

2ND EDITION

ANTI-DRUG AMBASSADOR ACTIVITY



DRUGS AND INHALANTS

NEW PSYCHOACTIVE SUBSTANCES (NPS)



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

Harmful Effects

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

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

METHAMPHETAMINE

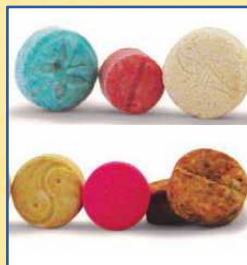


Also known as
*Glass, Crystal,
Speed, Yaba, 'Ice',*

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

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



For the past few months, I've been tracking down one of the most well-known drug criminals yet... The infamous Doctor Wacko. He's evaded my capture many times, always finding some way to sneak past me.



CAPTAIN DRUG BUSTER



With his group of minions, he's been going around tricking people into trying his drugs and getting them addicted. These victims keep going back for more.



DOCTOR WACKO

Doctor Wacko usually goes after the young and curious. Recently, he's been targeting students.



To track him down, I've been following up with his victims and looking for evidence of his secret hideout.



It hasn't been easy for them as addiction is a painful cycle to break. I've seen so many of them going through the harmful effects of drugs – painful headaches, confusion, drowsiness and even hurting their loved ones with their actions.



I have to put an end to Doctor Wacko's evil schemes!



UNSCRAMBLE

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

1 N I O O C N S F U → C O N F U S I O N

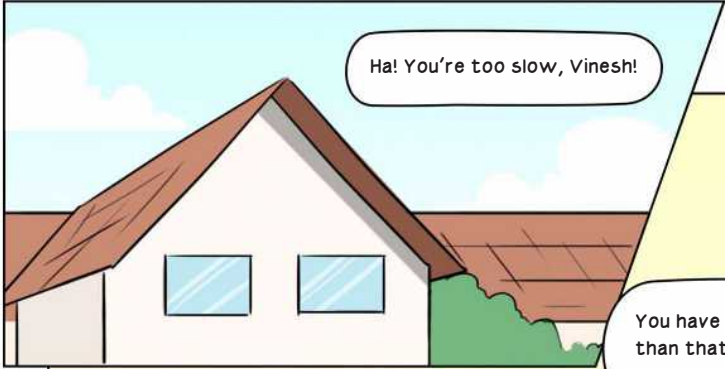
2 E T Y X N A I → _ N X _ E _ _

3 I E S S E S D A → (LIVER AND KIDNEY) D _ _ E A _ _ S

4 H D A E T → _ E A _ H

5 O B R A M N L A → _ B _ O _ M _ L (BEHAVIOUR)

Hint: refer to page 2 for clues!



Ha! You're too slow, Vinesh!

No way, man!

You have to be faster than that if you want to beat me or Adri.

Can't you guys just let me win for once?



URGENT!
**ALL ANTI-DRUG
AMBASSADORS
TO RESPOND NOW!**

Do you need our help?

No problem, Captain Drug Buster!

Thanks for the quick response, Emma.



The next day at school





DON'T BE TRICKED



Match these scenarios to the right responses and learn how to deal with peer pressure.

1

My friend asked if I wanted to try taking drugs like cannabis.



A

Leave the conversation



2

My friend keeps talking about trying drugs, even after I said no.



B

Change the subject



3

My friend won't listen to my opinion even after I reject their offer.



