

# GROWING UP DRUG-FREE

A PREVENTIVE DRUG EDUCATION INFORMATION HANDBOOK FOR PARENTS



**START TALKING BEFORE  
THEY START TAKING**



UNITED AGAINST DRUGS



# GROWING UP DRUG-FREE

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# Foreword

Dear Parent,

The Central Narcotics Bureau (CNB) has produced this Handbook to share information about drugs and drug abuse with parents. Singapore is relatively drug-free, where we do not see drug pushers or addicts on streets. This safe environment is what we need to protect and safeguard, so that our children can study and play safely in schools and public spaces.

While the drug situation in Singapore remains under control, CNB has observed an increase in the number of youth drug abusers (below age 20) arrested in recent years, and the majority of them were new abusers. In 2015, among the youth abusers, students made up the largest proportion. We have also observed a changing profile of youth abusers, in particular cannabis abusers, who are now more ethnically diverse, and come from stable, middle class families. This trend of younger new abusers is of concern and we are monitoring it closely.

We also note that many overseas pro-drug lobbies are pushing to legalise or decriminalise drugs use. It is promoting the misleading message that "Cannabis is harmless". Views espoused online by some international celebrities – where drug abuse is shown as being "cool" or "just recreational", also erode the resistance of our young people towards drugs abuse.

Children have many role models – parents, teachers, friends, movie and sports stars, to name a few. Much of a child's beliefs is formed by what he is first taught at home and then tested against other role models later. As a parent, you play an important role in engaging and guiding your child to lead drug-free and healthy lifestyles. It is important for parents to know about drugs and inhalants and its harmful consequences, so that you can talk to your child and guide your child to stay away from drugs and inhalants.

This Handbook aims to empower you with the relevant preventive drug education knowledge, to identify tell-tale signs of drug abuse and some parenting tips to engage your child in conversations on drug abuse. Never assume that your child should have known better. Engage them early before they start experimenting with drugs.

Be the Anti-Drug Champion in your home. Let us work together to guide our children to embrace a drug-free lifestyle.

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



# ***THE YOUTH*** ***DRUG ABUSE*** ***LANDSCAPE***

Globalisation has brought about many benefits and influences to Singapore. We are now in the digital age and Singaporean youths are highly connected to the world. What has this got to do with drug abuse? What are the worrying global drug trends parents should know?

# GLOBAL INFLUENCES THAT UNDERMINE OUR YOUTHS

## LEGALISATION OF CANNABIS OVERSEAS

Some countries have legalised cannabis or 'marijuana' for 'medical' and/or recreational use. Proponents will argue that it is a 'soft' drug with medicinal properties and legalisation will help to reduce the costs of enforcement and incarceration, as well as create jobs to improve the economy in their countries. The legalisation of the drug overseas may influence youths into thinking that cannabis is not harmful or addictive at all, and that other countries should follow suit.

### Common Thoughts Of Youths

Here are some opinions of Singaporean youths on drugs and drug abuse.

"The government is against drugs because it's strict and backward."

"If cannabis is legal overseas, it can't be harmful!"

"I've seen people eat space cakes. I want to try it too."

"Even foreign politicians are advocating for legalisation of cannabis!"



### Let your children know that:

- Cannabis abuse increases the risk of cognitive impairment, mental illness and decline in IQ, particularly for youths<sup>^</sup>.
- There is only moderate evidence of the drug being able to ease a small number of conditions – such as chemotherapy induced nausea and chronic pain – for such conditions, other legal treatment options are available and there is no need to resort to using illegal substances.
- Cannabis is definitely not a miracle or a cancer saving drug which its abusers try to portray on the Internet. No medical practitioner will recommend smoking it for medicinal use<sup>^</sup>.
- Cannabis legalisation will raise more problems. In Netherlands, a cannabis-tolerant country, the city of Amsterdam is witnessing the impact of students turning up 'stoned' in class because of easy access to the drug and their relaxed drug laws\*. In the long term, cannabis legalisation will create more health problems for the drug users and take a toll on a country's healthcare system and costs. These are consequences which people tend to overlook when they soften their views on cannabis or other drugs.



<sup>^</sup> A Literature Review on Medical Cannabis. (2015). Institute of Mental Health Singapore.

\* Amsterdam to impose ban on smoking cannabis on school property. (2012, November 12). The Guardian. Retrieved October 20, 2016, from <https://www.theguardian.com/world/2012/dec/12/amsterdam-ban-cannabis-school-playground-marijuana>

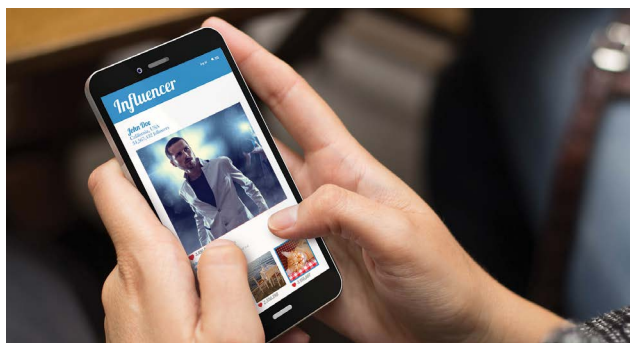
## INFLUENCE FROM INTERNET AND SOCIAL MEDIA

Online media can play a large part in increasing youths' curiosity about drugs, as they spend a lot of time on the Internet and social media platforms like Facebook and Instagram. Youths can be influenced by what they read online, especially on platforms that promote drug abuse as "normal and acceptable" behaviour.



### What Parents Can Do

- Let your children know that drug abuse is a much more prevalent problem in other countries to the extent that it may have already grown out of hand. They may have no other option but to adopt a softer stance. This does not mean Singapore should just follow suit and accept drug-taking as a way of life.
- Arguments put forth in social media are also often lopsided, and you should remind youths to read them with caution and exercise critical thinking.



