



**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

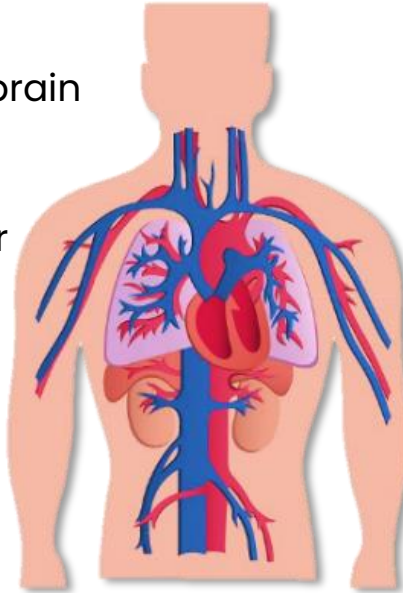
- Increased risk of lung cancer

## 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 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**





# Crossroads

- *What was the reason for the wrong choice made?*
- *What are some of healthy ways to manage stress?*
- *Why is it important to ask for help when we're struggling? Who are the people you can turn to?*



[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!

