

1ST EDITION

ANTI-DRUG AMBASSADOR ACTIVITY



EQUIP YOURSELF WITH
INFORMATION ABOUT
THE HARMS OF

DRUGS AND INHALANTS

METHAMPHETAMINE



Also known as
'Ice', Glass, Crystal, Speed, Yaba.

Harmful 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

HEROIN



Also known as
White, Smack, Junk, Powder, Putih, Medicine, Ubat.

Harmful Effects

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

CANNABIS



Also known as
Marijuana, Pot, Grass, Ganja, Weed.

Harmful Effects

- 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

INHALANTS



Also known as
Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing.

Harmful 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

NEW PSYCHOACTIVE SUBSTANCES (NPS)



Also known as
Spice, K2, Bath Salts, Kronik, Bromo-Dragonfly.

Harmful Effects

- Severe intoxications
- Severe toxic reaction leading to death
- Hallucination
- Seizures
- Paranoia [irrational fear or suspicion]
- Adverse cardiovascular problems
- Renal Failure

ECSTASY



Harmful 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, see and co-ordinate properly
- Hallucinations



Vinesh

Adri

Emma



Why does it feel so hot today?

That's what you get for not drinking enough water.

Stop bickering, we're almost at the skate park!

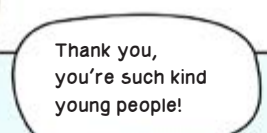


Guys, that man looks like he needs help.



Here, mister. You should take a rest.

Yeah, the weather has been really hot lately.



Thank you, you're such kind young people!



No problem, mister! It's always good to help others.





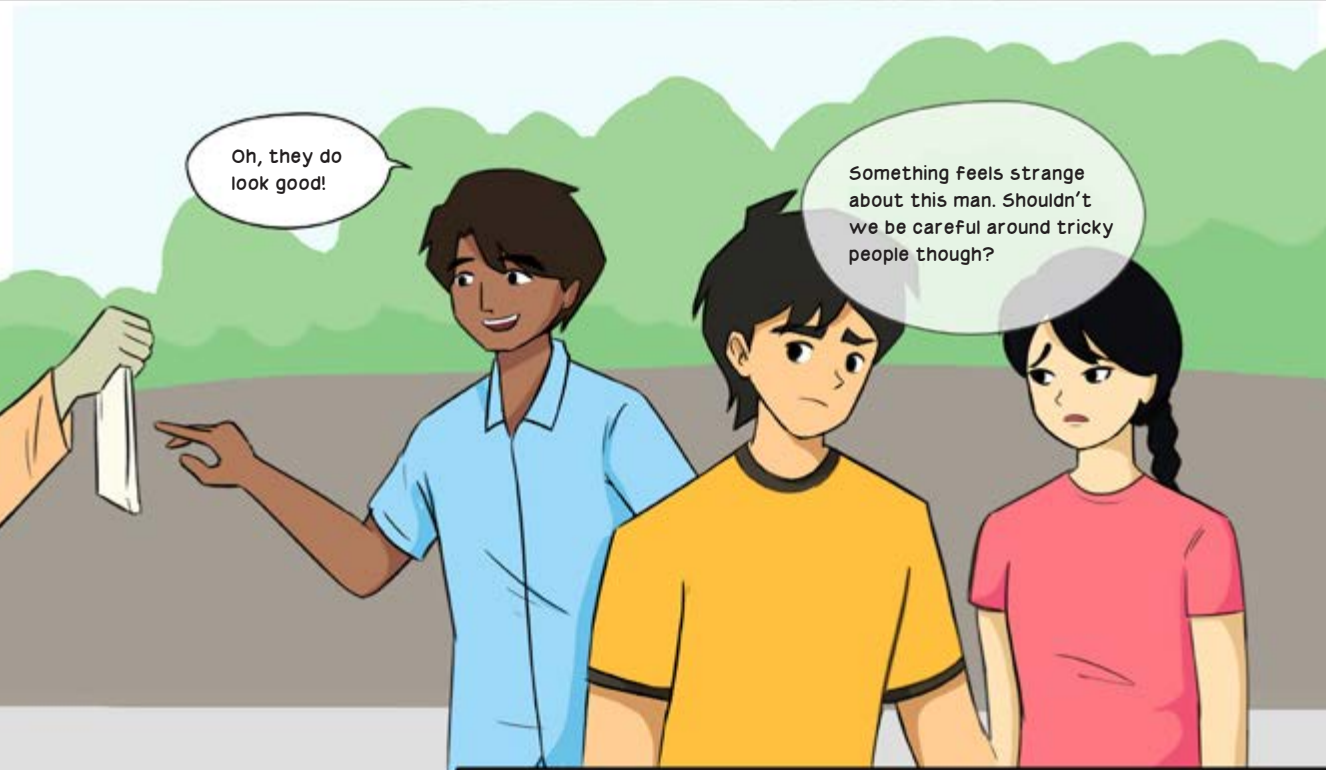
How could I ever repay you three?

