kit Kat

EFFECTS AND DANGERS

- Inability to move
- Distorted judgement, perception, hearing, sight, touch, smell and taste
- Confusion and hallucination
- Problems associated with the nose (nose bleeding, inability to smell properly)
- Gastric pains
- Urinary and bladder problems (difficulty in urinating, urinary tract infection)

WITHDRAWAL SYMPTOMS

- Depression, anger and irritability
- Fatigue (extreme tiredness)
- Insomnia (difficulty in sleeping)



LYSERGIDE (LSD)

ALSO KNOWN AS

- Acid, Trips, Blotters, Tabs, Stamp, Black Sesame, Seed, Micro, Micro Dot

EFFECTS AND DANGERS

- Increased heart rate, breathing and body temperature
- Numbness
- Distorted sight, hearing, smell, touch and taste
- Loss of control of thoughts
- Severe panic, paranoia, confusion and hallucination



MEPHEDRONE



ALSO KNOWN AS

- Bubbles, Mcat, Snow and Meow

EFFECTS AND DANGERS

- Dizziness
- Nausea
- Chills
- Teeth grinding
- Insomnia
- Hallucination

NIMETAZEPAM



ALSO KNOWN AS

- 'Erimin-5'

EFFECTS AND DANGERS

- Loss of consciousness
- Distorted judgement, sight and thinking
- Difficulty in speaking, moving and co-ordinating bodily functions
- Poor memory and concentration

WITHDRAWAL SYMPTOMS

- Anxiety and jittery feelings
- Insomnia (difficulty in sleeping)
- Nausea, vomiting, quickened heart beat, excessive sweating, violent shaking and stomach cramps
- Mental confusion
- Fits

COCAINE



ALSO KNOWN AS

- Crack, Coke and Snow

EFFECTS AND DANGERS

- Increased heart rate
 - Aggressive behaviour
 - Irritability
 - Nausea, shaking, blurred vision and hallucination
- #### WITHDRAWAL SYMPTOMS
- Anxiety, depression, anger and jittery feelings
 - Fatigue (extreme tiredness)
 - Nausea and vomiting
 - Loss of desire to do things

METHAMPHETAMINE

⚠️ Commonly abused drugs



ALSO KNOWN AS

- 'Ice', Glass, Crystal, Speed, 'Ya ba'

EFFECTS AND DANGERS

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

WITHDRAWAL SYMPTOMS

- Extreme tiredness and hunger
- Anxiety, depression and irritability
- Insomnia (difficulty in sleeping)

TELL-TALE SIGNS OF DRUG ABUSE

- Redness of eyes
- Unexplained absenteeism
- Anti-social behaviour
- Constant runny nose and teary eyes
- Change in personal behaviour
- Anxiety
- Sudden mood changes
- Listlessness and lack of energy
- Loss of appetite

HELPLINES

Central Narcotics Bureau (CNB)

Tel: 1800 325 6666

24 hours daily

For those who wish to report any drug-related cases

Singapore Anti-Narcotics Association (SANA)

Website: <https://talk2sana.com/tools-for-change/live-chat/>

6pm to 9.30pm (Mon to Fri)

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

National Addictions Management Service (NAMS)

Tel: 6732 6837

24 hours daily

For anyone who wishes to seek help with their addictions



Central Narcotics Bureau
393 New Bridge Road
Singapore 088763

www.cnb.gov.sg



WHAT DRUGS DO TO YOUR BODY!

EYES

- ▶ Distorted sight
- ▶ Blurred vision
- ▶ Inability to see and co-ordinate

HEAD

- ▶ Permanent damage to the brain
- ▶ Difficulty in concentrating
- ▶ Distorted thinking and perception
- ▶ Memory loss (problems remembering things recently said or done)

HEART

- ▶ Damage to heart
- ▶ Increased blood pressure

LUNGS

- ▶ Damage to lungs
- ▶ Lung diseases

LIVER

- ▶ Damage to liver
- ▶ Liver diseases

STOMACH

- ▶ Gastric pain
- ▶ Abdominal cramps

KIDNEYS

- ▶ Damage to kidneys
- ▶ Kidney diseases

OTHERS

- ▶ Abnormal behaviour with mood swings
- ▶ Chills, sweating and vomiting
- ▶ Confusion and hallucination
- ▶ Difficulty in speaking, moving and co-ordinating bodily functions
- ▶ Distorted judgement in hearing, sight, touch, smell and taste
- ▶ Dull feeling and tiredness
- ▶ Extreme anxiety, depression, confusion and paranoia
- ▶ Loss of control of body

BLADDER

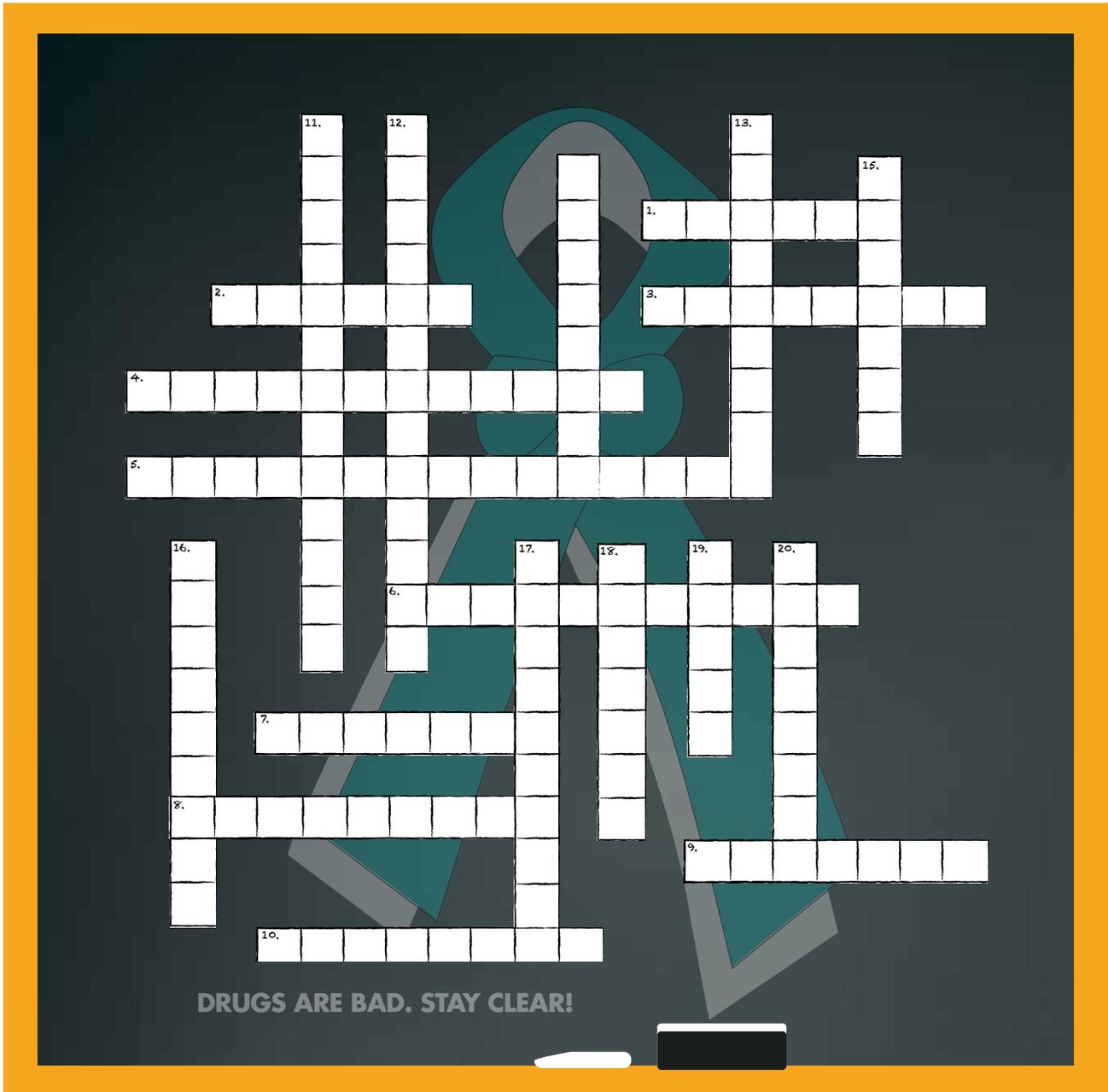
- ▶ Urinary tract infection (difficulty or pain when urinating)
- ▶ Bladder problems

If you have been approached to try drugs or wish to report any information, please contact:

The Duty Officer
Central Narcotics Bureau
Tel: 1800-325 6666

For more information, do visit:
www.cnb.gov.sg

Say No To Drugs! What Are Drugs And Inhalants?



Across

1. Drug also known as 'White'.
2. I feel like throwing up.
3. Also known as 'Vitamin K', but bad for your health.
4. Time to go behind bars.
5. You can't cool your drink with this.
6. You would sleep better by staying away from this.
7. Don't try this 'coke' even if you are thirsty.
8. Sticky and smelly. You may die anytime trying it.
9. A dangerous dancing partner in the clubs.
10. Most people do this when they drink too much.

Down

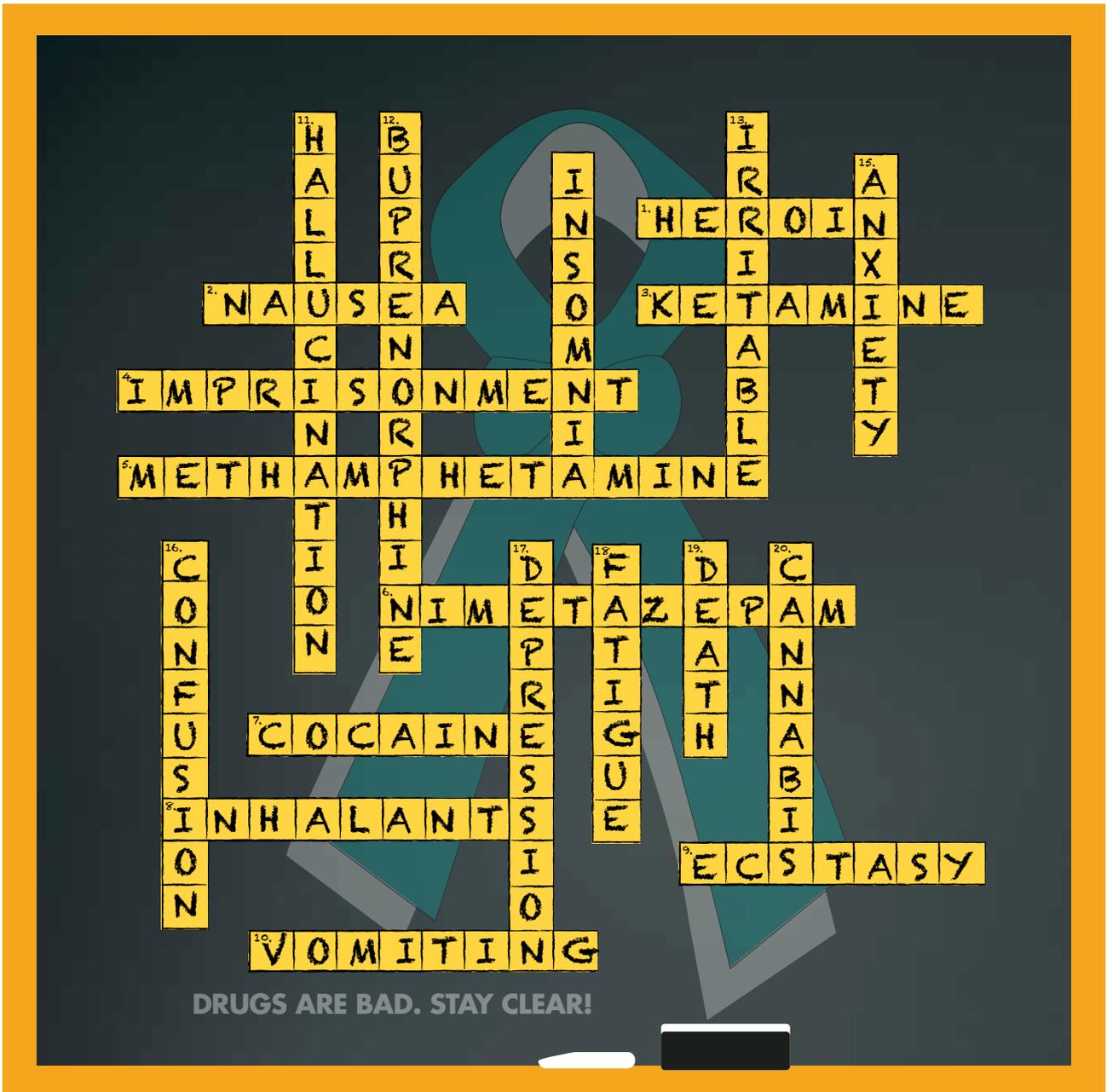
11. Seeing something that isn't there at all.
12. Also known as Subutex, a treatment gone wrong.
13. Easily annoyed.
14. I always count sheeps when I get this.
15. Panic attack.
16. Clearly, of an unclear mind.
17. Why does everything seem so blue?
18. So tired that I couldn't take one more step.
19. Sometimes, this is how drug abuse ends.
20. The grass is definitely greener when you are not on this.