C

Ask a trusted adult for help



4

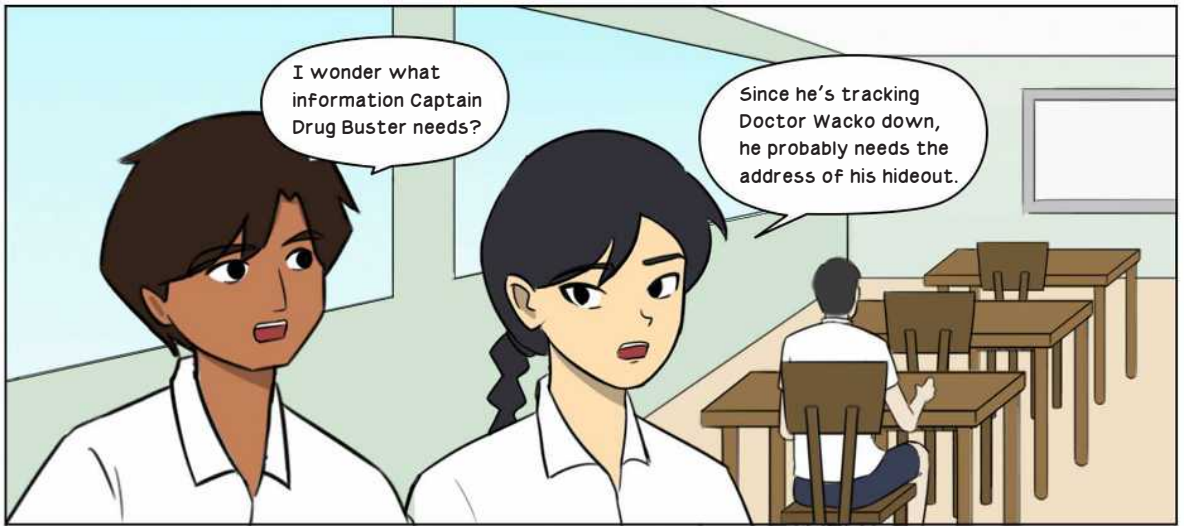
My friends refuse to talk to me after I reject them, and I don't know who to turn to.

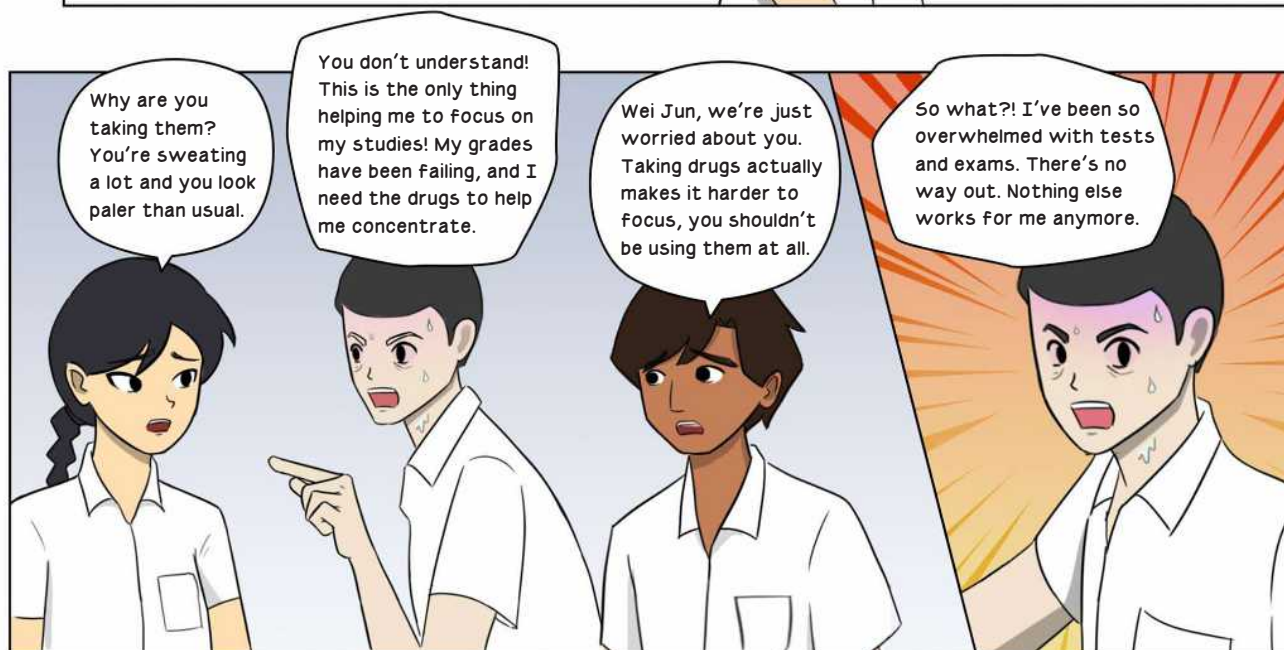


D

Say no bravely and firmly









If you're stressed, you can always talk to us or a trusted adult, like your parents or teachers!