Ah, I know!



A special treat, just for you!

These 'chewy cookies' are my special recipe. They make you smarter and focus better in school. Don't they sound great?



Oh, they do look good!

Something feels strange about this man. Shouldn't we be careful around tricky people though?

**When you encounter tricky people:
Stop! Walk Away! Tell a trusted adult!**



CAPTAIN DRUG BUSTER



DOCTOR WACKO



Why? Don't you want everyone to have a good time?

Get your so-called treats away from these kids.



Stay away from him and whatever he offers, kids. He's bad news!



And... that's my cue to leave.



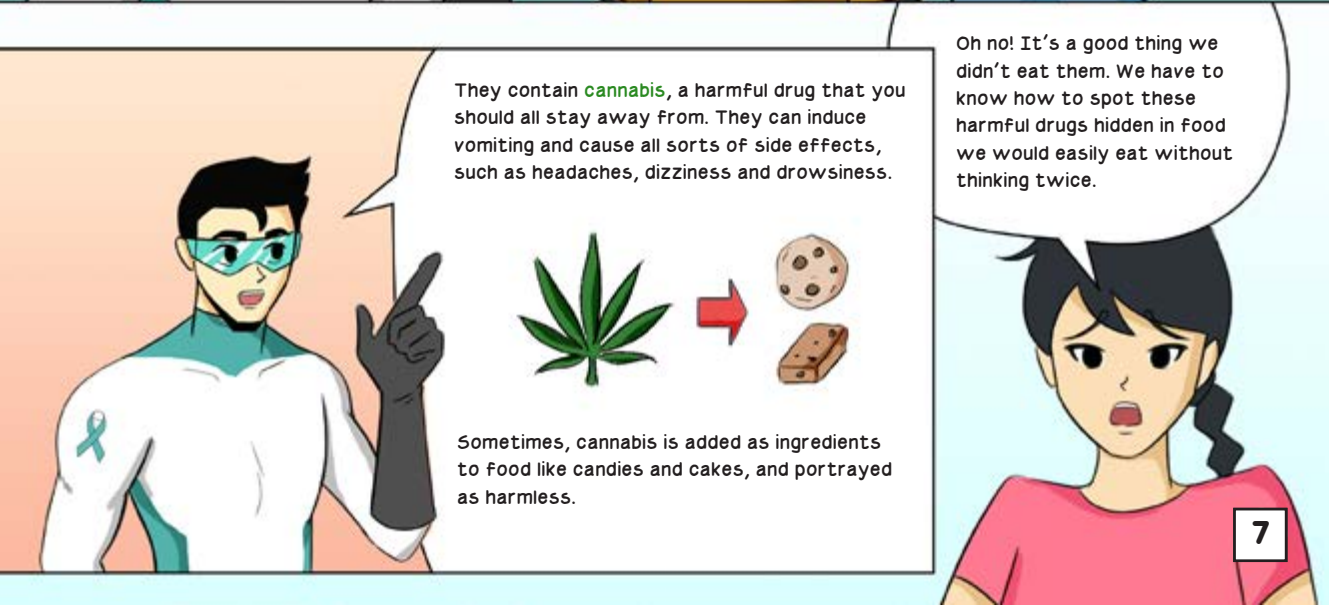
Till we meet again, old friend.



Kids, don't be fooled by these cookies.

I knew something was wrong with them!

Oh no, what's wrong with them?



They contain **cannabis**, a harmful drug that you should all stay away from. They can induce vomiting and cause all sorts of side effects, such as headaches, dizziness and drowsiness.