Complete the tagline:

D **U** **S** **A** **E** **B** **A** **.** **S** **A** **L** **A** **R** **!**

(E, Y, R, T, D, G, C, R)

Say No To Drugs! What Are Drugs And Inhalants? (Answer)



Complete the tagline:

D R U G S A R E B A D . S T A Y C L E A R !

Lesson Plan 2 For Primary Schools

Say No To Drugs! -Drug Abuse Hurts Me And My Family

Lesson Objectives

By the end of the lesson, students should be able to:

- describe what drugs and inhalants are
- state that all drugs are addictive, and that there are consequences / penalties to such irresponsible behaviour
- state that all drugs are harmful, and the harms that drug abuse can cause to self, family and community

Methodology / Teaching Strategy

(English/Mother tongue lesson) Composition / Essay Writing

Time Required

30 minutes

Materials Needed

- White Board Marker(s), or print out the assignment worksheet at page 65.
- Attached at pages 66 and 67 is a poster on "Why Do People Use Inhalants", which can also be distributed to help them to write the essays.

Lesson Body

Introduction (10 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - What are "drugs" and "inhalants"?
 - What does "addiction" mean?
- Introduce the topic of "drug and inhalant abuse" and learning objectives to the class.

Lesson Development (20 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster or Harmful Effects of Drugs at Lesson Plan 1 - pages 59 and 60 to aid you in the lesson. The key points are:
 - More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.
 - Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. You may want to elaborate on the meaning of the effects and addiction, using simpler language with suitable examples.
 - There are penalties to drug abuse, to protect you and your family from drug abuse.
 - Do not try drugs at all. You may wish to introduce a tagline to help the students remember this (e.g., Life Does Not Rewind. Say No to Drugs).

- Assign the class to write an essay using either the proposed theme(s) or key words at page 65. Educators may also distribute pages 66 and 67 to help students better understand why people abuse drugs and inhalants (Note: though the poster is on inhalants, the same reasons can also be used for drugs).
- You may wish to write down the assignment on the whiteboard, or print out page 65 and distribute it to the class.

Closure and Consolidation (next lesson)

- Educators may wish to select some of the better essays and share them at the next lesson.
- All drugs are harmful and always say NO to drug abuse.
- Pin the essays on the class notice board.

Additional Resources

- Mother Tongue Educators may also use this lesson plan for composition.
- Educators may download this toolkit at CNB's website (www.cnb.gov.sg)
- Educators may also show a video on addiction. You may find these videos on YouTube using the key words – addiction, drug addiction. This may inspire students for their essay writing.

Say No To Drugs! Drug Abuse Hurts Me And My Family

Write **one** of the following essays **with not more than 300 words**.

- An essay with the theme – Glue-Sniffing Destroys!
- An essay with the theme – The Deadly Trap of Drug Abuse
- An essay beginning with one of the following:
 - a) "I/He/She did not realise that the day I/he/she started to abuse drugs, I/he/she would have to bear with the terrible consequences..."
 - b) "Glue-sniffing was a mistake from the start..."
 - c) "I/He/She lost the most important thing/person in the world when I/he/she started to abuse drugs..."
- An essay that includes **all of the following words**:



Students may refer to the CNB website (www.cnb.gov.sg) for more information on the different types of drugs, tell-tale signs and the penalties of drug abuse.



Why Do People Use

Inhalants?

Some kids mistakenly believe that abusing **Inhalants** and engaging in other types of risky behaviours are acts of rebellion that can make them feel better themselves.

However, rejecting healthy practices, safety and common sense just because grown-ups tell you that they are important will not help you. Making unwise choices, such as inhaling a dangerous substance, shows that the drug user is still a child who needs to be protected by adults.

Peer Pressure

We all know what it feels like to want to belong to a social group. No one wants to feel disliked or left out when a friend is having a party or a group of kids is hanging out. But what happens when someone in the group does something you don't agree with or don't want to do? You want to fit in and you want people to think you're cool.

This is peer pressure. Sometimes it's easy to spot. A friend might come right out and say something to make you feel bad if you don't do what everyone else seems to be doing. Other times, your friends might not say anything specific but you still worry that they won't like you if you don't go along with them.

Peer pressure is one of the main reasons teens abuse **Inhalants**. Even adults feel peer pressure but when you're still growing up and trying to figure out exactly where you fit in, that pressure can be much stronger. But you don't have to give in to peer pressure. There are ways to avoid doing things you don't want to do while still feeling like part of the gang. Chances are, you're not the only one in the group who doesn't want to abuse **Inhalants**. Other kids may feel the same way but they may also be afraid to speak up. **If you want to do what's best for you, though, you have to stand up for yourself.**



This isn't always easy, of course. It takes courage. You may fear losing your friends. But you may also find out that if you do say no, other friends who may have been afraid to speak will take your side because they'll know they are not alone. And it's often easier than you might think to **say "No, thanks."**

Here are a few other ways that you can take control of your life and resist **Inhalants**:

- ⓘ Skip parties or activities organised by friends who have undesirable behaviour
- ⓘ Hang out instead with friends who don't drink or abuse **Inhalants**
- ⓘ Find new after-school activities. Check with community clubs to see whether they offer sports, music lessons or craft classes.
- ⓘ Get involved in drug-free activities like movies, community service projects, or walk-a-thons. Ask your friends to join you.

Besides feeling peer pressure, here are a few other reasons young people have given for experimenting with **Inhalants**:

- ⓘ To have fun or relax
- ⓘ To feel more grown-up
- ⓘ Out of curiosity
- ⓘ Because it seems exciting
- ⓘ To stop feeling lonely or depressed



“Peer pressure is one of the main reasons teens abuse inhalants.”

All of these reasons reflect perfectly normal emotions. What's important is that you look for ways to satisfy your sense of adventure or curiosity, or help yourself feel less lonely or sad, in ways that are healthier than abusing **Inhalants**. If anyone asks you to try inhaling a substance like glue or contact cement, tell them you don't breathe poisons and that you're not interested in doing things that will hurt you.



**Be your own best friend
by protecting your body.**

Adapted from the book
*“Junior Drug Awareness:
Inhalants & Solvents”*
by Dr Linda Bayer.

Lesson Plan 3 For Primary Schools

Say No To Drugs! - A Drug-Free Singapore

Lesson Objectives

By the end of the lesson, students should be able to:

- describe what drugs and inhalants are
- state the general harmful effects and penalties of drug abuse
- describe the benefits of staying drug-free

Methodology / Teaching Strategy

(Art lesson) Art and craft

Time Required

30 minutes

Materials Needed

- Art materials (such as pencils, colour pencils, crayons, watercolours, oil colours, acrylic paint, chalk, markers, pastel, pen, charcoal).
- Drawing board.

Lesson Body

Introduction (10 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - What are "drugs" and "inhalants"?
 - What does a "drug-free lifestyle" mean?
- Introduce the topic of "drug and inhalant abuse" and learning objectives to the class.

Lesson Development (20 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster or Harmful Effects of Drugs at Lesson Plan 1 - pages 59 and 60 to aid you in the lesson. The key points are:
 - More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.
 - Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. You may want to elaborate on the meaning of the effects and addiction, using simpler language with suitable examples (e.g. not being able to study and hold down a job later, parents always quarrelling over the child's drug abuse problem, or stealing in the community to feed your drug abuse habit – causing people in the neighbourhood to feel unsafe).
 - There are penalties to drug abuse, to protect you and your family from drug abuse.
 - Do not try drugs at all. You may wish to introduce a tagline to help the students remember this (e.g., Life Does Not Rewind. Say No to Drugs).
 - Share about the anti-drug ribbon – a symbol used in Singapore to encourage all to take a strong stance against drug abuse.

- Get the class to do a piece of artwork, based on an anti-drug theme (such as “A drug-free Singapore”, “Say No to Drugs”).
- The artwork must clearly convey the anti-drug message/theme, and the anti-drug ribbon.
- The artwork can be drawn on drawing board (or any other materials deemed suitable, like fabric) using any colour mediums (e.g. colour pencils, crayons.)

Closure and Consolidation (next lesson)

- Educators may wish to select some of artworks and summarise the key messages shown on them.
- All drugs are harmful and always say NO to drug abuse.
- Display all the artworks on the class notice board.

Additional Resources

- Attached at page 70 are some anti-drug montages done by teachers and students under the Anti-Drug Montage Competition as part of the Anti-Drug Ambassador Activity. Educators and students may visit the CNB website to view more montages, to get a better idea on how others have incorporated the anti-drug theme into their art pieces.

Anti-Drug Montages By Teachers and Students



Balestier Hill Primary School

Message: Stay away from drugs, be free, be lit.



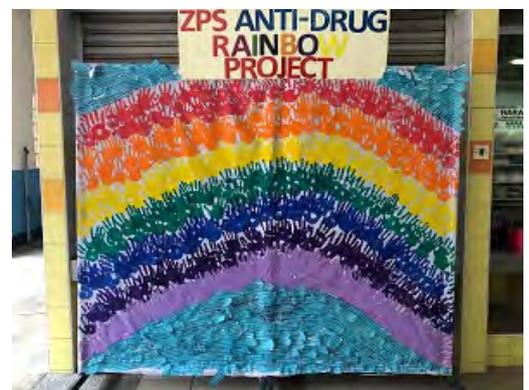
North Vista Primary School

Message: Fight the temptation, paint a drug-free future.



Woodlands Ring Primary School

Message: Daylight marks the new beginning of each day and symbolises hope. Spend each day meaningfully.



Zhangde Primary School

Message: There's always a rainbow after the rain. Despite the challenges, stay hopeful and committed to safeguard a drug-free Singapore - we are one in stamping out drugs.



St Stephen's School (Primary)

Message: Your Future is Bright, Say Drugs Ain't Right! It is the right of all children to live in a drug-free environment where they can pursue their dreams. Join us to pledge your support!



Huamin Primary School

Message: No man is an island. Let's unite as one to help the people around us to stay drug-free and be the guiding light to the ex-abusers.

Lesson Plan 4 For Primary Schools

Say No To Drugs! - I pledge to stay drug free!

Lesson Objectives

By the end of the lesson, students should be able to:

- describe what drugs and inhalants are
- state the general harmful effects and penalties of drug abuse
- pledge to stay away from drugs and inhalants

Methodology / Teaching Strategy

(Social Studies lesson/Art lesson) Signing of an anti-drug pledge

Time Required

30 minutes

Materials Needed

- Copies of the anti-drug pledge at page 73

Lesson Body

Introduction (10 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - What are "drugs" and "inhalants"?
 - What does "abuse" mean?
- Introduce the topic of "drug and inhalant abuse" and learning objectives to the class.

Lesson Development (15 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster or Harmful Effects of Drugs at pages 59 and 60 to aid you in the lesson. The key points are:
 - More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.
 - Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. You may want to elaborate on the meaning of the effects and addiction, using simpler language with suitable examples (e.g. not being able to study and hold down a job later, parents always quarrelling over the child's drug abuse problem, or stealing in the community to feed your drug abuse habit – causing people in the neighbourhood to feel unsafe).
 - There are penalties to drug abuse, to protect you and your family from drug abuse.
 - Do not try drugs at all. You may wish to introduce a tagline to help the students remember this (e.g., Life Does Not Rewind. Say No to Drugs).
 - Share about the anti-drug ribbon – a symbol used in Singapore to encourage all to take a strong stance against drug abuse.