You can also de-stress by trying out new sports and activities, like joining an after-school club.

I see, I should have done that instead.

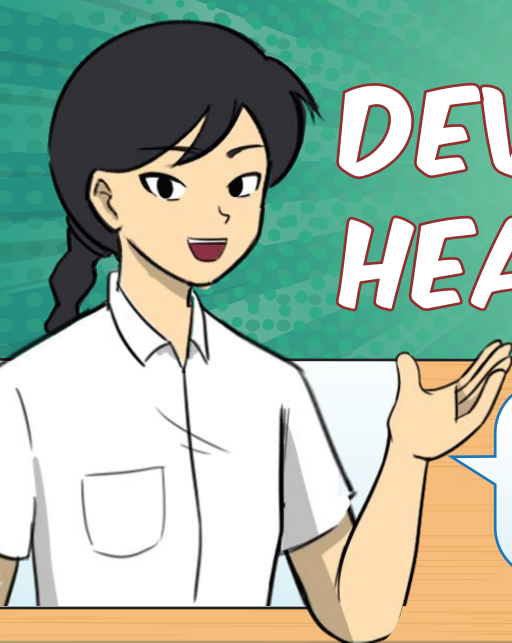


Why don't we go with you to the staff room and find our teachers? I'm sure they will be able to help you figure things out.

Thanks, guys. I appreciate your help.