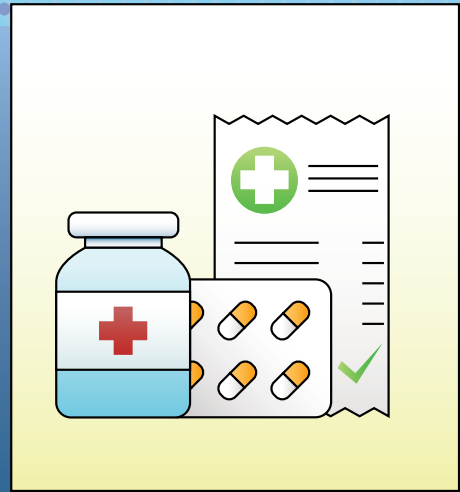
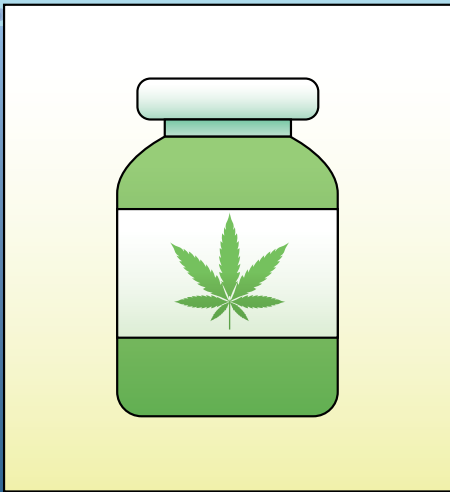


Sometimes, cannabis is added as ingredients to food like candies and cakes, and portrayed as harmless.

Oh no! It's a good thing we didn't eat them. We have to know how to spot these harmful drugs hidden in food we would easily eat without thinking twice.

SPOT THE DRUGS!

Can you spot which of these contain illegal drugs?



UNSCRAMBLED

Unscramble the jumbled letters to find out the harmful effects cannabis can have on your body.

1

I U S N C N O O F



__ N F __ S __ O __

2

A I N E T O R C



SLOW __ E __ T I N

3

I N A Y T E X



A __ I __ T Y

4

C A E N E R O T C T N



INABILITY TO
__ O N __ N R A __

Hint: refer to page 2 for clues!





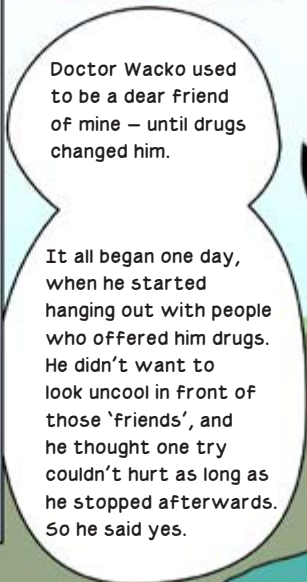
I can't believe he tried to trick us into taking drugs!

We'll have to be more alert when it comes to such situations in the future.

That's right, we should tell our friends that illegal drugs could be hidden in food. That way, we can all be aware and stay safe!



Captain Drug Buster, why would someone go around encouraging others to take drugs? That's just evil!



Doctor Wacko used to be a dear friend of mine – until drugs changed him.

It all began one day, when he started hanging out with people who offered him drugs. He didn't want to look uncool in front of those 'friends', and he thought one try couldn't hurt as long as he stopped afterwards. So he said yes.

