

# 7 Tips to Stay Drug-Free



Avoid situations where you might be influenced or pressured to try drugs



Be bold – say “NO” when you are offered drugs



Make a joke and excuse yourself from the situation



If all else fails, walking away is the best way to protect yourself



Adopt healthy ways to cope with stress – exercising (fitness is still important as an NSman!), listening to music, meditation, etc.



Pick up a new skill! – This is the time for you to sign-up for that barista course or driving lesson



Spend your time meaningfully. Involve yourself with community work, volunteer and create positive networks

## Join us as an Anti-Drug Advocate!

Want to make a difference and contribute to the drug-free cause? Be our advocate and volunteer with us! As an ADA, you will have the opportunity to work with other youth advocates to champion fun and exciting projects to steer youths away from drug abuse, and to inspire them to lead a healthy lifestyle without drugs. Drop us an email at [CNB\\_Community\\_Partnership@cnb.gov.sg](mailto:CNB_Community_Partnership@cnb.gov.sg) to find out more!

## Resources

Visit CNB Website at [www.cnb.gov.sg](http://www.cnb.gov.sg) for more information on drugs and drug abuse. Follow, Like and Subscribe to our social media platforms (@CNB.DrugFreeSG) on Facebook, Instagram and YouTube to connect with us and stay up to date with our latest events and resources



**If you have been approached to try drugs or wish to report any drug-related information, please call our hotline:**

**Central Narcotics Bureau (CNB)**  
Tel: 1800-325-6666 (24 hours)

**Anyone who wishes to seek help with their addictions can call:**

**National Addictions Management Service (NAMS)**  
Tel: 6-RECOVER (6-7326837)



**CNB**  
For a Drug-Free Singapore



# Your Guide to Life AFTER ORD

(The Drug-Free Edition)



# Dear NSmen,

Congratulations on reaching your ORD! As you look forward to your life after ORD, we have compiled this guide to help you continue to pursue a drug-free life post-ORD!



## Under the Misuse of Drugs Act (MDA)

### Consumption or Possession

Consumption or possession of **any** controlled drugs (e.g. Cannabis, Heroin, Methamphetamine) is an offence

- Up to 10 years imprisonment, or \$20,000 fine, or both
- All drug abusers will be placed on a Drug Rehabilitation Centre (DRC) or supervision programme to help them turn away from drugs. Abusers who have committed other offences, or who deny their drug use and refuse rehabilitation will be charged in court for the drug consumption offence. Upon release from DRC or imprisonment, abusers will also be subjected to supervision of up to 5 years
- Singaporeans and Permanent Residents (PR) found to have consumed a controlled drug outside of Singapore may be dealt with as if the offence has been committed in Singapore



### Drug Trafficking

(Includes selling, giving, administering, sending, transporting, delivering, distributing or offering to do any of these)

Class A Drugs (Heroin, Cannabis, 'Ice', etc.)	Minimum <b>5 years imprisonment</b> & <b>5 strokes</b> of the cane
Class B Drugs (Codeine, Fenetylline, Nicocodine, etc.)	Minimum <b>3 years imprisonment</b> & <b>3 strokes</b> of the cane
Class C Drugs (Nimetazepam, Pipradrol, Triazolam, etc.)	Minimum <b>2 years imprisonment</b> & <b>2 strokes</b> of the cane

For certain drugs, a higher weight may result in **increased penalty** of at least **20 years imprisonment** and **15 strokes**, or even **capital punishment**



## Under the Intoxicating Substances Act (INSA)



### Inhalant Offences

- Intoxicating substances refer to substances that contain toluene, such as glue and paint thinner. Inhaling, supplying or offering to supply such substances are offences under the law
- Inhalant abusers may be sent to an approved centre for treatment and rehabilitation for up to 6 months
- Supply of intoxicating substances to abusers for the purpose of intoxication is punishable by imprisonment of up to 2 years or a fine not exceeding \$5,000, or both

## Consequences of drug abuse



Loss of time that could be spent furthering your goals



Strained relationships with family and loved ones



Severe toxic reaction which can cause death



Uncontrollable aggression



Experience mental health issues such as psychosis and hallucinations



Organs and cognitive impairment



More information about the harms of drugs