Closure and Consolidation (5 mins)

- Print and distribute the anti-drug pledge at page 73.
- Collect the signed pledges and display them in the class notice board.

Note To Educators

The class as a whole may also make a customised banner (eg: plain large fabric, A1 paper) on which the students will leave their handprints or signatures to pledge that they will stick to a drug-free life. This will be a show of commitment which helps them to be alert to drugs in their daily life. When the process is complete, the banner can be displayed in the classroom as a constant reminder for all the students.

Additional Resources

- Educators may download this toolkit at CNB's website (www.cnb.gov.sg).

Note To Educators

Educators may wish to conduct this lesson in July to commemorate the International Day Against Drug Abuse and Illicit Trafficking on 26 June.

Say No To Drugs! I Pledge To Stay Drug-Free!

I, _____, pledge to stay away from drugs from this moment on, because drugs can only do me harm and it is wrong.

Even if someone I know offers me a pill or two, I will tell him 'No, I can't, and you shouldn't too!'

Reading, swimming and drawing are things I can do during my free time, not Glue, 'Ice' or cannabis – they destroy my life.

I promise to focus on my studies and mix with people who truly care, like my family and good friends, they're gems; precious and rare.

It's up to me to choose the right path, and not end up as a mess.

So I'll do my best to lead a healthy and meaningful life!



Signature

Date

The green and white colours of the anti-drug abuse ribbon signify health, vitality and strength.



Lesson Plan 1 for Secondary Schools Life Does Not Rewind. Say No to Drugs! – The Truth about Drugs

Lesson Objectives

By the end of the lesson, students should be able to:

- a) describe what drugs and inhalants are
- b) distinguish between the truths and myths of drug abuse

Methodology / Teaching Strategy

(English/Art lesson) Critical thinking - identifying truths and misinformation

Time Required

40 minutes

Materials Needed

- Infographics on the myths of drug abuse at pages 76 and 77 on the harmful effects of drug abuse
- Worksheet at page 78.

Lesson Body

Introduction (5 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - a) What are “drugs” and “inhalants”?
 - b) What are some of the “myths” of drug abuse?
- Introduce the topic of “drug and inhalant abuse” and learning objectives to the class.

Lesson Development (30 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster at page 59 for primary schools to aid you in the lesson. The key points are:
 - a) More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - b) Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.
 - c) Share some of the myths of drug abuse, for example, “I will not get hooked”.
 - d) Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. Educators may wish to elaborate on how drug abuse would destroy dreams and family – for example, one of the effects of drugs is a lower IQ. Parents would be devastated and to learn that their child is a drug abuser.
 - e) There are penalties to drug abuse, to protect you and your family from drug abuse.
 - f) Do not try drugs at all. You may wish to introduce a tagline to help the students remember this (e.g., Life Does Not Rewind. Say No to Drugs).
 - g) Reinforce the lesson using the worksheet at page 78. The activity can be done as an individual, or the class can be organised into pairs.

Closure and Consolidation (next lesson)

- Once done, the educator may select some groups to share their discussions
- Educators may then summarise the main points discussed.
- Collect the task sheets and pinned them on the class notice board.

Additional Resources

- Educators may refer to 'Drugs and their Effects' on MOE Student Learning Space.
- The answer key is at page 79.
- Educators may download this toolkit at CNB's website (www.cnb.gov.sg)
- Please refer to pages 104 to 106 for a supplementary lesson plan on the "Truth about Drugs".

Note To Educators

Educators may also get each student to design a poster on the Myths of Drug Abuse.

Myths Of Drug Abuse

GET SMART: DEBUNKING DRUG MYTHS



Think you know all there is to drugs? Think again. Oftentimes, what you hear about drugs comes from your peers and such information may not always be accurate even though they may sound logical. If you have been hearing your friends talk about drugs all this while, read on to find out how some common myths are busted. The truth is: there are absolutely no advantages to using drugs, no matter what short-lived pleasurable effects they may give.

MYTH

Cannabis is harmless since some countries have legalised it.

Cannabis is just like any drug of abuse. It leads to addiction and a host of severe health problems such as depression, paranoia, distorted perceptions and psychosis. Contrary to popular belief, its natural plant origin does not make it any safer than other drugs. The first try could lead to addiction even if you may not feel so.

FACT

MYTH

It is impossible to get addicted to drugs like heroin or meth on the first try.

All drugs if abused lead to serious health consequences and a lifetime of regret. Even if the drug is plant-based like cannabis, it is just as dangerous as synthetic drugs. The first try could trigger a yearning for subsequent consumption, which in turn result in a never-ending cycle.

FACT

MYTH

Taking drugs, like drinking alcohol and smoking, is a normal process of growing up.

There are many other healthy activities such as sports and music that youths can participate in for entertainment and character development. The abuse of illegal substances does not form part of a person's route to maturity.

FACT

MYTH

My idol is 'doing' drugs. It must be safe and cool for me to do so too.

Every now and then, stories of how some celebrities get arrested for involvement with drugs surface in the media. Sometimes when such stories eventually make it to the press, the celebrity in question is already dead from an overdose. Their association with drugs does not affirm that it is 'cool' to take drugs; it only reinforces the point that anyone can fall prey to the dangers of drug abuse.

FACT

MYTH

It doesn't hurt to just try it once. I won't get addicted.

Taking the first step towards drugs is also taking the first step towards a life of regret. Abuse of any drug leads to addiction and health problems that are potentially fatal.

FACT

**If it is too good to be true, it is better to think twice.
Get the facts right and make the smart choice for yourself when it comes to drugs.**

Harmful Effects of Drugs



The Truth About Drugs

The statements below are all lies about drugs. They are often used to try to persuade young people to begin to abuse drugs.

Myths

1. You can stop taking drugs anytime you want
2. Drugs wear off and don't cause permanent damage to your body
3. Drugs give you energy
4. Cannabis is less harmful than tobacco
5. Drugs will make you more creative
6. Cannabis is harmless because it is "natural"
7. It is impossible to get addicted to drugs on your first try
8. My idol is doing drugs so it must be okay for me too

Choose 3 of the abovementioned myths, and write at least two true statements about drugs to contradict the myths.

| Myth | Truth |
|------|-------|
| | 1. |
| | 2. |
| | 1. |
| | 2. |
| | 1. |
| | 2. |

The Truth About Drugs (Answers)

| S/N | Myths | Truths |
|-----|---|--|
| 1. | You can stop taking drugs anytime you want. | People can become dependent on any drug. When it would happen depends on the person's response to the drug being abused. Some people are more vulnerable and could become addicted after the first try. Some drugs are so powerful that an abuser becomes addicted after the first try. |
| 2. | Drugs wear off and don't cause permanent damage to your body. | All drugs, when abused, can cause irreversible damage to the body and affect the organs such as the brain, heart, lungs, liver and kidney. |
| 3. | Drugs give you energy. | Some drugs, like cannabis, slow the body down and affect your coordination and reflexes, and cause the abuser to have impaired judgement and distorted vision. Drugs can also block off sensations, and wipe out an abuser's abilities and alertness, causing distorted thinking. |
| 4. | Cannabis is less harmful than tobacco. | Cannabis smoke contains even more tar and cancer-causing ingredients than tobacco smoke. It can damage the lungs, the respiratory system and is also linked to cancers of the mouth, tongue and lungs. |
| 5. | Drugs will make you more creative. | Some drugs, like cannabis, cause the abuser to experience psychological effects such as anxiety or hallucinations. Some drugs may also trigger mental illness and cause irreversible damage to brain, heart, lungs, liver and kidney. Some drugs may lift a person into a fake kind of cheerfulness, but when the drug wears off, they crash even lower than before. And each emotional plunge is lower and lower. Eventually, drugs will completely destroy all the creativity a person has. |
| 6. | Cannabis is harmless because it is "natural". | Many drugs, including cannabis and tobacco, are derived from plants or vegetable matter. Like all of them, cannabis can have harmful effects on the abuser's body. |
| 7. | It is impossible to get addicted to drugs on your first try. | All drugs, when abused, can lead to serious health consequences. The first try could trigger a yearning for more, which in turn develop into a vicious cycle – this is addiction. |
| 8. | My idol is doing drugs. So it must be okay for me too! | Celebrities may not always do the right things. Sometimes, when stories of celebrities abusing drugs were exposed by the media, the celebrity may have already died from a drug overdose. Thus, drug abuse is not cool and is dangerous. |

Lesson Plan 2 for Secondary Schools Life Does Not Rewind. Say No to Drugs! - I declare to stay drug free!

Lesson Objectives

By the end of the lesson, students should be able to:

- a) describe what drugs and inhalants are
- b) describe some of the reasons that people give for abusing drugs
- c) describe their own reasons for not abusing drugs
- d) describe the benefits of a drug-free lifestyle
- e) apply refusal tips in real-life situations
- f) pledge to stay clear of drugs

Methodology / Teaching Strategy

(Art lesson) Design the Anti-Drug Declaration Form

Time Required

40 minutes

Materials Needed

- Plain paper or drawing board(s), and any other materials deemed suitable (e.g. fabric)
- Art materials - such as pencils, colour pencils, crayons, watercolours, oil colours, acrylic paint, chalk, markers, pastel, pen, charcoal

Lesson Body

Introduction (5 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - a) What are "drugs" and "inhalants"?
 - b) What are the reasons that people abuse/don't abuse drugs?
- Introduce the topic of "drug and inhalant abuse" and learning objectives to the class.

Lesson Development (30 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster at page 59 for primary school to aid you in the lesson. The key points are:
 - a) More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - b) Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.
 - c) Share some of the myths of drug abuse, for example, "I will not get hooked".
 - d) Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. Educators may wish to elaborate on how drug abuse would destroy dreams and family – for example, one of the effects of drugs is a lower IQ. Parents would be devastated and very sad to learn that their child is a drug abuser.
 - e) There are penalties to drug abuse, to protect you and your family from drug abuse.

- Share with the class the reasons that some people give for abusing drugs, e.g. curiosity about the high, peer pressure, etc. Educators may also use pages 82 and 83 to reiterate the importance of saying no to drug abuse.
- Then, get the class to discuss the benefits of a drug-free lifestyle and brainstorm coping strategies to deal with at least 2 of the reasons discussed.
- Then, split the class into groups of 2-4 to design an anti-drug declaration form that must have the following:
 - a) one-two benefits of a drug-free lifestyle
 - b) a declaration statement to stay drug-free
 - c) include the anti-drug ribbon
 - d) and put their signature on it
- They will also request at least two other classmates, one educator and/or parent to co-sign as a witness.

Closure and Consolidation (5 mins)

- Educators may then summarise the main points discussed.
- Collect the signed declarations at the next lesson and display them in the class notice board.

Note To Educators

Educators may wish to conduct this lesson in July to commemorate the International Day Against Drug Abuse and Illicit Trafficking on 26 June.

A Few Good Reasons

Every drug has some kind of effect on your body, mind or both. There are plenty of reasons to avoid abusing any and all substances. Here are a few of them:

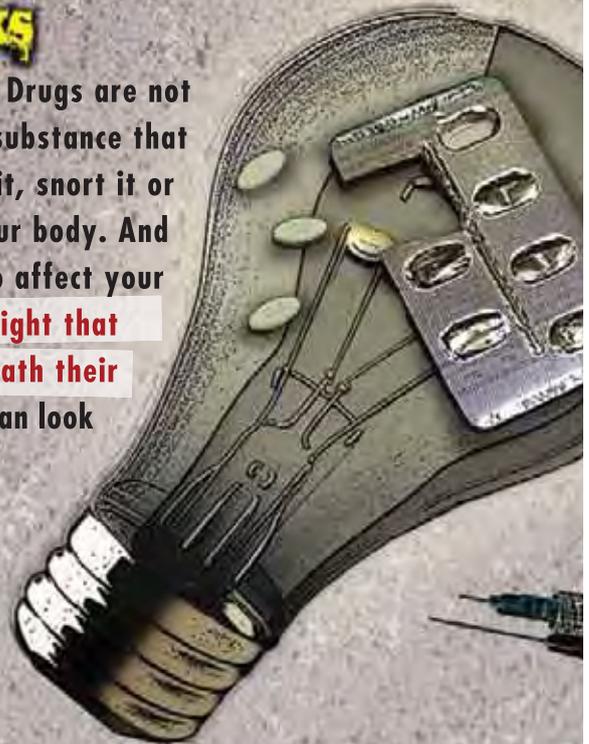


Drugs Mess Up Your Mind

There is no doubt that drugs can mess up the way you think. **They impair your judgment, leading to risky behaviour and its harm goes even deeper.** Drug abusers often find that their short-term memory is unbelievably short - they're unable to keep basic facts straight even when they're sober. What's worse is addiction messes with your priorities and your judgment - drugs become the single most important thing in an addict's life. **So you really want the most important thing in you life to be some stupid drug?**

Drugs Affect Your Looks

You've heard it before, now hear it again: Drugs are not good for your health. Any kind of foreign substance that you put into your body - whether you eat it, snort it or inhale it - is going to take some toll on your body. And anything that affects your body is going to affect your looks. **Drug abusers often lose so much weight that they look sickly and dark circles form beneath their eyes.** Why risk looking like that when you can look healthy and great?