## EXPLICIT DRUG ABUSE IN POP CULTURE

Youths' views on drugs can be swayed at a young age when they are exposed to films and songs with the drug theme, particularly those that portray drug abuse as fun or a norm in society, or explicitly encourage drug-taking. These include movies such as *Ted* and TV shows such as *Breaking Bad*. In reality, celebrities may also glamourise a drug-taking lifestyle to generate stories. Photos and videos of celebrities such as Rihanna, Snoop Dogg and Cypress Hill promoting drug-taking lifestyles are circulated widely on social media. Youths may hence be led into thinking that drug abuse has no bearings on one's ability to succeed in life.

### What Parents Can Do

- You should not undermine the influence that pop culture and celebrities have on your children and should pay attention when they mimic their idol's controversial behaviours.
- Let your children know that behind the glamour, drug abuse has destroyed the lives of many, and even caused a number of celebrities to die from overdose.

"We are the new Americana, high on **legal marijuana**" – 2015 song lyric (*New Americana* by Halsey)

"Always tryna send me off to rehab, **Drugs** started feelin' like it's decaf." – 2015 song lyric (*The Hills* by The Weeknd)

### Celebrities Who Have Died Due to Drug Overdose

Marilyn Monroe, Whitney Houston, Cory Monteith, Philip Seymour Hoffman, Amy Winehouse. These stars destroyed their brilliant futures for the sake of a short-lived thrill of drug abuse.

## YOUTHS ABUSING 'PARTY DRUGS' AT OVERSEAS MUSIC FESTIVALS

'Raves', or Music Festivals are large-scale events that feature DJs who play 'techno' or 'house' music. These are popular events among youths, who will even buy air tickets to attend them for all-night music and dance. There have been a few cases of drug-related arrests at such events, with some resulting in drug overdose and deaths in countries close to Singapore.

### What are 'Party Drugs'?

These are illegal substances abused at dance clubs, concerts, and parties. Some of these drugs are:

- MDMA or 'Ecstasy'
- Ketamine
- Methamphetamine or 'Ice'
- New Psychoactive Substances (NPS)
- Lysergide (LSD) or 'Acid'

### Why do youths abuse them?

These drugs can cause the abusers to feel an energy rush, thus enabling them to dance for hours without fatigue. The abusers will also hallucinate and experience euphoria. However, these often result in changes to their mood, consciousness and behaviour, and losing control of themselves.

### What Parents Can Do

- Be cautious when your children frequent places where these drugs are typically abused.
- Remind them that even if the drug was abused overseas, the abuser will still be arrested upon detection in Singapore. It is also not wise to run afoul of the law as a foreigner and be jailed overseas for drug consumption<sup>^</sup>.



<sup>^</sup> The Ministry of Foreign Affairs (MFA) had issued an advisory on 19 Oct 2016 advising Singaporeans to exercise due care and personal responsibility when travelling overseas, including respecting and abiding by local laws and regulations relating to drug-related offences.

[https://www.mfa.gov.sg/content/mfa/consular\\_information/for\\_singapore\\_citizens/travel\\_notices/2016/201510/travelnotice\\_20161019.html](https://www.mfa.gov.sg/content/mfa/consular_information/for_singapore_citizens/travel_notices/2016/201510/travelnotice_20161019.html).

# WHY DO YOUTHS ABUSE DRUGS?

## IN-DEPTH STUDY ON YOUTH DRUG ABUSERS

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, comprising 237 abusers and 463 non-abusers were surveyed in the study. Participants completed a 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 and group discussions for an in-depth understanding.

We asked the youth abusers why they took drugs. Here's some of their reasons:

### WHY DO YOUTHS EXPERIMENT WITH DRUGS?





# POSSIBLE RISK FACTORS THAT CONTRIBUTE TO DRUG AND INHALANT ABUSE

Youths have mentioned varied reasons for abusing drugs and/or inhalants. Here are some common ones.



## PEER INFLUENCE

There is a strong need for friendship and group identification among adolescents. Youths may give in to negative peer influence and take drugs to bond and remain with their group of friends who take drugs.

## CURIOSITY

Youths' natural curiosity often entice them to experiment with new things. The tendency to try drugs increases when they are collectively curious as a group and think less of the individual consequences.

## BOREDOM

Many youths do not have meaningful activities to occupy themselves. Boredom and idleness may lead to drug and inhalant abuse.

## POOR COPING SKILLS

Some youths may have unhappy experiences at home or in school. Conflicts with parents, poor school performance and poor relationships

with schoolmates are some examples. These may cause feelings of frustration, anxiety, depression, hopelessness or worthlessness. The inability to cope with such emotions could lead to drug and inhalant abuse as a way of escape.

## LACK OF PARENTAL GUIDANCE

There may be little or no parental supervision at home. Hence, they become vulnerable to negative influences.

## FAMILY DRUG HISTORY

Parents or caregivers with drug history can negatively impact the way children feel about drugs. An addiction problem within the family can lead to youths wanting to experiment with drugs.

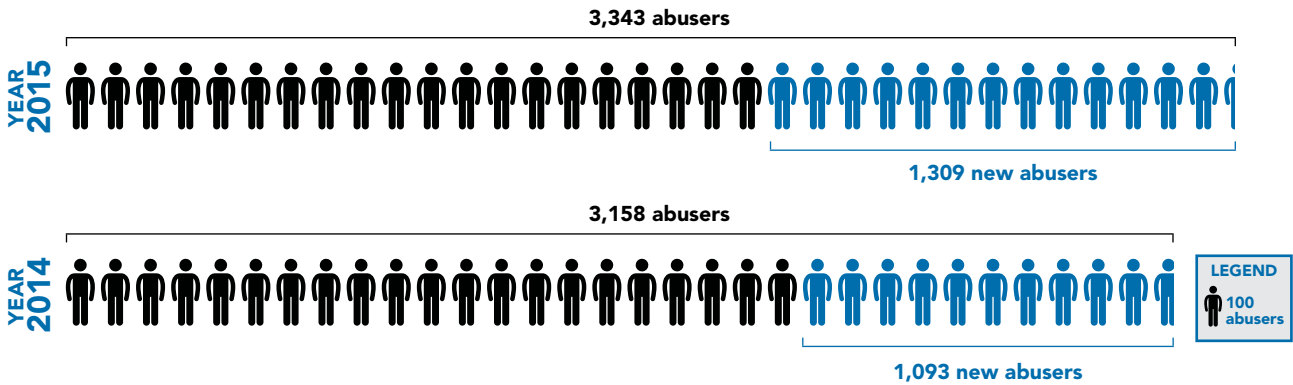
## AVAILABILITY OF SUBSTANCES (INHALANT ABUSE)

Many inhalant products such as glue and paint thinner are easily available at home or in shops at low costs. Most are conveniently packaged to be easily concealed and carried around.