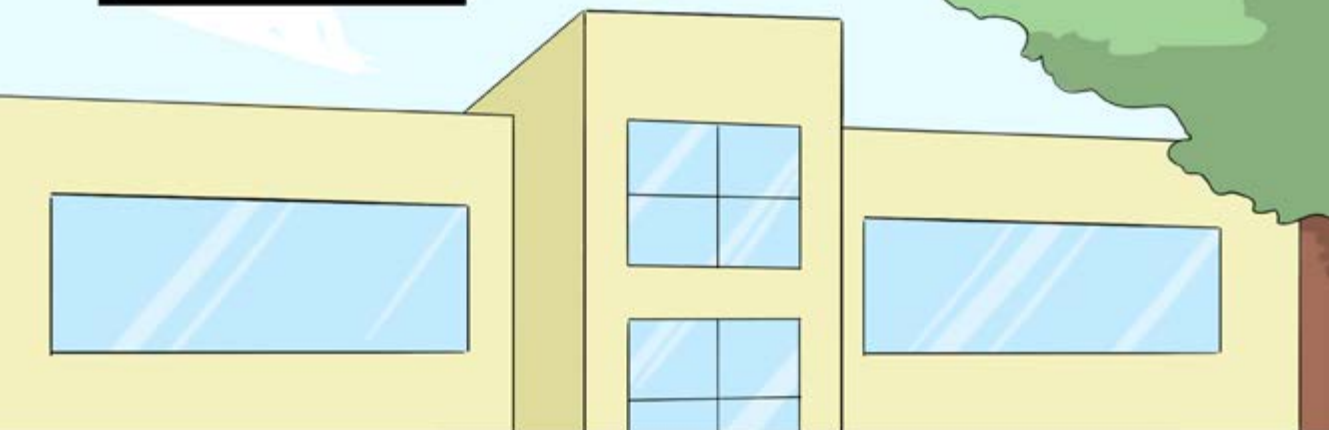


But he kept going back for more and well... he's addicted now.



Let that be a lesson, my friends. Stay away from drugs, they're not worth it.

The next day at school





It looks like some sort of powder.

Get your hands off! It's mine!

Woah, are you okay?

You look really sick. Do you want to go to the sick bay?



No! You're just trying to steal my stuff, I won't fall for it.

Wei Jun, are these drugs?

You look unwell... You're sweating a lot and you seem paler than usual.

You don't understand! This is the only thing helping me to focus on my studies!

My grades have been failing, and I need the drugs to help me concentrate.



Wei Jun, we're just worried about you. Taking drugs actually makes it harder to focus, you shouldn't be using them at all.

So what?! I've been so overwhelmed with tests and exams.

These drugs calm me down and help me focus on studying. Nothing else works anymore, there's no way out.

That's a myth. Drugs are never the solution; in fact, they only create more problems.

STAY INFORMED

Can you figure out which of these statements are **myths** and which are **facts**?



1

Drugs do not help me focus better, and actually prevent me from concentrating and studying better.

TRUE

FALSE

2

It's okay to try drugs once because I won't get addicted.

TRUE

FALSE

3

It's safe to eat food cooked with cannabis overseas.