Staff Room

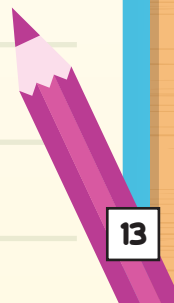


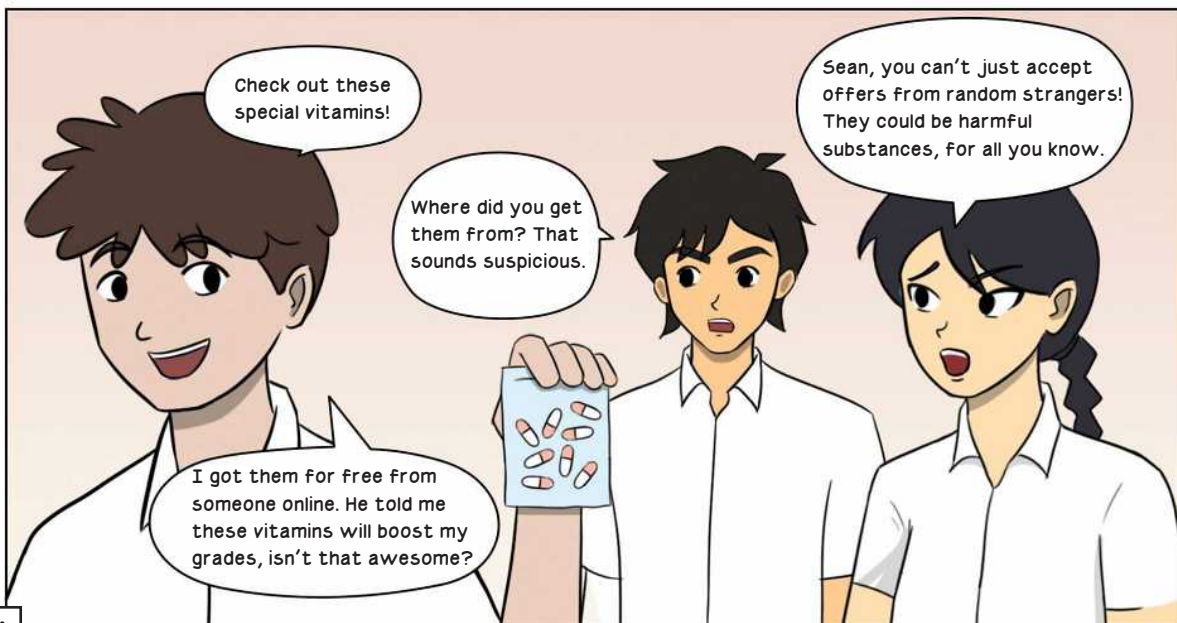
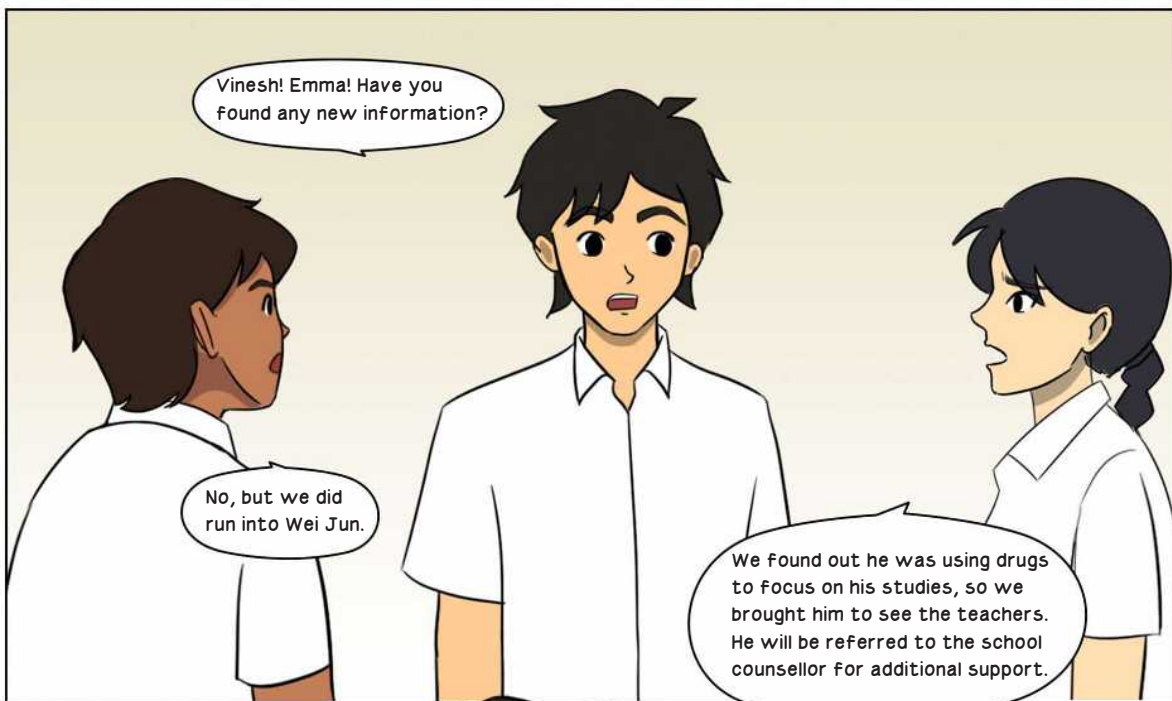
DEVELOPING HEALTHY HABITS