# TODAY'S YOUTH ABUSERS IN SINGAPORE

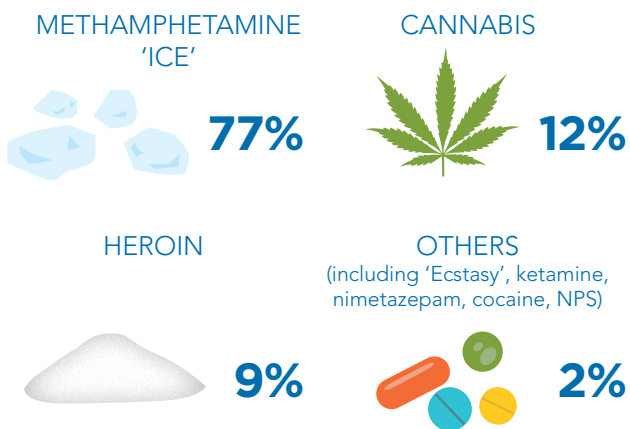
(includes repeat & new abusers)

The Central Narcotics Bureau (CNB) arrested a total of 3,343 drug abusers in 2015, an increase of 6% from the 3,158 drug abusers arrested in 2014. The number of repeat abusers remained at slightly more than 2,000 although there was a 2% fall. In 2015, 1,309 new drug abusers were arrested, a 20% increase from the 1,093 arrested in 2014.



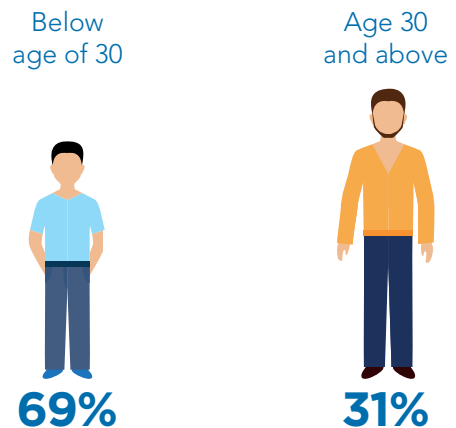
## NEW ABUSERS BY DRUG TYPE

Cannabis is the second most-abused drug among new abusers, after new methamphetamine abusers.



## NEW ABUSERS BY AGE

Nearly seventy per cent of new abusers are below 30 years of age.



## CASE STUDY: 17 years old, Chinese, Male

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

*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**.*

Typical family with good parental support and no drug or criminal history. Parents did not smoke or drink.

Average student in school. He did not have disciplinary issues and had full attendance for classes.

Started smoking in Sec 1 and was introduced by peers. He was exposed to the media and used the Internet to find out more.





# **How Parents can protect their children from drugs**

**Talk to your child, and never assume that your child would know better.**

Youths who have healthy relationships and are involved in meaningful activities are less likely to abuse drugs. In order to help your children stay drug-free, you will need to guide them to build strong and healthy relationships with their family members and peers. Being a role model and raising their mental resilience to cope with life's challenges is also important. All these start with you.

## **PARENTING TIPS TO BUILD HEALTHY RELATIONSHIPS**

### **HELP YOUR CHILDREN FEEL GOOD ABOUT THEMSELVES**

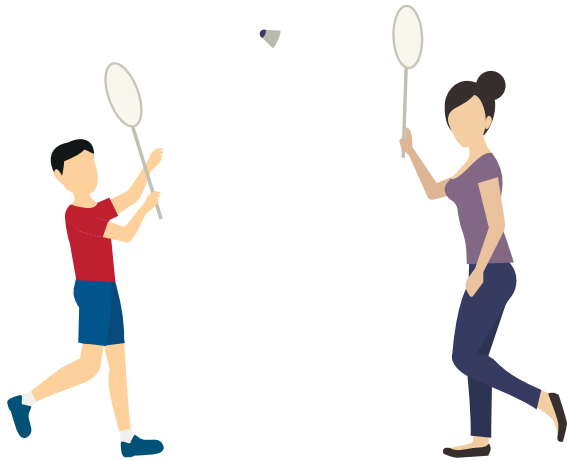
You can build better relationships with your children by raising their self-esteem. You can:

- Offer praise and encouragement
- Show affection
- Be there for them in times of need
- Engage them in conversation regularly to understand them better
- Give them responsibility to make them feel valued and respected



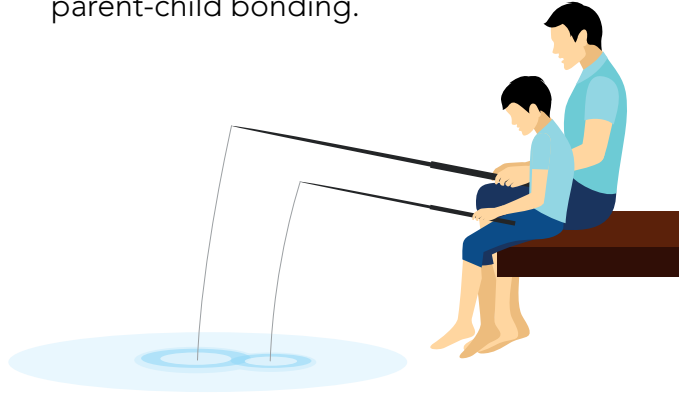
## IMPART COPING SKILLS

Some youths are unable to cope with strong emotions. Pay attention to your child when he/she shows extreme frustration, sadness, anxiety or other extreme emotions. Teach your child to manage their emotions and relieve stress by setting aside time for sports or other healthy activities.