TRUE

FALSE

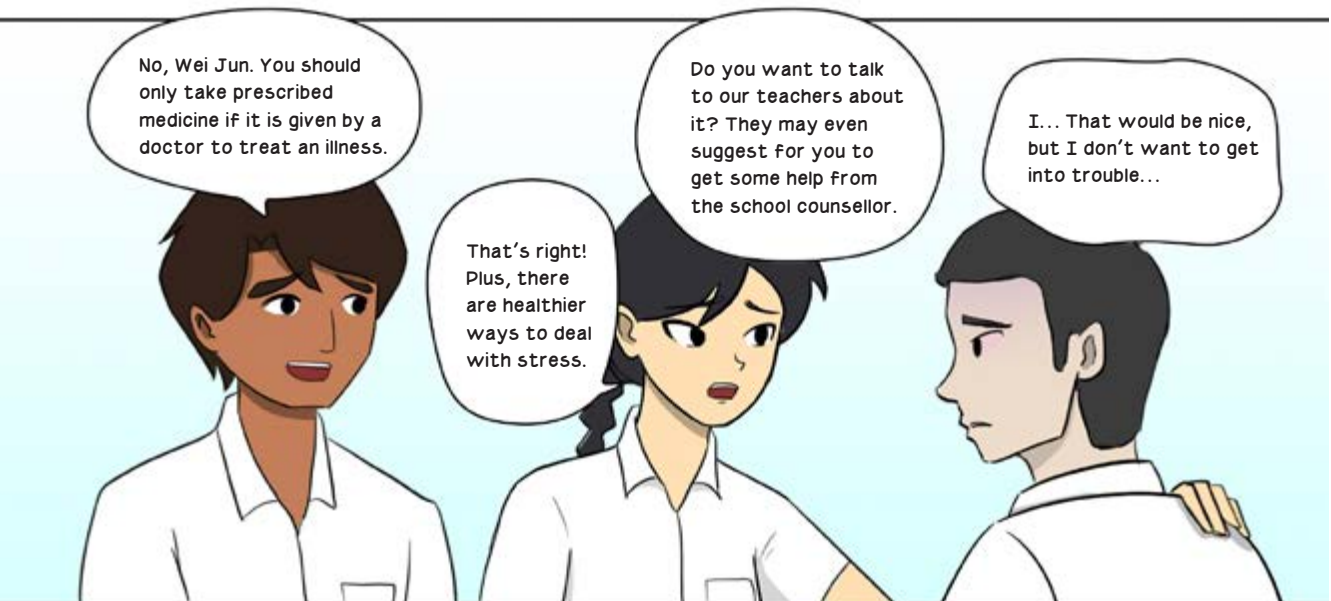
4

We should only take prescribed medicine according to the doctor's prescription.

TRUE

FALSE





LET'S DE-STRESS

Match these statements and find some healthy ways to deal with stress!

1

I can't focus in school!
Drugs will help me concentrate better.



2

I'm feeling stressed.
Taking drugs will help me chill out and feel happy.



3

I want to fit in with my friends. They're taking drugs, so I should too.



4

School is so boring, I want to try something new. Drugs look cool and exciting.



A

Friends who pressurise me into taking drugs aren't true friends!



B

I can seek help from my teachers and friends to manage my studies!



C

Now is the time to pick up a new hobby. I can have fun by taking part in sports and club activities!



D

I can talk to the school counsellor, my parents or a trusted adult about how I'm feeling!





DEVELOPING HEALTHY HABITS

It's important to start on a positive drug-free lifestyle! Fill in the blanks and write down some healthy habits you will form.

● _____
● When I am stressed, I will _____ .
● _____

● _____
● When I am unsure about something, I will _____
● _____

● _____
● I will not take drugs because _____ .
● _____

● _____
● When my friend asks me to take drugs, I will _____
● _____



I can't believe Doctor Wacko is going around tricking other students like us.

We need to be even more vigilant so we don't fall for his lies!



Guys, check this out! This video of Captain Drug Buster is trending online.

LIVE 

New psychoactive substances [NPS] go by many names – such as 'spice' or bath salts. They may sound harmless, but they actually contain unknown and harmful substances. Abusing drugs can lead to memory loss, anxiety, hallucinations, and even heart problems.

Remember kids, even if someone tells you that NPS are safe, stay away from them! Say 'NO' to drugs!

Did you know?

1. NPS are substances that copy the effects of illegal drugs.
2. Hallucinations happen when you hear, see or experience something that is not there.

DECODING ACTIVITY



A***

Decode the following phrases using the key to find out 4 ways to say NO to drugs!