Don't Mess with Drugs

Drugs Cost Money

Drugs cost you money. Abusers who become addicted may resort to stealing to keep up with their habit. And the health problems associated with drug abuse can cost an arm and a leg. When you think about it, **it seems like the dumbest way to spend your cash,** when you could use it to buy new clothes or enjoy meals and movies with your friends.

Drugs Spoil Your Chances

The statistics are simple: If you abuse drugs, you're breaking the law. **You'll have to spend a precious part of your youth at a Drug Rehabilitation Centre (DRC) and you'll less likely achieve your dreams.** Your chances of finishing higher education decrease significantly if you abuse drugs and you increase your chances of ending up broke, in a lousy job or in an unhappy relationship.

Adapted from Refuse to Use,
by Ann Kirby-Payne

Lesson Plan 3 for Secondary Schools Life Does Not Rewind. Say No to Drugs! – All Drugs are Harmful and Addictive

Lesson Objectives

By the end of the lesson, students should be able to:

- a) describe what drugs and inhalants are
- b) describe the harmful effects of drugs
- c) know that drugs are addictive
- d) describe some of the reasons that people give for abusing drugs
- e) describe the costs of drug abuse to self, family and community

Methodology / Teaching Strategy

(Literature lesson) Poetry Writing

Time Required

40 minutes

Materials Needed

- White board marker(s), or print out the assignment at page 86

Lesson Body

Introduction (5 mins)

- Pose the following questions to the class to gauge their prior knowledge of drugs:
 - a) What are “drugs” and “inhalants”?
 - b) What are the reasons that people abuse/don’t abuse drugs?
- Introduce the topic of “drug and inhalant abuse” and learning objectives to the class.

Lesson Development (30 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster at page 59 for primary school to aid you in the lesson. The key points are:
 - a) More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - b) Drugs are harmful to your body. Some of the harmful effects of these drugs include hallucination, damage to brain and heart, paranoia, extreme fatigue etc.
 - c) Share with students some of the myths of drug abuse, for example, “I will not get hooked”.
 - d) Emphasise that all drugs are bad and harmful to health, can lead to addiction and destroy your dreams and family. Educators may wish to elaborate on how drug abuse would destroy dreams and family – for example, one of the effects of drugs is a lower IQ. Parents would be devastated and very sad to learn that their child is a drug abuser.
 - e) There are penalties to drug abuse, to protect you and your family from drug abuse.

- Get the class to discuss what they know about the harmful effects of drugs, and the reasons for drug abuse.
- Educators may also use page 87 to teach the students the costs of drug abuse, to reinforce the importance of saying no to drug abuse.

Closure and Consolidation (5 mins)

- Assign each student to write a poetry using either the proposed theme(s) or key words at page 86.
- You may wish to write down the assignment on the whiteboard, or print out page 86 and distribute it to the class.

Additional Resources

- Educators may download this toolkit at CNB's website (www.cnb.gov.sg)

Note To Educators

Educators may also focus on a particular drug, e.g. cannabis.

Educators may also encourage the students to provide drawings or sketches to complement their poem, as well as give a title to their work.

WHAT A MESS!

It's a fact that drug abuse can mess up your entire life. Isn't this a good enough reason for you to say **"NO"** to drugs?

1 Drugs mess with your mind.

Drug abuse can cause you to lose your ability to remember things, to think clearly and to study properly. It can also make you act in strange unpredictable ways. So don't lose your mind! Stay clear of drugs.

2 Drugs mess with your body.

Drug abuse can make you ill and an overdose can kill. Since drugs also use up your body's supply of vitamins and minerals, you become more prone to diseases and become less attractive physically. Why be a loser? Stay healthy!

3 Drugs mess with your wallet.

Drugs are REALLY expensive! This is why many drug addicts turn to a life of crime in order to get money to pay for their drugs. Don't waste your money. Drugs are the ultimate betrayer - you pay big money to destroy yourself.

4 Drugs mess with your life.

Drug abuse is a "cool" idea that leads to a living nightmare. Drug abusers often lose their enthusiasm for life, giving up activities and people they love in their pursuit to satisfy their drug addiction. Taking drugs definitely give you a new lifestyle, but it is the lifestyle of a sad loser with no prospects.

5 Drugs mess with the planet.

Natural forests are cut down for space to grow drugs, thus destroying the natural habitat for thousands of creatures and upsetting the ecosystem.

6 Drugs mess with society.

Criminals who manufacture and sell drugs have no respect for law and order, using violence against anyone who tries to stop them. They do not care about the effects of drugs on their victims, but only care about the money they earn.

7 Drugs mess with your hopes and dreams.

Drug addicts do not care about anything else except how to obtain drugs for their next high. Hopes and dreams for the future? Only despair and nightmare await drug addicts.

Article adapted from: <http://saynotodrugs.org.uk/reasons-not-to-take-drugs>

Lesson Plan 4 for Secondary Schools Life Does Not Rewind. Say No to Drugs! – Weed and Weep

Lesson Objectives

By the end of the lesson, students should be able to:

- a) state what cannabis is
- b) describe the harmful effects of cannabis abuse
- c) explain how responsibility and self control helps one stay drug-free

Methodology / Teaching Strategy

(English lesson) Group discussion / Creating wordfind puzzles

Time Required

40 minutes

Materials Needed

- Print out the infographics and additional information on cannabis at pages 90, 91, 92 and 93.
- Print out the worksheet at page 94.
- Projector, screen and a computer to play videos from YouTube.

Lesson Body

Introduction (5 mins)

- Show a video on cannabis addiction. You may find these videos on YouTube using the key words – cannabis addiction. Alternatively, educators may use this video – Your brain on drugs: Marijuana (2:27 min) by asapscience. Ask students the following questions to solicit responses on the video:
 - a) What is “addiction”?
 - b) From the video, how do you think cannabis harms you?

Lesson Development (30 mins)

- Explain to the class what cannabis is. Educators may refer to Part 1 of this toolkit to aid you in the lesson. Supplementary information on cannabis can also be found at pages 90, 91, 92 and 93. Educators may also research on the internet for newspaper articles of celebrities abusing drugs (due to copyright issues, we are unable to include these articles in the toolkit).
- Educators may then break the class into groups of 3-4 for classroom discussion. Each group may be assigned one or more of the following topics/themes:
 - a) Harms of cannabis abuse
 - b) What do you think are the reasons that led some to abuse cannabis? Then, come up with at least 10 refusal tips/coping strategies to deal with the reason. Each group may be assigned to explore one reason, some of which are listed below:
 - i) curiosity (for the wrong reasons)
 - ii) peer pressure
 - iii) media
 - iv) myths of cannabis abuse

Once done, educators may select some groups to share the key points from their discussions.

Closure and consolidation (5 mins)

- Educators may then summarise the main points discussed, and highlight the following:
 - a) All of us have to make choices.
 - b) All choices will have consequences.
 - c) Drug abuse will lead to addiction.
 - d) Succumbing to drug abuse, regardless of reasons, is a BAD choice.
 - e) The decision also comes with bad consequences.
 - f) Regardless of who offered drugs to you, you must always say NO.
 - g) When we build and strengthen our self-control, we will be able to take responsibility for our life – and ensure that our own physical, social and emotional well-being is well taken care of.
- Reinforce the lesson by getting the students to come up a wordfind using the worksheet at page 94. The activity can be done as an individual, or in the same group formation.
- Collect the task sheets at the next lesson and pin them on the class notice board.

Additional Resources

- Educators may download this toolkit at CNB's website (www.cnb.gov.sg).
- Educators may refer to CNB's social media handles at CNB.DrugFreeSg for PDE videos.
- Educators may refer to 'Drugs and their Effects' on MOE Student Learning Space.
- Please refer to pages 126 to 129 for a supplementary lesson plan on "Weed and Weep".

Note To Educators

If educators are not comfortable to focus on cannabis, you may change the focus to drugs and inhalants.

THE DRUG TIMES

BRINGING YOU ALL THE FACTS ON DRUGS



3rd Cannabis came in for most-abused drug in Singapore!

Millions of lives affected worldwide!



Cannabis Crossword



3 Down: One of the possible adverse effects of Cannabis
2 Across: Cannabis abusers may experience ____ attacks.

Most Wanted List



Name: Cannabis
 Known Aliases: Marijuana, pot, grass, joints, ganja, hashish, weed.
 Guilty of: Causing anxiety, confusion, depression and paranoia.

Take it thrice daily for teeth like mine!



Say Hello to Cannabis,
 Say Goodbye to your brain!



BRAIN ABNORMALITIES AND SHRINKAGE!

The Highs and Lows Stock Report



Non-abusers: Increased life satisfaction, academic and career success
Abusers: Reduced life satisfaction, academic and career success

Penalties

Illegal traffic, import or export of:

- Over 500g of Cannabis
- Over 200g of Cannabis resin
- Over 1,000g of Cannabis mixture



MAY FACE THE DEATH PENALTY

Possession or consumption of Cannabis



Up to **10 years in jail** and/or **S\$20,000 fine**

Visit these links for more information on drug abuse:

- CNB website: www.cnb.gov.sg
- National Addictions Management Service website: www.nams.sg

References:

- 1 <http://www.drugabuse.gov/publications/drugfacts/marijuana>
- 2 <http://yourhealth.asiagone.com/content/cannabis-abuse-34-singapore>
- 3 <http://www.livestrong.com/article/23213-marijuanas-harmful-effects-mouth/>
- 4 <http://www.unodc.org/drugs/en/get-the-facts/cannabis.html>



Cannabis – Deadlier Than You Think

"Come on!" exclaimed Teck as he dragged his friend through the streets of a northern European city. Benson could hardly keep up with his roommate's pace while fiddling with the camera. They had landed the night before in the country as part of their university's exchange programme. Having heard so much about cannabis and the relaxed rules that prevail in this European city, Teck decided to check out the situation with Benson. They were headed for one of the city's many 'coffeeshops' where it is legal to smoke cannabis. He could hardly wait. Neither could the negative effects of this drug.

As they eagerly opened the doors to the 'coffeeshop', a gush of warm odorous air greeted them. They could see hordes of patrons seated or standing in the establishment puffing away. Teck was absolutely enthralled by this sight. He found what he was looking for and he assumed this must be the place where he could try cannabis without any legal implications since he was out of Singapore.

"Will we be ok? I mean taking drugs..." asked Benson apprehensively. "Of course we will be fine! Cannabis is a mild drug and furthermore, we aren't in Singapore!" retorted Teck. Unbeknownst to them, consuming cannabis outside of Singapore even for recreational purposes is a criminal offence and the same penalties apply once they return to the country.

CANNABIS: DEADLIER THAN YOU THINK



They are also setting themselves up for a lifetime of regret as cannabis is in no way a mild drug. Contrary to popular belief, smoking cannabis has several negative effects such as:

- Depression
- Motor coordination problems
- Anxiety, panic and paranoia
- Distorted perceptions
- Psychosis
- Decline in motivation for long-term abusers

Like many other drugs, this drug is also one that will haunt the abuser even during abstinence. The following are some withdrawal symptoms associated with the lack of access to cannabis:

- Anger, aggression and irritation
- Loss of appetite and loss of weight
- Insomnia
- Depression
- Physical discomfort
- Tremor

As both of them sat down in front of the bar counter, Teck flipped through the menu excitedly. Somehow, Benson did not feel right about this despite his friend's assurances. He could only look around the premise with uncertainty as other patrons puffed away.