## FIND COMMON INTERESTS

Find a common area of interest with your child. It may be a sport, game or music activity. Spending time together in an activity will not only help your child spend his/her time meaningfully but also promote parent-child bonding.



## DISCOVER YOUR CHILD'S TALENTS

Help your child discover what he/she is good at. Encourage your child to pursue further in his/her interests and develop a passion in life.



## OPEN COMMUNICATION

Listen to what your child has to say. Select a comfortable setting, keep an open mind and avoid a confrontational approach, especially when discussing sensitive issues.



## MANAGING TEENAGE DELINQUENTS

- Parents who require professional assistance to improve parent-child relationship can call, walk in or email the Family Service Centres (FSCs) for help.
- For more information, visit Ministry of Social and Family Development (MSF)'s website at <https://app.msf.gov.sg/Policies/Strong-and-Stable-Families/Supporting-Families/Family-Service-Centres>.



## HOW CAN PARENTS PREVENT YOUTHS FROM ABUSING DRUGS AND INHALANTS?

Parents need to know about drugs and the related issues to help children stay drug-free, through discussions and talks at home. The following are some ways to help children stay clear of drug abuse.

### BE A ROLE MODEL

Every word, movement and action from a parent will have an effect on the child. A child will more likely follow his parents' behaviour than merely do what they say. Parents who use alcohol and tobacco to relieve stress can send the wrong message to children and lead them into thinking that substance use is not harmful. Evaluate how you would like your child to cope with the challenges in life and do the same yourself.

### CREATE A TRIGGER-FREE ENVIRONMENT

Make your home a safe place for young children by keeping alcohol, cigarettes and prescription drugs out of sight. It should not be a norm to see such items lying around the house. Do not use substances in the presence of your children.

### TEACH YOUTHS FACTS ABOUT DRUGS AND INHALANTS

Know the facts (see section on *Drug Facts*) and provide balanced views. Help your child understand why youths turn to drugs and how drug abuse will ruin their lives in the long run. Talk calmly and openly without exaggeration. Use terms that the youths would understand. For example, tell them that they "may need to spend every single day in life searching for drugs" to drive home the message of addiction.

You do not have to raise the topic out of the blue. Use "teachable" moments to start the conversation. Tragedies arising from drug abuse in this world are reported in the media from time to time, and provide a good opportunity.

Drug abuse is an expensive habit, and drug dealers know it is best to target the young when their mindsets are still vulnerable. Help your child learn that drugs can be offered for free in the beginning, but the pusher will want something in return eventually – be it cash, trade, or sex. Drug dealers do not run charities.

### TEACH YOUTHS TO SAY 'NO' TO DRUGS

Let your child know drug abuse is not a norm in Singapore, and it is perfectly alright to be assertive in refusing drugs (see section on *Teaching Children to Refuse Drugs*). When offered drugs, your child should leave the situation and inform you.

### ADDRESS PEER PRESSURE

Talk to your child about choosing friends and emphasise that drug abuse is not the right way to fit in. Suggest for them to join healthy group activities to widen their circle and boost self-esteem.

### OBSERVE THEIR ACTIVITIES

Be aware of their activities. Sudden change in friends, behaviour or interests could indicate problems.

## TEACHING CHILDREN TO REFUSE DRUGS

Most youths start out in life wanting to stay off drugs. Many however stumble into 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. You can role play with your child and practise the following responses.

### DRUGS ARE NOT COOL, IT WILL DESTROY YOUR IMAGE

Drug abuse tends to take a toll on the abuser's body and affect a healthy appearance. Your child can say "I prefer to look and stay healthy. Drugs will affect my physical appearance."

### MAKE A JOKE

Sometimes humour can lighten a serious mood and divert attention elsewhere. For example, your child can "joke" that you do not give him enough money to spend on drugs.

"I can't even buy enough food with the money my parents give me!"

### BE PREPARED TO SAY 'NO'

If you know your child may encounter bad influences in school, have him/her prepare ready 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."

"It's dumb to take drugs to prove that you are something."

### NO TIME FOR DRUGS

Your child can give a disappointed facial expression that the person offering drugs is wasting his/her time.

### IGNORE THE SUGGESTION/ CHANGE THE SUBJECT

Your child can pretend not to hear the suggestion and change the topic. Act like the matter is not even worth discussing.



## BE BOLD AND SIMPLY SAY 'NO'

In some situations, simply saying no without arguing and explaining is the best response. Your child has to make sure the "NO" is a strong and determined one. Be polite, but if it does not work, use a strong and assertive tone of voice. Make sure the person offering drugs understands that your child is serious about the refusal. 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."

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

"NO, thanks. I don't want to ruin my life."

## AVOID THE SITUATION

Teach your child to evaluate invitations to outings and avoid situations where he/she knows that people will be abusing drugs or sniffing glue. It helps if your child knows who will be attending the outing and whether there will be undesirable friends.



## LEAVE THE SITUATION

When caught in the situation, your child can say something funny to get out of it if the atmosphere is friendly. If the person offering drugs gets pushy, your child should turn assertive and leave. It may seem risky, but by leading the way, other friends may just follow him/her too.

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

## THE POWER OF NUMBERS

Your child can count on his/her closer friends to say 'NO' together. When caught in the situation, teach your child to stay close with his/her friends and back each other up in refusing the drug.

## SUGGEST AN ALTERNATIVE ACTIVITY

Many youths wind up doing things they should not because they lack options. Your child can suggest an alternative activity and offer everyone in the situation an exit.

*"How about we go bowling? Or let's watch a movie instead?"*





# WARNING SIGNS OF A POTENTIAL DRUG PROBLEM

Here are some warning signs of a potential drug problem that a parent should watch out for. Parents should know their children best. If you feel something is not right, it probably is not.

