



*Leading  
the way  
away from Drugs*

A PREVENTIVE DRUG EDUCATION MESSAGE FOR PARENTS



#DrugFreeSG

# Start the *conversation* with *your child*

Hey son, what are you watching?

Just a video on Cannabis. Why are we so strict on such a harmless drug?

Harmless?

Well the video claims it has medical benefits and is less addictive...

The medical benefits are not conclusive and taking Cannabis is actually addictive!

But it can be used to relieve stress! In fact, I'm thinking of trying some overseas.

It can also lead to mental health and respiratory problems. Plus, consuming drugs outside of Singapore is still illegal.

What about celebrities who take drugs, and still look cool?

Think about those celebrities who have died from drug overdose.

I see. Thanks dad!

Don't believe everything you read on the internet, you can always talk to me when you are in doubt.



## Dear Parents,

You are your child's first teacher. Be in the know about the dangers of drugs and guide your child to embrace a drug-free lifestyle. Educate your child today and keep them away from drugs!

Mr Ng Ser Song  
Director  
Central Narcotics Bureau



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### 7 Drug Prevention Tips for Children

- 1 Use teachable moments (e.g. drug abuse news) to start the conversation.
- 2 Educate them on the dangers of drug abuse.
- 3 Listen actively and communicate openly.
- 4 Observe your child's online habits.
- 5 Teach them how to refuse drug offers.
- 6 Spend quality time together.
- 7 Observe any drastic mood swings or sudden changes in friends.



Youths today tend to have a more liberal view on drugs due to the influence of media and legalisation of Cannabis in some countries abroad.

Profile of abusers also include youths from middle class families who perform well in school.



The internet is rife with misinformation on drugs, and has made it easier to buy drugs online.

Stress, curiosity and external influence are the reasons commonly cited by youths for taking drugs.



For more drug prevention resources, you may access the full version of the Parents' toolkit here:



If you wish to report cases of suspected drug abuse, please call our helpline.

**Central Narcotics Bureau**  
1800-325-6666



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