▶ Say no -•••• •-• •- •••- • •-•• -•-•- and
•- •• •-• -•- •-•• -•-•-

▶ Answer: _____ , _____

▶ •-••• • •- •••- • the conversation

▶ Answer: _____

▶ Ask a - •-•• ••- ••• - • -•• adult for help

▶ Answer: _____

▶ Change the ••• ••- -••• •-•-• • -•-•• -

▶ Answer: _____

▶ •-•• • •- -•• food labels carefully

▶ Answer: _____

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



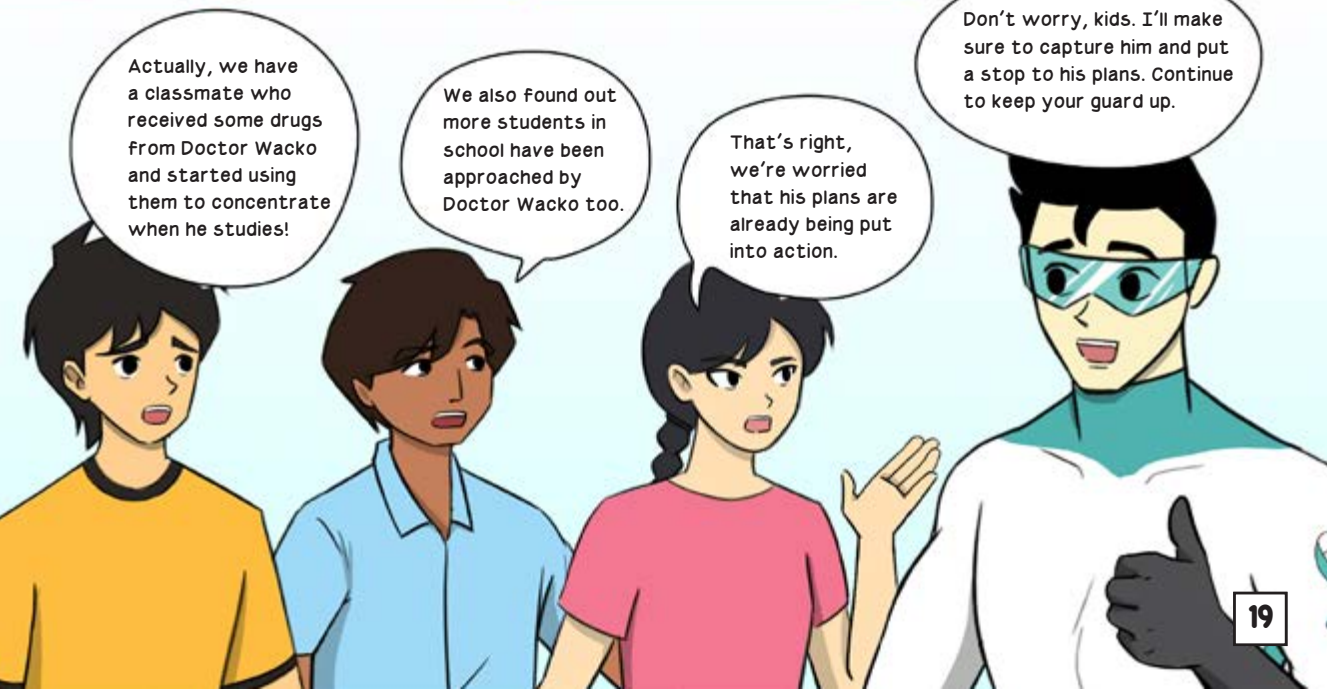
Hey, that's Captain Drug Buster!

We should tell him what we've encountered so far.



Captain!

Oh, it's you three! I hope you've kept my words in mind and been staying alert against drugs.

