



CNB

For a Drug-Free Singapore

THE HARMS OF DRUG ABUSE



Why it's important to say "no" to drugs

● ● What is a Drug?

A substance that changes your body or your mind when taken e.g. medicine given by doctors when we are sick (prescription drugs)

BUT!

Drugs can be addictive and harmful, especially when used irresponsibly or when they are not needed.

To protect people from harm, some drugs are made illegal (**illicit drugs**).



Examples of Illicit Drugs



METHAMPHETAMINE

Also known as 'ice',
'crystal', 'yaba'



CANNABIS

Also known as
'weed', 'pot',
'marijuana', 'ganja',
'grass'



NEW PSYCHOACTIVE SUBSTANCES (NPS)

Also known as 'bath
salts', 'spice', 'K2',
'bromo-dragonfly',



INHALANTS

Also known as
'glue sniffing'



**Beware of chocolates/sweets
infused with cannabis!**

These are **NOT** like the
medicine you take when
you have a cold!

● ● How Do Drugs Affect You?

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

HEAD

- Permanent damage to the brain

HEART

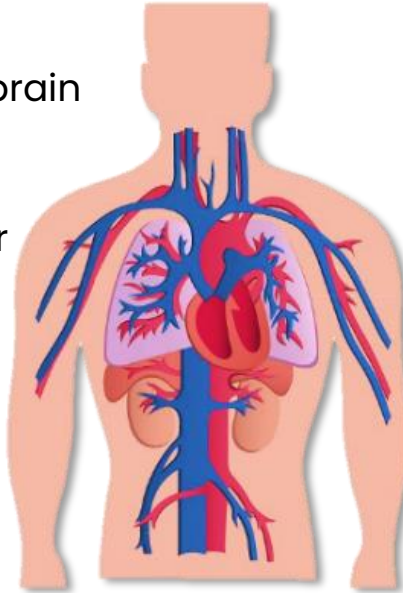
- Increased risk of lung cancer

LIVER

- Damaged to liver

KIDNEY

- Decreased kidney function



EYES

- Disturbed sight and judgement

LUNGS

- Impaired lung function

STOMACH

- Gastric pain

BLADDER

- Bladder problems

● ● How do Drugs Affect You?

Drugs affect your learning

Memory Loss



Mood Swings

Loss of Coordination

This means you are likely to

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

Drugs Affect Your Loved Ones



Drug abuse is not victimless – it affects you, your family, friends and the society.



Drug addiction makes people act differently, hurts others' feeling, and causes arguments.





Drugs come with Big Trouble



Drugs can lead to **BIG** trouble with the law!



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.



Drugs are very harmful, so Singapore takes strong action to control them and keep everyone safe!

CONSUMPTION OF CONTROLLED DRUGS OUTSIDE SINGAPORE

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

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



WILL I GET CAUGHT IF I TRY?

CNB administers:



**Urine
Test**



**Hair
Analysis**



**Saliva
Test**



- *What fills your “feelings bar”?*
- *What are some of the consequences of taking drugs?*
- *What are some positive outcomes when we choose to stay drug-free?*

Sweet or Sour



[Video Link](#)



- *What are some healthy ways to handle stress? What do you do when you feel overwhelmed?*
- *What does it mean to be a 'ray of light' for someone else? Have you ever helped a friend who was going through a tough time?*
- *Why is it important to ask for help when we're struggling? Who are the people you can turn to?*

Ray of Light



[Video Link](#)

●● How to Say NO

Give a reason for staying away from drugs

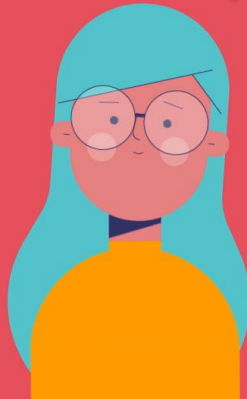
"No thanks, it's bad for my health."

Change the topic

"No thanks. By the way, have you finished your assignment?"

Counter-challenge by reminding them on the harmful effects of drugs

"You shouldn't be taking drugs, don't you know it's addictive and dangerous?"



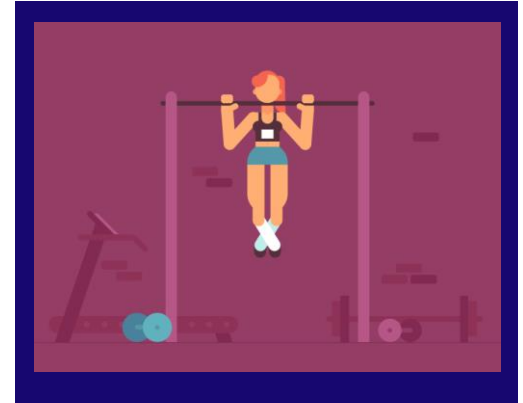
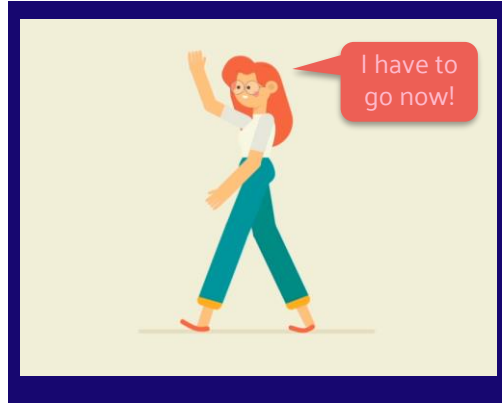


How to Say NO

Avoid situations that expose you to drugs



Engage in healthy activities



Be confident and walk away from such situations

REMEMBER...

- Drugs are **addictive**
- Drugs have **harmful effects** on your mind, body and dreams
- Drugs can **badly affect** your life and your loved ones
- Say '**NO**' to drugs!