All Singaporeans / Permanent Residents found to have consumed illegal substances, EVEN OUTSIDE SINGAPORE, will face the penalty of imprisonment of up to 10 years, fine not exceeding S\$20,000 or both.

IT MAY BE TEMPTING TO TRY CANNABIS 'JUST ONCE' WHEN ABROAD ESPECIALLY IN COUNTRIES WHERE THE RULES HAVE BEEN RELAXED.

BUT IT IS IMPORTANT TO REMEMBER THAT THE FIRST ATTEMPT COULD LEAD TO ADDICTION AND LIKE ALL SUBSTANCE ABUSE, IT IS NEVER EASY TO QUIT.



Cannabis Factsheet



SUSPECT ID NO 7100: CANNABIS



UNCOVERING THE SUSPECT'S DISGUISE:

This suspect is a real master of disguise. It comes in various forms such as 'loose' leaves, compressed blocks or corn cob shapes. It can also appear in the form of oil. Cannabis is usually rolled up and smoked like a cigarette (sometimes referred to as a 'joint'). In Singapore, the common method of consumption is via smoking.

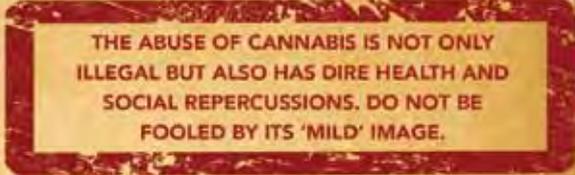
More alarmingly, abusers or conniving dealers mix it into common foods such as pizzas and beverages to 'soften' its image. The suspect has been reported to appear in different types of everyday foods in other countries where tourists have been lured into trying them. Some countries also have more relaxed regulations on the consumption of cannabis. Hence, this suspect puts on a 'friendlier' face compared to other drugs. However, this does not imply that anyone should try it even when overseas. It is a serious offence and action will still be taken against the offender upon returning to Singapore.

PROFILE OF THE SUSPECT:

Cannabis has its origins from the hemp plant and is a drug that can have both properties of being a depressant and a stimulant. This means that the experience an abuser obtains from consumption varies from calming to hallucinatory. In short, the suspect is sometimes referred to as an 'all-rounder' in the drug world. The main active chemical in cannabis is tetrahydrocannabinol (THC) and this affects concentration and memory, which in turn disrupts learning.

STREET NAMES IN SUSPECT'S ID:

- Marijuana
- Pot
- Grass
- Joints
- Ganja
- Hashish
- Weed



SPECIAL NOTES:

Many people have been fooled into thinking that cannabis is a mild drug. However it is far from the truth. Cannabis is fully capable of bringing about severe health effects. In the short term, basic senses such as sight, sound and touch are affected and there is a loss of motor coordination. The heart races while anxiety develops. Some other short-term effects include feeling of dryness in the mouth and throat.

In the long run, cannabis tears down the body's resistance to common illnesses such as colds and bronchitis. There will also be an increase in the growth of abnormally structured cells in the body. Rapid destruction of lung fibres and lesions to the brain occur while the abuser's personality and mood take on a dramatic change.

AN EX-ABUSER SPEAKS:

"When I was first introduced to cannabis overseas, I presumed it was just a mild drug like how my friends described. The first try led to the second and eventually, it resulted in a never-ending chain of addiction that destroyed my health. When I returned to Singapore, the law also caught up with me."

LEGAL PENALTIES:

- Possession or consumption of cannabis:
Up to 10 years of imprisonment, S\$20,000 fine or both (All Singaporeans / Permanent Residents found to have consumed illegal substances, **even outside Singapore**, will face the penalty of imprisonment of up to 10 years, fine not exceeding S\$20,000 or both.)
- Illegal traffic, import or export of any of the following may attract the death sentence:
 - 1) Cannabis exceeding 500 grams
 - 2) Cannabis resin exceeding 200 grams
 - 3) Cannabis mixture exceeding 1,000 grams

More Information On Cannabis

What is Cannabis

Cannabis is a natural product from the plant *Cannabis sativa*, also known as the hemp plant. Its main psychoactive constituent is tetrahydrocannabinol (THC), which is largely concentrated around the flowering parts, leading shoots and small leaves of the female plant. THC is one of approximately sixty cannabinoids, which refers collectively to the compounds found only in *Cannabis sativa*.

| Cannabis sativa | A block of compressed cannabis | 'Loose' cannabis | Corn-cob shaped cannabis |
|---|---|--|---|
|  |  |  |  |

Consequences of Drug Abuse (including Cannabis)

Educators may highlight to students that drug abuse has serious physical harms and negative consequences, namely:

- affects one's health/well-being - drugs damage organs like the heart, liver and brain, cause hallucinations and psychosis and lower ability to think or coordinate body movement;
- affects his/her own future - drug abuse leads to addiction, the drug abuser will constantly look for his next fix, and be unable to hold down a job or task (e.g. study). The abuser may also resort to stealing to find money to buy drugs;
- breaks the hearts of one's family – parents and siblings will be saddened and heart-broken once a family member succumbs to drug abuse;
- there are legal consequences – it is only a matter of time that the drug abuser is arrested by CNB and be sent to a drug rehabilitation centre.

Life Does Not rewind. Say No to Drugs! – Weed and Weep

Develop a wordfind using any of the following main theme/topic:

- Adverse harms of cannabis abuse
- Reasons for cannabis abuse
- Tell-tale signs of cannabis abuse
- Refusal tips/coping strategies

Steps to create word find

1. Decide on the theme/topic.
2. Design a crossword grid (e. g. 15 letters/squares by 15 letters/squares; 20 letters/squares by 20 letters/squares).
3. Think of the words relating to the topic for your group. For example, you may choose "Adverse harms of cannabis abuse". Words such as inhibitions, drowsiness, illegal could be included.
4. Write all the words in pencil on the grid. The words can be diagonal, horizontal, vertical or backwards.
5. Write as many words as you can on the grid.
6. Once the words are distributed on the grid, use a pen to write over the words.
7. Remember to also list all the words at the bottom of the grid.
8. Pass it to your classmate, and see how long he/she takes to solve the puzzle!



| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | B | G | L | A | S | S | V | C | H | A | R | M | F | U | L | X | U |
| E | R | T | Y | U | I | A | O | A | S | D | F | G | H | J | - | W | J |
| P | K | P | E | G | R | D | J | Y | A | B | A | K | L | S | T | W | Q |
| K | D | E | A | T | H | - | H | G | N | E | D | S | T | R | O | K | E |
| N | K | E | R | U | F | F | K | D | X | A | S | S | D | G | - | H | J |
| H | U | D | A | O | V | A | V | O | I | T | H | W | Q | I | H | G | A |
| B | M | E | T | H | A | M | P | H | E | T | A | M | I | N | E | J | D |
| E | I | S | G | I | B | I | J | W | T | Q | L | O | W | I | A | K | D |
| S | O | T | H | F | G | L | Y | E | Y | U | L | C | S | N | L | S | I |
| X | E | R | J | D | T | Y | U | T | O | E | U | Y | M | K | T | X | C |
| T | S | O | K | S | Y | R | K | T | L | U | C | L | A | Y | H | B | T |
| G | J | Y | L | D | E | P | R | E | S | S | I | O | N | P | J | Q | I |
| I | C | E | P | A | H | E | L | S | Y | D | N | O | E | I | O | A | O |
| W | Z | D | R | E | A | M | S | U | U | E | A | H | R | G | W | X | N |
| T | V | R | O | W | K | W | Q | J | G | F | T | G | D | G | P | C | M |
| U | B | Y | U | E | C | O | N | F | U | S | I | O | N | I | U | D | N |
| I | N | L | Y | R | A | Q | W | P | F | G | O | H | J | Y | U | E | G |
| P | I | M | P | R | I | S | O | N | M | E | N | T | K | L | A | R | T |

| |
|--------------------|
| 1. Methamphetamine |
| 2. Ice |
| 3. Glass |
| 4. Yaba |
| 5. Addiction |

| |
|----------------------|
| 6. Harmful to health |
| 7. Depression |
| 8. Anxiety |
| 9. Confusion |
| 10. Hallucination |

| |
|----------------------|
| 11. Stroke |
| 12. Death |
| 13. Sad family |
| 14. Destroyed dreams |
| 15. Imprisonment |

The green and white colours of the anti-drug abuse ribbon signify health, vitality and strength.



Lesson Plan 1 for Post-Secondary Schools My Life. My Choice. Stay Away from Cannabis

Lesson Objectives

By the end of the lesson, students should be able to:

- identify the similarities and differences between cannabis and tobacco
- state the harm of cannabis abuse
- state that cannabis use is illegal in Singapore

Methodology / Teaching Strategy

Using a mathematical concept to understand similarities and differences

Time Required

45 minutes

Materials Needed

- Photocopy the worksheet at page 97
- White board, markers

Lesson Body

Introduction (5 mins)

- Explain to students that both cannabis and tobacco are smoked, and it is important to know their harmful effects, especially cannabis which is illegal and more potent. Educators may refer to Part 1 of this toolkit to understand more about cannabis, as well as pages 90, 91, 92 and 93 at Lesson Plan 4 for Secondary Schools; and HPB's website, www.hpb.gov.sg (as well as other sources on the internet) for more information on tobacco.

Lesson Development (30 mins)

- Distribute the worksheet at page 97 to every student.
- Draw a Venn Diagram of two overlapping circles on the white board; label one circle tobacco and one circle cannabis (similar to the worksheet).
- Explain to the students that they will write the information on this diagram.
- The area where the circles overlap is where students will write the things that are common to both cannabis and tobacco. Educators may write some examples (see Answer at page 98).
- Tell the students that the other areas of each circle are for facts about cannabis and tobacco respectively that are not common with each other. Educators may write some examples (see suggested response at page 98).
- Pair up 2 students to work on the task.
- After that, bring all the students together and complete the Venn diagram on the board using the students' responses.

Closure and consolidation (5 min)

- Consolidate the main points on cannabis:
 - a) Cannabis is as harmful, if not more so than tobacco
 - b) It is important for Singapore to continue with a zero tolerance against drug abuse
 - c) Legalising or decriminalising drugs is not a solution to the drug problem
 - d) The medical efficacy of cannabis is not conclusive