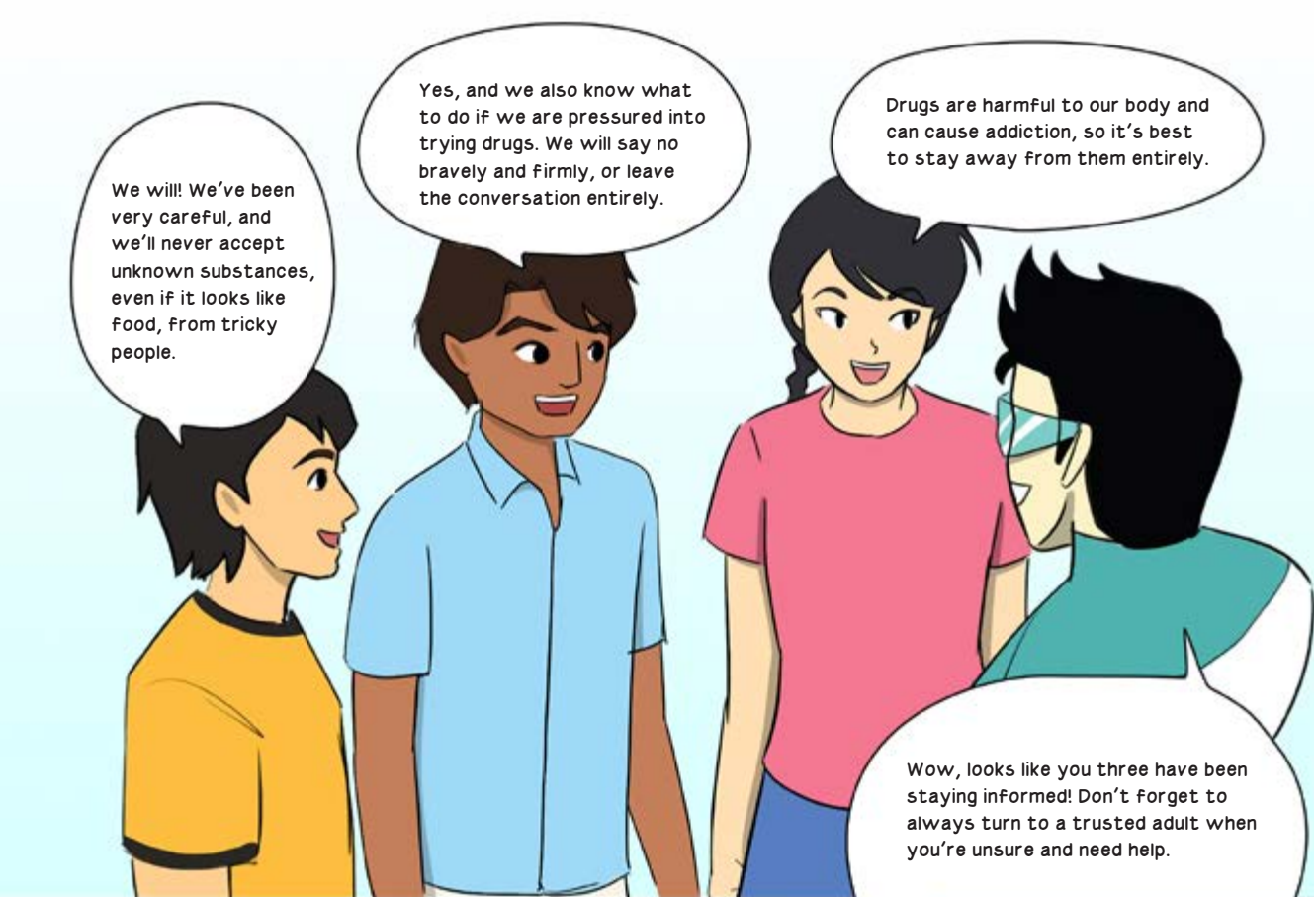


Actually, we have a classmate who received some drugs from Doctor Wacko and started using them to concentrate when he studies!

We also found out more students in school have been approached by Doctor Wacko too.

That's right, we're worried that his plans are already being put into action.

Don't worry, kids. I'll make sure to capture him and put a stop to his plans. Continue to keep your guard up.



We will! We've been very careful, and we'll never accept unknown substances, even if it looks like food, from tricky people.

Yes, and we also know what to do if we are pressured into trying drugs. We will say no bravely and firmly, or leave the conversation entirely.

Drugs are harmful to our body and can cause addiction, so it's best to stay away from them entirely.

Wow, looks like you three have been staying informed! Don't forget to always turn to a trusted adult when you're unsure and need help.



I know that cape!

Stay put, kids. I'm going after Doctor Wacko.



Was that Doctor Wacko?
We need to do something!

But Captain Drug
Buster told us to
stay put!

Let's follow him,
and if it gets
serious, we'll call
for help.



Quick, we need to call the
Central Narcotics Bureau
[CNB]!

**If you have any drug-related encounters,
contact CNB at 1800 325 6666**





Hold it right there, Doctor Wacko. I'm putting a stop to this right now.

Come on, Dan. Is this any way to treat your old pal?

Don't call me that. You've changed. You're not the Wayne I used to know.



What's wrong, old friend? Feeling guilty about how you betrayed me?



I was trying to help you.



By destroying everything I worked so hard for? By calling CNB on me?

You were trying to sell cookies with drugs in them.


I couldn't just sit back and let you ruin your own and other people's lives like that.




Oh? Well if you think you can stop me this time.....

Think again!





Looks like I'll have to use my secret weapon.



Put those away! They're only harming you and you know it.

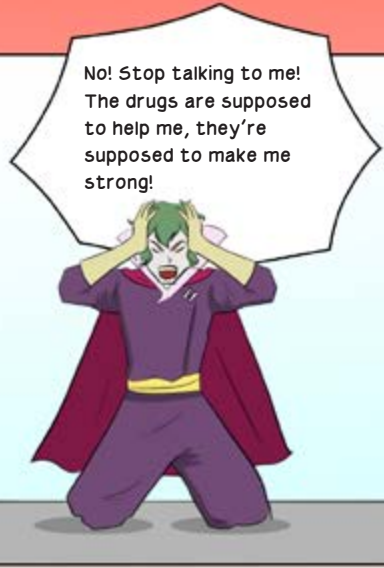




Agh! No, what's happening?!



You're suffering from the harmful effects of drug abuse. You should have known this would happen.



No! Stop talking to me! The drugs are supposed to help me, they're supposed to make me strong!



That's enough, Wayne. You're being overtaken by drugs.

What's happening? Why does everything hurt?