## BEHAVIOURAL SIGNS

- Unexplained absenteeism or decline in school grades
- Sudden changes in circle of friends
- Extreme emotions or mood swings
- Less openness or honesty



## PHYSICAL SIGNS

- Abnormal health issues
- Chronic fatigue or abnormal sleeping patterns
- Poor body coordination
- Symptoms such as bloodshot eyes or runny nose



## ENVIRONMENTAL INDICATORS

- Unusual containers or wrappers that resemble drug paraphernalia
- Unusual smells from clothing or breath
- Missing money or valuables at home
- Secretive phone calls or messages



# The Facts: Drug Facts

When Snow White isn't just a fairy tale character but a name for an illegal drug, it's worrying what else you may not know. As a parent, it's important to understand the facts about commonly abused drugs and substances, to communicate with your child and to inform them of the risks and harms associated with illegal substances. The following information will help you understand the various types of drugs there are, what they look like and the kind of effect it has.

# 1

## Cannabis

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

Cannabis comes from the plant genus Cannabis and contains the chemical Tetrahydrocannabinol which induces mood heightening. Abusing cannabis can lead to addiction and subsequently to other drugs such as heroin and methamphetamine.



### Effects

- Inability to concentrate
- Slow reaction
- Distorted thinking and perception
- Poor balance and co-ordination
- Anxiety, depression, confusion and paranoia
- Drop in IQ, impaired memory
- Altered senses and altered sense of time
- Schizophrenia



### Withdrawal Symptoms

- Moodiness
- Irritability
- Anxiety
- Tension

## 2

### Methamphetamine

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



Methamphetamine usually comes in the form of a colourless and odourless crystal that resembles glass fragments or shiny blue-white "rocks" of various sizes. Methamphetamine also comes in tablet form, commonly known as 'Ya ba'. Most of these tablets found in Singapore are marked 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 and dangerous effect on the central nervous system.



#### Effects

- 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)

# 3

## Heroin

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



Heroin is a powerful and highly addictive drug that comes in granular, powder or liquid form. Abusers feel dull and tired easily and cannot work properly as they are unable to focus.

“Chasing the Dragon” is a common method of abuse which involves heating Heroin powder and sniffing the fumes through a rolled note.



### Effects

- Lowered heart rate and respiration
- Damage to lungs, kidneys and liver
- Fatigue
- 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

## 4

### Buprenorphine

(also known as Subutex, Tec, SuSu)

Subutex comes in the form of pills but abusers sometimes mix it with other prescription drugs and inject it for a greater 'high'.



### Effects

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)

## 5

### BZP and TFMPP (Piperazines)

(also known as 'Party Pills')



BZP and TFMPP are stimulants of the central nervous system, commonly referred to as "party pills" and are known to produce stimulant and hallucinatory effects similar to 'Ecstasy'.



### Effects

Seizures, vomiting, heavy sweating, increased body temperature, increased heart rate, agitation



### Withdrawal Symptoms

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

# 6

## Cocaine

(also known as Crack, Coke, Snow)

Cocaine is a white crystalline powder and is a central nervous system stimulant and an anaesthetic. Chronic abusers are dangerous to the society because of the mental abnormalities caused.



### Effects

Increased heart rate, aggressive behaviour, irritability, nausea, shaking, blurred vision, hallucination



### Withdrawal Symptoms

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

# 7

## 'Ecstasy'

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

'Ecstasy' tablets come in different colours and logos. Often sold in discos, abusers take them to enable them to dance all night. Sometimes, they die from exhaustion and dehydration.



### Effects

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 properly, hallucination



### Withdrawal Symptoms

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

**8**

## Inhalants

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



The sniffing of vapours or fumes from substances such as glue and paint thinners is known as inhalant abuse. The abuse affects the growth and development of muscles, nerves and organs. Abusers may die from suffocation anytime, known as Sudden Sniffing Death.



### Effects

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)

**9**

## Ketamine

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



Ketamine is a painkiller for veterinary and human use. It takes the form of a white crystalline powder, liquid or tablet. Ketamine is now common at dance or 'rave' parties.



### Effects

Inability to move, distorted judgement, perception, hearing, sight, touch, smell and taste, confusion and hallucination, nose bleeding, inability to smell properly, gastric pains, urinary and bladder problems



### Withdrawal Symptoms

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

**10**

## Lysergide (LSD)

(also known as Acid, Trips, Blotters, Tabs, Stamp, Black Sesame, Seed, Micro, Micro Dot)

LSD is often sold on blotting paper with colourful designs. Although abusers generally take it orally, tabs of blotting paper are also placed on skin areas that absorb into the bloodstream e.g. under the eyelid.



### Effects

Increased heart rate, breathing, body temperature, numbness, distorted sight, hearing, smell, touch, taste, loss of control of thoughts, severe panic, confusion, hallucination and irrational fear



### Withdrawal Symptoms

- 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

**11**

## Mephedrone

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

Mephedrone is a stimulant and marketed as a substitute to 'Ecstasy' and amphetamines. Mephedrone abuse is known to cause cravings and dependence.



### Effects

Dizziness, nausea, chills, teeth grinding, insomnia, hallucination



### Withdrawal Symptoms

- Dizziness
- Nausea
- Chills
- Teeth grinding
- Insomnia
- Hallucinations



# 12

## New Psychoactive Substances (NPS)

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

NPS contain ingredients which mimic the same effects as drugs such as 'Ice' or Cannabis. NPS have unknown and dangerous toxicology effects and are as addictive and harmful as controlled drugs.



### Effects

Severe intoxications, severe toxic reaction leading to death, paranoia, hallucination, adverse cardiovascular problems, renal failure, seizures



### Withdrawal Symptoms

- Rapid heart rate
- Vomiting
- Violent behaviour
- Insomnia
- Paranoia
- Seizure
- High blood pressure

# 13

## Nimetazepam

(also known as 'Erimin-5')

'Erimin-5' is a type of depressant taken in tablet form. Depressants are drugs which make a person calm down and sleep. However, excessive use will lead to harmful effects.