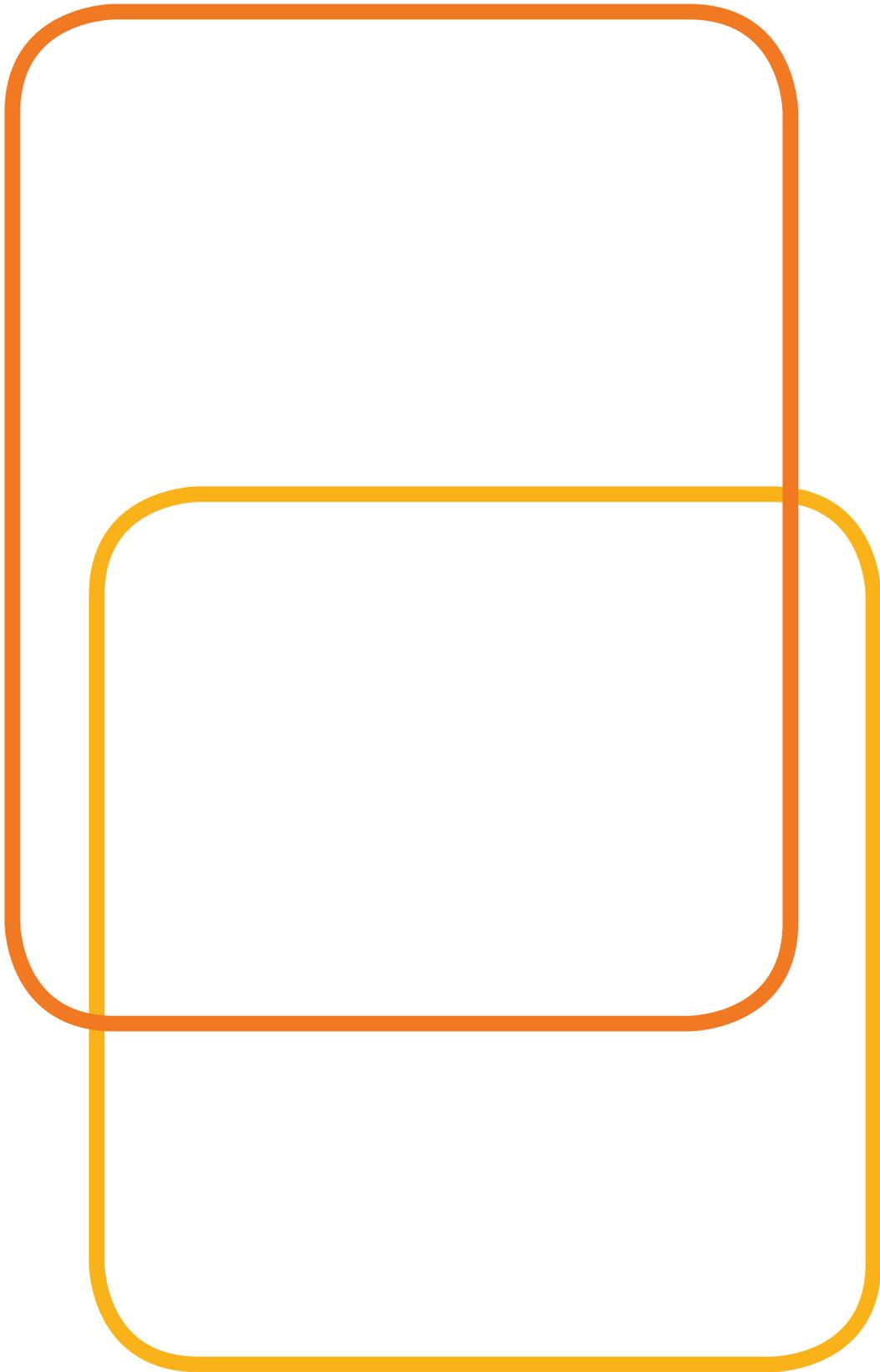
Additional Resources

- The answer for the worksheet is at page 98.
- Educators may download this toolkit at CNB's website (www.cnb.gov.sg)
- Definitions by UNODC – Demand Reduction A Glossary of terms:
 - a) Legalisation – removal of the prohibition over a previously illicit activity, e.g. non-medical trade or consumption of psychoactive substances. It does not necessarily imply the removal of all controls over such activity (e.g. restriction on sale to minors).
 - b) Decriminalisation – removal of penal controls and criminal sanctions in relation to an activity, which however remains prohibited and subject to non-penal regulations sanctions. Under the 'prohibition with civil penalties' option, the penalties for the possession of amounts of drugs deemed in law as being personal use are still illegal but are dealt with by civil sanctions such as infringement notices which attract a monetary penalty, rather than by criminal sanctions such as a criminal record or imprisonment. Typically, the harsher criminal penalties still apply to the more serious offences of possession, supply, manufacture or cultivation of amounts of the drug deemed in law to be for trafficking or commercial purposes.

Note To Educators

Lesson extension - educators may also get students to explore the societal implications and costs of drug/cannabis abuse; or discuss what the other jurisdictions are experiencing, e.g. legalisation of cannabis, and why Singapore takes a different approach.

My Life. My Choice. Stay away from Cannabis



My Life. My Choice. Stay away from Cannabis (Answer)

Cannabis

- Is a depressant
- Slow reflexes
- Reduces concentration
- Can damage memory, concentration and reduce motivation
- Illegal
- Penalties if caught
- A possible link between abuse and mental illness
- Cannot purchase openly

Similarities

- Comes from a plant
- Can be smoked
- Increases heart rate
- Used for relaxation, reduce inhibitions
- Damage respiratory system*
- Contains tars and carcinogens*
- Linked to cancer of tongue, mouth and lungs
- Addictive
- Often first introduced by friends

Tobacco

- Is a stimulant
- Legal
- Can purchase openly
- No penalties (unless under-aged)

*cannabis will cause even more harm than tobacco

Lesson Plan 2 for Post-Secondary Schools

My Life. My Choice. Drugs. Don't Even Start

Lesson Objectives

By the end of the lesson, students should be able to:

- describe about some coping strategies to deal with challenges or stress, and not to resort to drug abuse
- explain how our choices define the consequences and thus affect our life
- link the importance of self-control to make the right decisions in life to lead a drug-free lifestyle

Methodology / Teaching Strategy

Role play

Time Required

40 minutes

Materials Needed

- White board and markers

Lesson Body

Introduction (5 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster at page 59 to aid you in the lesson. The key points are:
 - More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - All drugs are harmful and dangerous.

Lesson Development (30 mins)

- Share with the class the reasons that some people give for abusing drugs, e.g. stress from exams, big fight with boyfriend/girlfriend, boredom, parents are also drug abusers.
- Ask the students to list down the situations that cause him/her (or someone he/she knows) stress.
- Break the class into groups of 3-4 and get the students to share their lists within each group.
- Pick 1 situation as a group, and brainstorm possible coping strategies for the selected situation.
- Get groups to share their discussions as a class.
- Pick 2 situations and get students to role play.

Closure and Consolidation (5 mins)

- Consolidate the main points of the discussions.
- Emphasise that our decisions will determine the outcomes. Regardless of the problems, resorting to drug abuse is never the solution.
- Each of us will have a range of different ways to cope, and often we use a different coping strategy according to the situation. It is thus important to have a lot of different coping strategies. Drug abuse is not a coping strategy as it has many undesirable consequences on self, family and community.

Note To Educators

Raise the issue that while some students may experiment with drugs (e.g. out of curiosity or peer pressure), others may abuse drugs to cope with trouble and difficulty. Regardless of reasons, drug abuse will harm the body and lead to addiction, thus even when the cause is solved, the drug abuse habit will be difficult to stop. Drug abuse is never an option or solution.

Lesson Plan 3 for Post-Secondary Schools

My Life. My Choice. Be Drug-Free

Lesson Objectives

By the end of the lesson, students should be able to plan, write and illustrate a story for younger students, centering on the themes of drug prevention, resisting pressure and living a drug-free lifestyle.

Methodology / Teaching Strategy

Story writing and telling

Time Required

40 minutes

Materials Needed

- White board and markers
- Print out the storyboard worksheet at page 101

Note To Educators

Educators may wish to conduct this lesson in July to commemorate the International Day Against Drug Abuse and Illicit Trafficking on 26 June.

Lesson Body

Introduction (5 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster at page 59 to aid you in the lesson. The key points are:
 - a) More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - b) All drugs are harmful and dangerous.

Lesson Development (30 mins)

- Explain to the students that they are going to write a storybook for an audience (either primary school students, or secondary school students). They will present information, messages and practical strategies to help younger students avoid problems in the future, which may include drugs. Students may have to undertake further research in writing their story.
- Students can work in groups of 3-4.
- Guide the students on the key elements of a story using the storyboard worksheet at page 101.
- Give the students sufficient time to do this task (maybe as a homework), and suggest that students try their stories on parents or fellow classmates, and look for creative inputs from others.

Closure and Consolidation (5 mins)

- Summarise the key objectives and elements of the storyboards.
- Emphasise to the students on the importance to include a strong anti-drug theme/message.
- Invite students to tell their stories at the next lesson.
- The students may also send their stories to CNB_Preventive_Education_Unit@cnb.gov.sg, for uploading on CNB's online platforms or reproduce in other suitable forms (final decision to be determined by CNB), with full credits given to the authors.

My Life. My Choice. Be Drug-free



Lesson Plan 4 for Post-Secondary Schools My Life. My Choice. I Am Part of A Drug-free Singapore

Lesson Objectives

By the end of the lesson, students should be able to:

- understand their role in keeping Singapore drug-free, through media, to educate their peers and or general public on the costs of drug addiction to self, family and community
- describe how effective media campaigns and advertisements can be developed
- apply their understanding of media campaigns to produce a video to spread the anti-drug message

Methodology / Teaching Strategy

Video making

Materials Needed

- White board and markers
- Projector, screen and a computer to play videos from YouTube (if necessary)

Lesson Body

Introduction (5 mins)

- Introduce the various controlled drugs and inhalants in Singapore. You may wish to use the Drugs and Inhalant Poster at page 59 to aid you in the lesson. The key points are:
 - More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and inhalants.
 - All drugs are harmful and dangerous.

Lesson Development (30 mins)

- Ask the students if they recall any messages or health campaigns they may have seen or heard about drugs. List these messages on the white board.
- Get the students to identify the message (e.g. drugs destroy lives, party clean to party again).
- Use the following sample questions to discuss messages and students' reactions to them:
 - What do you think about using scare tactics or fear approaches in anti-drug media campaigns?
 - What types of messages work with young people?
 - Do you believe that drug addiction can happen to anyone?
 - Pick one ad, and ask the students what they like/dislike about the ad, what's the key messages, who is the target audience etc?
- Explain to the students that they are going to produce a video (either a 30 sec advertisement, or up to 3 mins short film).
- Add that although drug abuse is a serious issue, the use of humour can be one effective way to communicate information and messages to others.
- Give the students sufficient time to do this task (maybe as a project).

Closure and Consolidation (5 mins)

- Invite students to show their videos at the next lesson.
- The videos can then be uploaded on their own or the schools' YouTube channel. The students may also send it to CNB_Preventive_Education_Unit@cnb.gov.sg, for uploading on CNB's online platforms (final decision to be determined by CNB), with full credits given to the film makers.

Note To Educators

- Educators may wish to conduct this lesson in July to commemorate the International Day Against Drug Abuse and Illicit Trafficking on 26 June.
- Educators may follow CNB's social media handles at [CNB.DrugFreeSG](https://www.facebook.com/CNB.DrugFreeSG) to be updated of events and encourage students to take part in CNB's DrugFreeSG Video Competition.
- Educators may refer to past winning entries of CNB's DrugFreeSG Video Competition on CNB's social media handles for additional resources.

Supplementary Lesson Plan 1 for Secondary Schools - The Truth about Drugs

Lesson Objectives

By the end of the lesson, students should be able to:

- a) Describe what drugs and inhalants are;
- b) Understand the harmful effects and serious consequences of drug abuse;
- c) Distinguish between the truths and myths of drug abuse;
- d) Know what to do if they received information on drugs from the media/social media; and
- e) Know who to approach if they encounter drug-related issues.