Dan? Is that you? Help me, what's going on?! I don't want this!



KNOW THE SIGNS

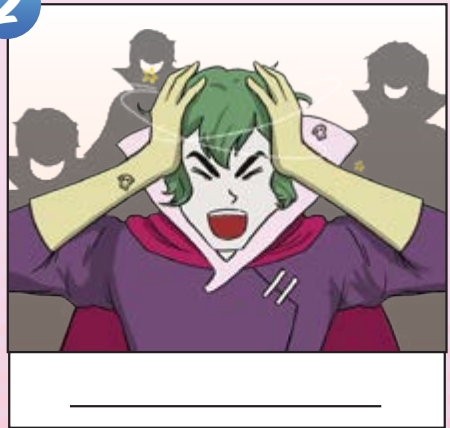


Do you recognise these tell-tale signs of drug abuse? Match the images to the right description.

1



2



3



4



A. Tiredness / confusion

B. Red eyes

C. Hallucination

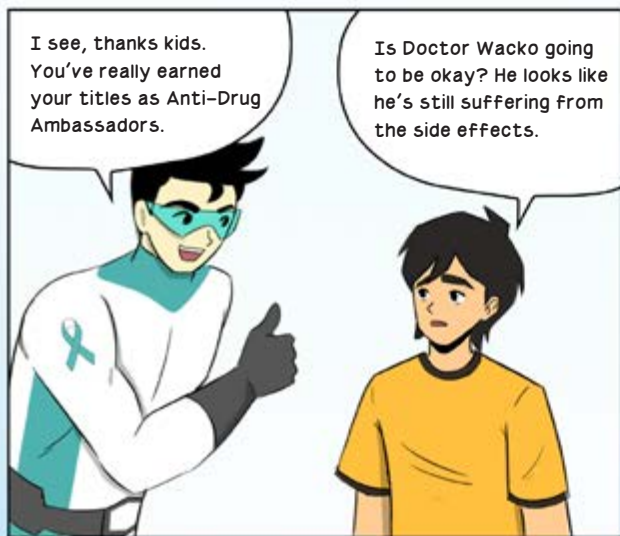
D. Aggression



We'll take it from here, Captain.

We did!

When did you get here?
I didn't call for back-up.



I see, thanks kids. You've really earned your titles as Anti-Drug Ambassadors.

Is Doctor Wacko going to be okay? He looks like he's still suffering from the side effects.



He will be, eventually. There are counselling centres to help him, where he still stay at a place to receive treatment and recover from drug addiction.

That's what happens when you turn to drugs, kids. For the sake of yourself and your loved ones, don't take the risk.



Let's work together for a drug-free you and a drug-free Singapore.



PLEDGE TO STAY DRUG-FREE

*As an Anti-Drug
Ambassador,
I pledge to do
these three things!*







DRAW YOUR OWN CAPTAIN DRUG BUSTER



IN 6 STEPS

You can play an important role in helping others stay drug-free!
Test your skills by drawing your own hero in this step-by-step guide!

1



2



3



4



5



6



ANTI-DRUG MONTAGE COMPETITION

We commemorate the International Day Against Drug Abuse and Illicit Trafficking, also known as 'World Drug Day', on 26 June every year. In the Anti-Drug Montage Competition, we invite schools to submit their students' creative artwork pieces to demonstrate their unique interpretation of spreading the anti-drug message. Schools with the best Anti-Drug Montages stand to win attractive prizes!



Need some inspiration?
Scan here to check out
the previous winners
of the Anti-Drug
Montage Competition!



ANSWERS TO ACTIVITIES

1. Aggression
2. Hallucination
3. Tiredness / confusion
4. Red eyes

PAGE 26
KNOW THE SIGNS

1. bravely, firmly
2. leave
3. trusted
4. subject
5. read

PAGE 18
DECODING ACTIVITY



PAGE 15
LET'S DE-STRESS

1. True
2. False
3. True
4. False

PAGE 13
STAY INFORMED

1. headache
2. dizziness
3. drowsiness
4. vomiting

PAGE 9
UNSCRAMBLE



PAGE 8
SPOT THE DRUGS

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Visit the CNB Website at www.cnb.gov.sg for more information on the harms of drugs and drug abuse, and to download a digital copy of this booklet.

CNB Hotline: 1800-325-6666



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