### Effects

Unconsciousness, 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

# Drug Laws



## THE MISUSE OF DRUGS ACT (MDA)

The MDA makes drug possession or consumption an offence punishable with a fine not exceeding \$20,000 or imprisonment not exceeding 10 years or both. Recalcitrant abusers face long-term imprisonment and caning. However, first and second time abusers are given the chance to undergo treatment and rehabilitation at Drug Rehabilitation Centres (DRC).

### MISUSE OF DRUGS ACT (MDA)

- If a person takes drugs;
- If a person sells drugs;
- If drugs found on a person

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



Those who traffic drugs to young (anyone below 21 years old) or vulnerable persons will face stiffer punishment. Similarly, harsher punishments apply to those who recruit young or vulnerable persons into drug trafficking.

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. At the same time, a new list of substances was listed in the Fifth Schedule.

### 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 drug situation is under control, there is still a serious problem of some drug abusers not being able to kick the habit after going through repeated DRC treatments. To deal with unrepentant drug addicts, the Government is subjecting them to long-term imprisonment instead of DRC treatment.

## **Objectives of Long-Term Imprisonment**

- To provide greater security and safety to the rest of the society
- To deter individuals from continuing to abuse drugs
- To reduce the crimes committed by drug addicts

## **Who are affected?**

Hard-core addicts of Buprenorphine, Cannabis, Cocaine, 'Ecstasy', Heroin, Ketamine, Methamphetamine, Morphine, Nimetazepam and Opium.

Hard-core drug addicts shall be subjected to these penalties:

- Long-Term Imprisonment 1 (LT1)  
(Between 5 and 7 years of imprisonment, and 3 to 6 strokes of the cane)
- Long-Term Imprisonment 2 (LT2)  
(Between 7 and 13 years of imprisonment, and 6 to 12 strokes of the cane)

Those who have been through LT1 once will serve LT2 for subsequent offence of the consumption of the above.

You may refer to the following links for more information:

- Singapore Statutes Online on MDA ([statutes.agc.gov.sg](http://statutes.agc.gov.sg))
- CNB Website ([cnb.gov.sg](http://cnb.gov.sg))

solvent-sniffing. This law deals with both inhalant abusers and suppliers, and spells out the offences in relation to inhaling or abusing, as well as supplying or offering to supply intoxicating substances.

The Act makes inhalant abuse an offence punishable with a fine not exceeding S\$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 S\$5,000 or imprisonment for a term not exceeding 2 years or both.

## **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 of IMPRISONMENT of up to 10 years, FINE not exceeding S\$20,000, or BOTH.

## **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 substances is known as inhalant abuse, commonly referred to as glue-sniffing, solvent abuse, solvent inhalation and





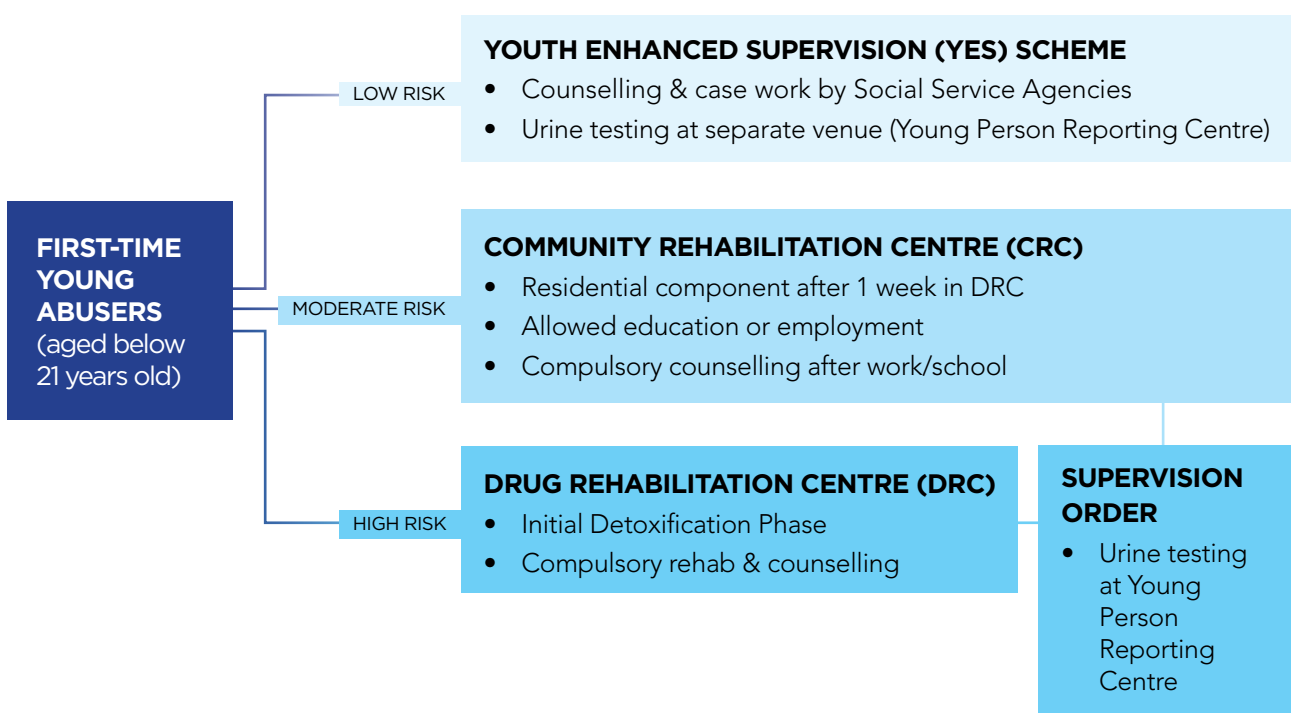
# Youth DRUG REHABILITATION Options

## PATHWAY 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 reoffending. The abuser's risk profile will determine the type of rehabilitation programme that will be administered.

### I SUSPECT MY CHILD IS TAKING DRUGS. WHAT DO I DO?

If a parent suspects his/her child is abusing drugs, call the CNB's 24-hour helpline at 1800-325-6666 for advice. CNB will then work with you and your child to decide the appropriate follow-up action.



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.