Methodology / Teaching Strategy

Critical thinking - identifying truths and misinformation

Time Required

40 minutes

Materials Needed

- PowerPoint slides with Videos
- Activity Sheet 'Myths and Truths of Drug Abuse' (Refer to Annex A)
- Infographic 'Myths and Truths of Drug Abuse' (Refer to Annex B)

Lesson Body

| Time Frame | Procedure | Points to Note/Comments |
|-----------------------|---|---|
| Introduction (5 mins) | <p>a) Pose the following questions to the class to gauge their prior knowledge of drugs:</p> <ul style="list-style-type: none"> • What are "drugs" and "inhalants"? <p><i>Suggested response:</i> Some of you might have heard Heroin, Ice, Weed, Glue-sniffing.</p> <ul style="list-style-type: none"> • What are some of the "myths" of drug abuse? <p><i>Suggested response:</i> Some of you may think that you will not get hooked if you only try once, or you may think that it is legal to consume drugs overseas.</p> | <p>Educators may refer to Student Learning Space (SLS) module "Drugs and their effects" for more information.</p> |

| Time Frame | Procedure | Points to Note/Comments |
|--|--|-------------------------|
| Lesson Development Part 1 (10 mins) | <p><u>Drugs and its harmful effects</u></p> <p>a) Using PowerPoint slide in page 110, explained what are “drugs” and “inhalants”.</p> <p>b) Using PowerPoint slide in page 111, introduce the various controlled drugs and inhalants in Singapore. Key points:</p> <ul style="list-style-type: none"> • More common substances that are abused in Singapore are heroin, methamphetamine, cannabis and NPS. <p>c) Ask the students if they have heard or encountered these drugs (from friends or other circumstances)</p> <p><i>Suggested response:</i> Some of you might have heard it on TV/Netflix or internet. But not everything shown on TV/internet is real. You need to verify the information you receive from these sources.</p> <p>d) Using PowerPoint slides in pages 112 to 115, emphasise that drugs are bad and harmful to health</p> <ul style="list-style-type: none"> • Drugs affect their learning. • Drugs tear families apart. • Drugs come with severe punishments. | |

| | | |
|--|--|--|
| <p>Lesson Development Part 2 (20 mins)</p> | <p><u>Truths and Myths of Drug Abuse</u></p> <ol style="list-style-type: none"> a) Distribute Activity Sheet 'Truths and Myths of Drug Abuse' to all students. b) Using PowerPoint slides in pages 116 to 120, share some of the myths of drug abuse. <ul style="list-style-type: none"> • Cannabis is harmless since some countries have legalised it. • It doesn't hurt to just try once. I won't get addicted. • My idol is taking drugs. It must be safe and cool for me to do so too. (Educators to elaborate on Noah Yap's case) • If I can't take drugs in Singapore, I can do it overseas. c) Using PowerPoint slide in page 119, show a video adapting from Noah Yap's case. d) Using PowerPoint slide in page 121, show a video on consumption of drugs overseas and its consequences. | |
|--|--|--|

| Time Frame | Procedure | Points to Note/Comments |
|--------------------------------------|--|--|
| <p>Closure Activity (5 mins)</p> | <ol style="list-style-type: none"> a) Consolidate learning points from the lesson using PowerPoint slide in page 122. b) Encourage students to verify information they received from media/social media using PowerPoint slide in page 123. c) Encourage students to approach their parents/teachers if they encounter drug-related issues. d) Using PowerPoint slide in page 124, encourage students to follow CNB.DrugFreeSG on FB and IG to be updated on various Preventive Drug Education (PDE) activities and events. e) [If time permits], using PowerPoint slide in page 125, show a video depicting the high costs of drug addiction which not only destroy a person's life but that of their family, friends and community. | <p>Educators may consider putting up the key learning points and/or the infographic at Annex B on the class noticeboard. This can help reinforce the messaging to the students even after the lesson.</p> |

Annex A

Activity Sheet: Truths and Myths of Drug Abuse

| Myth | Truth |
|------|-------|
| | |
| | |
| | |

Infographic: Truths and Myths of Drug Abuse

GET SMART: DEBUNKING DRUG MYTHS

Think you know all there is to drugs? Think again. Oftentimes, what you hear about drugs comes from your peers and such information may not always be accurate even though they may sound logical. If you have been hearing your friends talk about drugs all this while, read on to find out how some common myths are busted. The truth is: there are absolutely no advantages to using drugs, no matter what short-lived pleasurable effects they may give.

| | | | |
|----------------------------|---|---|----------------------------|
| M Y T H | Cannabis is harmless since some countries have legalised it. | Cannabis is just like any drug of abuse. It leads to addiction and a host of severe health problems such as depression, paranoia, distorted perceptions and psychosis. Contrary to popular belief, its natural plant origin does not make it any safer than other drugs. The first try could lead to addiction even if you may not feel so. | F A C T |
| M Y T H | It is impossible to get addicted to drugs like heroin or meth on the first try. | All drugs if abused lead to serious health consequences and a lifetime of regret. Even if the drug is plant-based like cannabis, it is just as dangerous as synthetic drugs. The first try could trigger a yearning for subsequent consumption, which in turn result in a never-ending cycle. | F A C T |
| M Y T H | Taking drugs, like drinking alcohol and smoking, is a normal process of growing up. | There are many other healthy activities such as sports and music that youths can participate in for entertainment and character development. The abuse of illegal substances does not form part of a person's route to maturity. | F A C T |
| M Y T H | My idol is 'doing' drugs. It must be safe and cool for me to do so too. | Every now and then, stories of how some celebrities get arrested for involvement with drugs surface in the media. Sometimes when such stories eventually make it to the press, the celebrity in question is already dead from an overdose. Their association with drugs does not affirm that it is 'cool' to take drugs; it only reinforces the point that anyone can fall prey to the dangers of drug abuse. | F A C T |
| M Y T H | It doesn't hurt to just try it once. I won't get addicted. | Taking the first step towards drugs is also taking the first step towards a life of regret. Abuse of any drug leads to addiction and health problems that are potentially fatal. | F A C T |

**If it is too good to be true, it is better to think twice.
Get the facts right and make the smart choice for yourself when it comes to drugs.**



Towards a **DRUG-FREE SG**

Where everyone could live, work and play safely.

Lesson 1: The Truth about Drugs



**PREVENTIVE DRUG EDUCATION
for Secondary School**

SUBSTANCE ABUSE

Controlled Substances in Singapore

Any drug or inhalant listed under the Misuse of Drugs Act and Intoxicating Substances Act.

DRUGS

It has a **physiological effect** when ingested or otherwise introduced into the body. Illegal drugs are addictive and commonly used to **induce psychoactive effect, stupor or insensibility.**

INHALANTS

Addictive substances which give off fumes and vapours (e.g. glue, solvents) and can be inhaled to **induce a psychoactive effect.**



TYPES OF DRUG



METHAMPHETAMINE



CANNABIS



HEROIN



**NEW PSYCHOACTIVE
SUBSTANCES (NPS)**



ECSTASY



KETAMINE



INHALANT

WHAT ELSE CAN DRUGS DO TO YOU?

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

HEAD

- Permanent damage to the brain

HEART

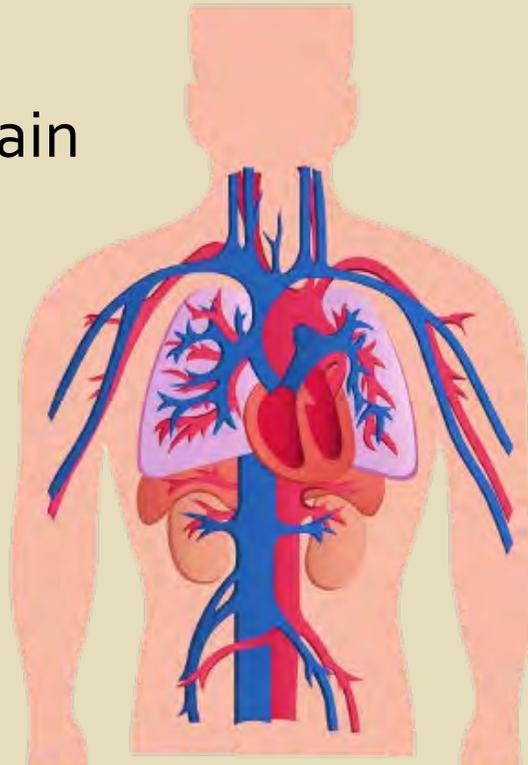
- Increased risk of lung cancer

LIVER

- Damaged to liver

KIDNEY

- Increased kidney function



EYES

- Disturbed sight and judgement

LUNGS

- Impaired lung function

STOMACH

- Gastric pain

BLADDER

- Bladder problems

DRUGS AFFECT YOUR LEARNING

Drug abuse leads to:



This means that you are likely to:

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

FAIL

DRUGS TEAR FAMILIES APART



“ Drug addiction destroys lives, tears apart families and harms society. ”



DRUGS COME WITH SEVERE PUNISHMENTS



Misuse of Drugs Act (MDA)

- 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**.

1

MYTHS VS TRUTHS

MYTH



Cannabis is harmless since some countries have legalised it.

TRUTH



Cannabis is just like any drug of abuse. It leads to addiction and a host of severe health problems. Contrary to popular belief, its natural plant origin does not make it any safer than other drugs.

MYTHS VS TRUTHS

MYTH



It doesn't hurt to just try it once. I won't get addicted.

TRUTH



All drugs, when abused, can lead to serious health consequences and a lifetime of regret. The first try could trigger a yearning for subsequent consumption, when in turn result in a vicious cycle – an addiction.

MYTHS VS TRUTHS

MYTH



My idol is taking drugs. It must be safe and cool for me to do so too.

TRUTH

Ah Boys To Men star jailed for taking cannabis

Nine months in detention barracks for NSF who was with SAF Music and Drama Company at the time of offences

Dominic Teo

Ah Boys To Men star and home-grown YouTube personality Noah Yap has been jailed for nine months in the Singapore Armed Forces detention barracks for the consumption of cannabis.

The 22-year-old full-time national serviceman (NSF), holding the rank of lance corporal, was sentenced on Wednesday to the army's

lock the opportunity to remind all the Boys that they should never, ever touch or dabble in drugs."

After the success of Neo's first two army movies in 2012 and 2013, Yap quit theatre studies at the Nanyang Academy of Fine Arts to film another Jack Neo movie, The Lion Men, which is about three competing lion dance groups.

Yap is represented by artist management company FLY Entertainment. Its CEO and founder Irene



Every now and then, stories of how some celebrities get arrested for involvement with drugs surface in media. Their association with drugs does not affirm it is 'cool'; it only reinforces the point that anyone can fall prey to the dangers of drug abuse.

VIDEO: NOAH YAP VIDEO

Please refer to this video link below:

[Noah Yap Video](#)

4

MYTHS VS TRUTHS

MYTH



If I can't take drugs in Singapore, I can do it overseas.

TRUTH



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

VIDEO: ADVISORY AGAINST OVERSEAS DRUG CONSUMPTION

Please refer to this video link below:

[Advisory Against Overseas Drug Consumption](#)

MY LEARNING POINTS

1. Drug abuse is harmful and it leads to serious consequences.
2. I should always verify the information I received from the media/social media.
3. I should always approach my parents/teachers if I encounter drug-related issues.

EVALUATING ONLINE INFORMATION

S

SOURCE

Check if the source is trustworthy

- Who is the author of the site?
- What qualifications or expertise do the author(s) have on the subject?

U

UNDERSTAND

Understand the context

- Is the content a fact or an opinion?
- What is the nature and purpose of the website?

R

RESEARCH

Research other sources

- Have you checked the references provided?'
- Have you checked and compared with multiple sources?

E

EVALUATE

Make a judgement on the content

- Have you looked at the content from a different angle?
- Did you exercise fair judgement and have a balanced view?



FOLLOW US ON SOCIAL MEDIA

SHOW YOUR SUPPORT FOR A DRUG-FREE SG!



≡ [@CNB.DRUGFREESG](https://www.facebook.com/cnb.drugfreesg) ≡



NATIONAL COUNCIL
AGAINST DRUG ABUSE

FOLLOW NCADA ON SOCIAL MEDIA

SHOW YOUR SUPPORT FOR A DRUG-FREE SG!