No criminal record will be registered against youths who are committed to a DRC.

## REHABILITATION PATHWAYS FOR YOUTHS

### YOUTH ENHANCED SUPERVISION (YES) SCHEME

The YES scheme comprises weekly or bi-weekly urine reporting for up to 2 years. Supervisees will go through counselling and casework administered by social workers over a period of 6 months. Families are also engaged as strong family support is an important part of the scheme.

### COMMUNITY REHABILITATION CENTRE (CRC)

Youth abusers under the 12-month CRC regime will first complete a short detention at the DRC. They are then placed on a 6-month residential phase at the CRC. Abusers continue to study or work in the day and return to the CRC in the evenings. They undergo drug intervention and life-skills programmes which inculcate pro-social values. These programmes, together with casework and counselling, help them resist the temptation to abuse drugs 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.

Upon successful completion of the CRC phase, abusers will be electronically tagged and placed on supervised home leave for 6 months. The youths continue to receive counselling and guidance from SPS' counsellors to ensure they keep away from drugs.

### DRUG REHABILITATION CENTRE (DRC)

The DRC regime lasts up to 36 months, depending on whether youths are first or second-time abusers, their risk levels, progress in rehabilitation as well as their conduct and behaviour. The regime comprises residential in-care and structured aftercare phases. Abusers receive differentiated in-care rehabilitation and counselling programmes to address their criminogenic needs and addiction issues in the DRC. During the aftercare phase, they are closely supervised and undergo a regime to facilitate their reintegration into society.

### ANTI-DRUG COUNSELLING AND ENGAGEMENT PROGRAMME FOR YOUTHS (ACE)

CNB introduced a structured rehabilitation programme with the National Addictions Management Service (NAMS) in 2015. The programme, Anti-Drug Counselling and Engagement Programme (ACE), will equip youths with skills to cope with addiction and involve parents to provide support and supervision for their children.

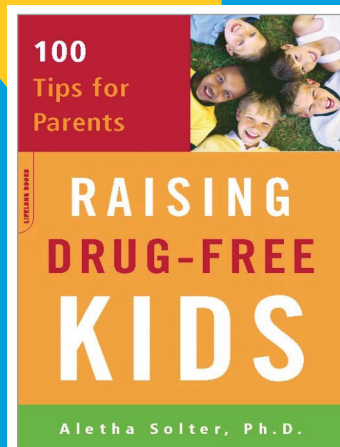
ACE will be conducted through counselling sessions over a 3-month period. It will equip youths with skills to lead a drug-free lifestyle through experiential learning, support and guidance. There will also be a workshop for parents to equip them with knowledge and skills to support their children. Parental support will be critical for the success of this programme.

# Resources:

## PARENTING BOOKS ON DRUG ABUSE @ NLB

The National Library Board (NLB) offers a variety of useful and credible materials dealing with the issue of substance abuse. To give you a head start, we are going to introduce a few books (print and electronic) that you can check out at the libraries to build your knowledge on this topic.

### Pick 1: Raising Drug-Free Kids: 100 Tips for Parents



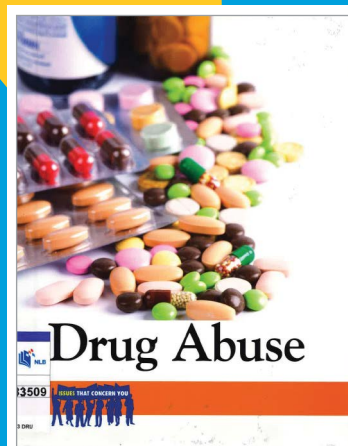
**Author:** Aletha Solter

**Publisher:** Cambridge, MA: Da Capo Press, 2006.

This E-book is available via Overdrive at <http://eresources.nlb.gov.sg/index.aspx>.

This E-book is a great starting point for parents who want to talk to their children about drug abuse. It provides 100 handy and useful tips for parents to help their kids to say "No" to drugs and to cope with stress without turning to drugs as an outlet. A feature unique to this book is that the preventive measures and tips are categorised according to age group, beginning from pre-school all the way through young adulthood. This will offer parents a more structured way to raise this topic with their children in a way that is suitable to their respective age groups.

### Pick 2: Drug Abuse



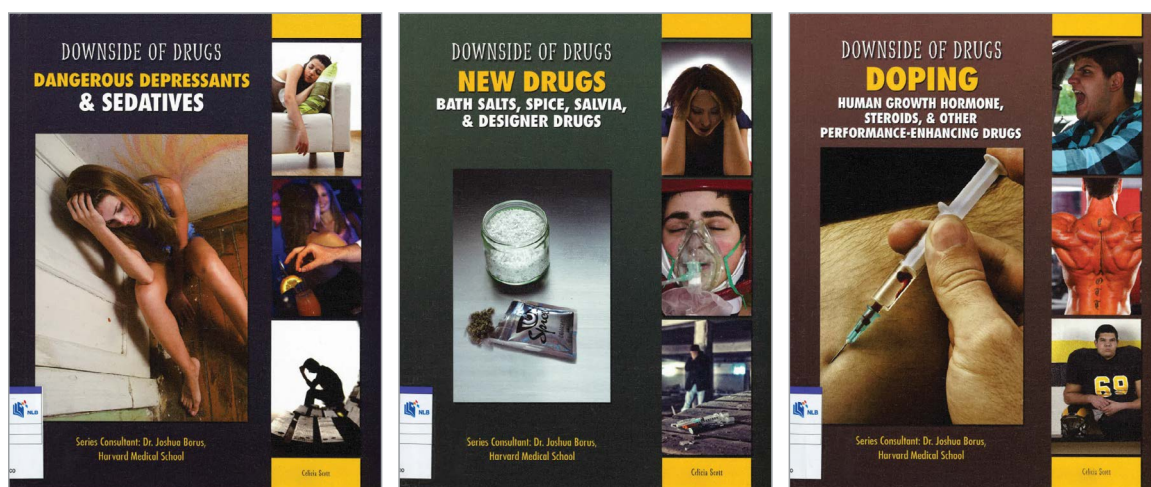
**Editor:** Arthur Gillard

**Publisher:** Cambridge, MA: Da Capo Press, 2006.

**Call Number:** Young Adult Lending English 362.2908350973 DRU

For readers who would like an overview of the issue of drug abuse and the debate surrounding it, this anthology offers a variety of perspectives to help them understand and explore the topic. Supplemented with colourful and informative graphs, visuals and data, it is an excellent resource for anyone interested in this complex social issue.

## Pick 3: Downside of Drugs Series



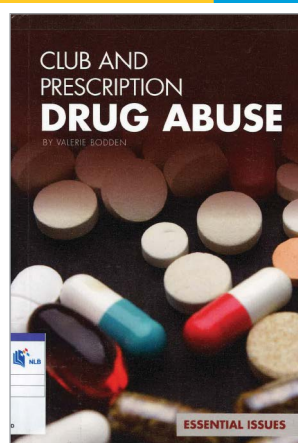
**Authors:** Cecilia Scott and Rosa Waters

**Publisher:** Broomall, PA: Mason Crest, 2015.

**Call Number:** Young Adult Lending English 362.29

Using a question-and-answer model and accompanied by striking visuals, this new series of books explores the life-changing impacts of drug and alcohol use and is aimed squarely at youths. Each title in this series, written in consultation with Dr. Joshua Borus of Harvard Medical School, focuses on a different drug, ranging from Cocaine and Heroin to performance-enhancing drugs such as Steroids – which youths are abusing more and more. With bite-sized text to go with relevant images, these titles effectively explore the risks and dangers that often come along with the use of these harmful substances.

## Pick 4: Club and Prescription Drug Abuse



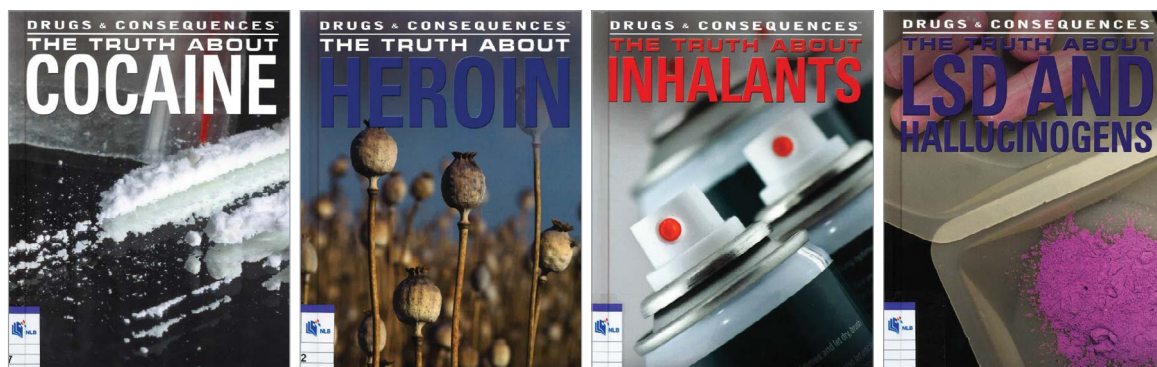
**Editor:** Valerie Bodden

**Publisher:** Minneapolis, MN: Essential Library, 2015.

**Call Number:** Young Adult Lending English 362.39 BOD

Written in consultation with Dr. Matthew Owen Howard from the University of North Carolina at Chapel Hill, this resource examines how Inhalants and Club, Prescription, and Over-the-Counter (OTC) drugs affect individuals – especially young people – and society. In this day and age, an increasing number of youths are turning to Prescription and OTC drugs because they are so readily available. Offering an engaging in-depth read, this book also investigates how efforts are being made to put an end to drug abuse, and analyses the controversies as well as conflicting viewpoints surrounding this issue.

## Pick 5: Drugs & Consequences Series



Various Authors

**Publisher:** New York: Rosen Publishing, 2014.

**Call Number:** Young Adult Lending English 616.86

The Drugs & Consequences series of books is targeted at youths to increase awareness about the different types of drugs and the repercussions of consuming them. Tackling a range of drugs which includes Cocaine, Heroin and Lysergic Acid Diethylamide (LSD), this series is highly informative and offers in-depth knowledge for both youths and parents to understand the drugs that are commonly abused by youths. In addition, the books do well to debunk myths regarding some of these substances, and provide resources for further reading.

You can check the availability of these titles at the public libraries via the online catalogue at [www.nlb.gov.sg](http://www.nlb.gov.sg).

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Contributed by Gary Soh,  
Associate Librarian  
Public Library Operations  
National Library Board.



# Numbers at Your Finger-Tips!

Parents can contact the CNB hotline at 1800 325 6666 for advice and assistance if you suspect or are worried that your child may be involved with drugs. CNB will work with the parent and interview the youth before determining the appropriate follow-up action after a complete assessment and investigation.

## Central Narcotics Bureau (CNB)

Tel No:1800-325-6666

Website: [www.cnb.gov.sg](http://www.cnb.gov.sg)

To help youth 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, parents may contact the Preventive Education Unit or National Addictions Management Service as follows:

## Preventive Education Unit (PEU)

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

[www.cnb.gov.sg/events](http://www.cnb.gov.sg/events)

[www.cnb.gov.sg/cnbpde](http://www.cnb.gov.sg/cnbpde)

<https://www.facebook.com/CNB.DrugFreeSG/>

- Those who wish to watch anti-drug videos.

<https://www.youtube.com/user/cnb.drugfreesg>

- Organisations can write in to CNB at:

**CNB\_Preventive\_Education\_Unit@cnb.gov.sg** for free preventive drug education talks or apply to join as an Anti-drug Advocate United Against Drugs.

## National Addictions Management Service (NAMS)

Tel: 6-RECOVER (6732 6837)

(Mon-Thu: 8.30am-5.30pm, Fri: 8.30am-5.00pm)

[www.nams.sg](http://www.nams.sg)



UNITED AGAINST DRUGS



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