≡ [www.facebook.com\ncadasg](https://www.facebook.com/ncadasg) ≡

VIDEO: COST OF DRUGS

Please refer to this video link below:

[Cost of drugs](#)

Supplementary Lesson Plan 2 for Secondary Schools - Weed and Weep

Lesson Objectives

By the end of the lesson, students should be able to:

- a) state what cannabis is
- b) describe the harmful effects of cannabis abuse
- c) explain how responsibility and self control helps one stay drug-free

Methodology / Teaching Strategy

Group discussion

Time Required

40 minutes

Materials Needed

- PowerPoint slides with Videos
- Cannabis Factsheet (Page 92 of CNB PDE toolkit)
- Cannabis – Deadlier Than You Think information sheet (Page 91 of CNB PDE toolkit)

Pre-requisite

Supplementary lesson plan 1 for secondary schools - The Truth about Drugs

Lesson Body

| Time Frame | Procedure | Points to Note/Comments |
|--------------------------|---|-------------------------|
| Introduction (5 mins) | <p>a) Ask the students what are their thoughts about cannabis; whether they are harmful or not, before showing a CNB PDE video "Cannabis" (3mins 20secs) on PowerPoint slide in page 134.</p> <p><i>Suggested response (after playing the video):</i> Cannabis, also known as Marijuana, weed or pot, is an addictive substance of abuse, with many harmful effects, as shown in the video.</p> | |

| Time Frame | Procedure | Points to Note/Comments |
|---|--|-------------------------|
| <p>Lesson Development</p> <p>Part 1 (15 mins)</p> | <p><u>Harms of Cannabis</u></p> <p>a) Using PowerPoint slide in page 135, share more information about cannabis. Key point:</p> <ul style="list-style-type: none"> • Impact of cannabis abuse (lower IQ, poor psychomotor skills, health problems, psychiatric disorders) <p>b) Show the CNB video (41 sec) on latest key findings from the Lancet Psychiatrist Journal using PowerPoint slide in page 136.</p> <p><i>Key point to highlight:</i></p> <ul style="list-style-type: none"> • Daily use of cannabis and use of high-potency cannabis gives you higher risks of developing mental health issues <p>c) Using PowerPoint slide in page 137, share about legalisation of cannabis in some countries despite the harms. Ask the students what they think would happen if cannabis becomes legalised in Singapore. Show a CNB PDE video "Impact of Cannabis Legalisation" (1min 35secs) on what really happens when cannabis becomes legal in the neighbourhood.</p> <p><i>Key points to highlight:</i></p> <ul style="list-style-type: none"> • Traffic deaths • Increase in Cannabis-related hospitalisation • Children became targets (Cannabis-infused candies) | |

| Time Frame | Procedure | Points to Note/Comments |
|---|---|--|
| <p>Lesson Development</p> <p>Part 2 (15 mins)</p> | <p><u>Group Discussion - PowerPoint slide in page 138</u></p> <p>a) Distribute <u>Cannabis Factsheet and Cannabis – Deadlier Than You Think Information Sheet</u> to all students.</p> <p>b) Break the class into groups of 3-4 for classroom discussion. Each group may be assigned one or more of the following topics/themes:</p> <ul style="list-style-type: none"> • Harms of cannabis abuse • What do you think are the reasons that led some to abuse cannabis? Then, come up with at least 10 refusal tips/coping strategies to deal with the reason. Each group may be assigned to explore one reason, some of which are listed below: <ul style="list-style-type: none"> i. Curiosity (for the wrong reasons) ii. Peer Pressure iii. Media influence iv. Myths of cannabis abuse <p>Once done, educators may select some groups to share the key points from their discussions.</p> | <p>Educators may consider selecting a few of these tips to pin on the class noticeboards. This can help reinforce the messaging to the students even after the lesson.</p> |

| Time Frame | Procedure | Points to Note/Comments |
|--------------------------------------|--|---|
| <p>Closure Activity (5 mins)</p> | <p>a) Consolidate learning points from the lesson using PowerPoint slide in page 139.</p> <p><i>Key points to highlight:</i></p> <ul style="list-style-type: none"> • All of us have to make choices. • All choices will have consequences. • Drug abuse will lead to addiction. • Succumbing to drug abuse, regardless of reasons, is a BAD choice. • The decision also comes with bad consequences. • Regardless of who offered drugs to you, you must always say NO. • When we build and strengthen our self-control, we will be able to take responsibility for our life and ensure that our own physical, social and emotional well-being is taken care of. <p>b) Encourage students to verify information they received from media/social media using PowerPoint slide in page 140.</p> <p>c) Encourage students to approach their parents/teachers if they encounter drug related issues.</p> <p>d) Using PowerPoint slide in page 141, encourage students to follow CNB.DrugFreeSG on FB and IG to be updated on various Preventive Drug Education (PDE) activities and events.</p> | <p>Educators may consider pinning the key learning points on the class noticeboards. This can help reinforce the messaging to the students even after the lesson.</p> |



SUSPECT ID NO 7100: CANNABIS

**CRIMINAL FACT SHEET:
CANNABIS**

UNCOVERING THE SUSPECT'S DISGUISE:

This suspect is a real master of disguise. It comes in various forms such as 'loose' leaves, compressed blocks or corn cob shapes. It can also appear in the form of oil. Cannabis is usually rolled up and smoked like a cigarette (sometimes referred to as a 'joint'). In Singapore, the common method of consumption is via smoking.

More alarmingly, abusers or conniving dealers mix it into common foods such as pizzas and beverages to 'soften' its image. The suspect has been reported to appear in different types of everyday foods in other countries where tourists have been lured into trying them. Some countries also have more relaxed regulations on the consumption of cannabis. Hence, this suspect puts on a 'friendlier' face compared to other drugs. However, this does not imply that anyone should try it even when overseas. It is a serious offence and action will still be taken against the offender upon returning to Singapore.

PROFILE OF THE SUSPECT:

Cannabis has its origins from the hemp plant and is a drug that can have both properties of being a depressant and a stimulant. This means that the experience an abuser obtains from consumption varies from calming to hallucinatory. In short, the suspect is sometimes referred to as an 'all-rounder' in the drug world. The main active chemical in cannabis is tetrahydrocannabinol (THC) and this affects concentration and memory, which in turn disrupts learning.

STREET NAMES IN SUSPECT'S ID:

- Marijuana
- Pot
- Grass
- Joints
- Ganja
- Hashish
- Weed

THE ABUSE OF CANNABIS IS NOT ONLY ILLEGAL BUT ALSO HAS DIRE HEALTH AND SOCIAL REPERCUSSIONS. DO NOT BE FOOLED BY ITS 'MILD' IMAGE.

SPECIAL NOTES:

Many people have been fooled into thinking that cannabis is a mild drug. However it is far from the truth. Cannabis is fully capable of bringing about severe health effects. In the short term, basic senses such as sight, sound and touch are affected and there is a loss of motor coordination. The heart races while anxiety develops. Some other short-term effects include feeling of dryness in the mouth and throat.

In the long run, cannabis tears down the body's resistance to common illnesses such as colds and bronchitis. There will also be an increase in the growth of abnormally structured cells in the body. Rapid destruction of lung fibres and lesions to the brain occur while the abuser's personality and mood take on a dramatic change.

AN EX-ABUSER SPEAKS:

"When I was first introduced to cannabis overseas, I presumed it was just a mild drug like how my friends described. The first try led to the second and eventually, it resulted in a never-ending chain of addiction that destroyed my health. When I returned to Singapore, the law also caught up with me."

LEGAL PENALTIES:

- Possession or consumption of cannabis:
Up to 10 years of imprisonment, S\$20,000 fine or both
(All Singaporeans / Permanent Residents found to have consumed illegal substances, **even outside Singapore**, will face the penalty of imprisonment of up to 10 years, fine not exceeding S\$20,000 or both.)
- Illegal traffic, import or export of any of the following may attract the death sentence:
1) Cannabis exceeding 500 grams
2) Cannabis resin exceeding 200 grams
3) Cannabis mixture exceeding 1,000 grams

"Come on!" exclaimed Teck as he dragged his friend through the streets of a northern European city. Benson could hardly keep up with his roommate's pace while fiddling with the camera. They had landed the night before in the country as part of their university's exchange programme. Having heard so much about cannabis and the relaxed rules that prevail in this European city, Teck decided to check out the situation with Benson. They were headed for one of the city's many 'coffeeshops' where it is legal to smoke cannabis. He could hardly wait. Neither could the negative effects of this drug.

As they eagerly opened the doors to the 'coffeeshop', a gush of warm odorous air greeted them. They could see hordes of patrons seated or standing in the establishment puffing away. Teck was absolutely enthralled by this sight. He found what he was looking for and he assumed this must be the place where he could try cannabis without any legal implications since he was out of Singapore.

"Will we be ok? I mean taking drugs..." asked Benson apprehensively. "Of course we will be fine! Cannabis is a mild drug and furthermore, we aren't in Singapore!" retorted Teck. Unbeknownst to them, consuming cannabis outside of Singapore even for recreational purposes is a criminal offence and the same penalties apply once they return to the country.

CANNABIS: DEADLIER THAN YOU THINK



They are also setting themselves up for a lifetime of regret as cannabis is in no way a mild drug. Contrary to popular belief, smoking cannabis has several negative effects such as:

- Depression
- Motor coordination problems
- Anxiety, panic and paranoia
- Distorted perceptions
- Psychosis
- Decline in motivation for long-term abusers

Like many other drugs, this drug is also one that will haunt the abuser even during abstinence. The following are some withdrawal symptoms associated with the lack of access to cannabis:

- Anger, aggression and irritation
- Loss of appetite and loss of weight
- Insomnia
- Depression
- Physical discomfort
- Tremor

As both of them sat down in front of the bar counter, Teck flipped through the menu excitedly. Somehow, Benson did not feel right about this despite his friend's assurances. He could only look around the premise with uncertainty as other patrons puffed away.

All Singaporeans / Permanent Residents found to have consumed illegal substances, EVEN OUTSIDE SINGAPORE, will face the penalty of imprisonment of up to 10 years, fine not exceeding S\$20,000 or both.

IT MAY BE TEMPTING TO TRY CANNABIS 'JUST ONCE' WHEN ABROAD ESPECIALLY IN COUNTRIES WHERE THE RULES HAVE BEEN RELAXED.

BUT IT IS IMPORTANT TO REMEMBER THAT THE FIRST ATTEMPT COULD LEAD TO ADDICTION AND LIKE ALL SUBSTANCE ABUSE, IT IS NEVER EASY TO QUIT.





Where everyone can live, work and play safely

END OF LESSON



Towards a **DRUG-FREE SG**

Where everyone could live, work and play safely.

Lesson 2: Weed and Weep



**PREVENTIVE DRUG EDUCATION
for Secondary School**

VIDEO: CANNABIS

Please refer to this video link below:

[Cannabis](#)

IMPACT OF CANNABIS ABUSE ON YOUR LIFE

If you are a perfectly healthy person, would you jeopardize your lifestyle with...?

Higher risk of psychiatric disorders and poor emotional control that **affect your social life**

e.g. your ability to behave normally when together with your friends

Higher risk of health problems and **higher healthcare costs**

e.g. chances of diseases and no. of visits to the doctor



Lower cognitive performance that **hinders your studies and exams preparations**

e.g. GCE 'N', 'O', 'A' Levels, ITE and Poly exams

Poorer psychomotor skills that **affect your sporting abilities**

e.g. your ability to excel in basketball, soccer, badminton, swimming

VIDEO: LANCET PSYCHIATRIST JOURNAL FINDINGS

Please refer to this video link below:

[Lancet psychiatrist journal findings](#)

VIDEO: IMPACT OF CANNABIS LEGALISATION

Please refer to this video link below:

[Impact of cannabis legalisation](#)

GROUP DISCUSSION

1. Collect the Cannabis Factsheet and 'Cannabis – Deadlier Than You Think' Information sheet
2. Form groups of 3 – 4 students
3. Discuss the following:-
 - i. Harms of Cannabis abuse
 - ii. Reasons that may have led some to abuse Cannabis
 - iii. Come up with at least 10 refusal tips/coping strategies to deal with the reason.



CANNABIS

MY LEARNING POINTS



MAKE CHOICES

All of us have to make choices. All choices will have consequences.



RIGHT CHOICES

Drug abuse will lead to addiction. Make the **RIGHT** choice.



SAY NO

Strengthen your self-control. Take responsibility for your life. **Say NO.**

EVALUATING ONLINE INFORMATION

S

SOURCE

Check if the source is trustworthy

- Who is the author of the site?
- What qualifications or expertise do the author(s) have on the subject?

U

UNDERSTAND

Understand the context

- Is the content a fact or an opinion?
- What is the nature and purpose of the website?

R

RESEARCH

Research other sources

- Have you checked the references provided?'
- Have you checked and compared with multiple sources?

E

EVALUATE

Make a judgement on the content

- Have you looked at the content from a different angle?
- Did you exercise fair judgement and have a balanced view?



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SHOW YOUR SUPPORT FOR A DRUG-FREE SG!



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Where everyone can live, work and play safely

THANK YOU

A Final Note

The International Day against Drug Abuse and Illicit Trafficking, more commonly known as the World Drug Day, which falls on 26 June every year was established by the United Nations General Assembly in 1987. This day serves as a reminder of the goals agreed to by UN Member States of creating an international society free of drug abuse. The UN will identify a theme for each year's campaign.

Singapore has been commemorating this day with the Anti-Drug Abuse Campaign (ADAC) since 1995 to raise public awareness about the dangers of drug abuse. The campaign will usually kick off in June and extend to the schools in July and August every year.

Join us in commemorating the World Drug Day and show your stance against drug abuse, by wearing the anti-drug ribbon.

Email to us your request for the anti-drug ribbons at cnb_preventive_education_unit@cnb.gov.sg.

The green and white colours of the anti-drug abuse ribbon signify health, vitality and strength.