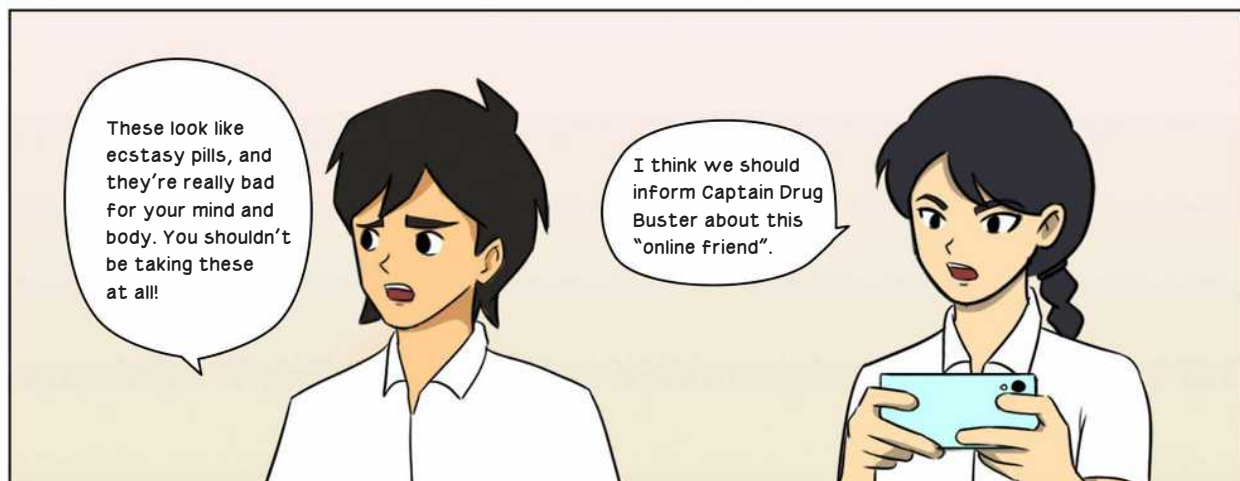
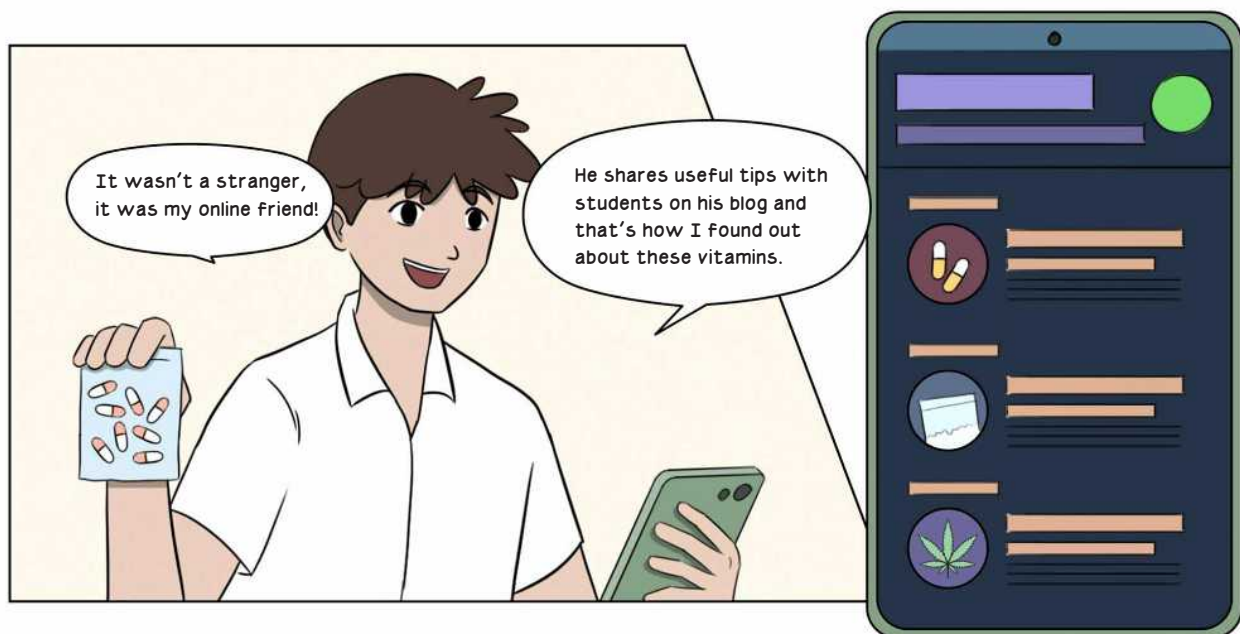
It's important to start on a positive drug-free lifestyle! Use the space below to write down some healthy habits you will form.



A large rectangular area with horizontal lines for writing, intended for listing healthy habits.









DECODING ACTIVITY

Here's how you can be S.U.R.E to stay informed and avoid being tricked by false information or myths!

1 . . . - - - . . - . - . - . - . .

► Answer: _____

[Ensure information is credible and reliable]

2 . . - - . - - - . - - . - . .

► Answer: _____

[Know what you are reading. Look for facts instead of opinions]

3 . - - . - . - . -

► Answer: _____

[Dig deeper and investigate further before deciding]

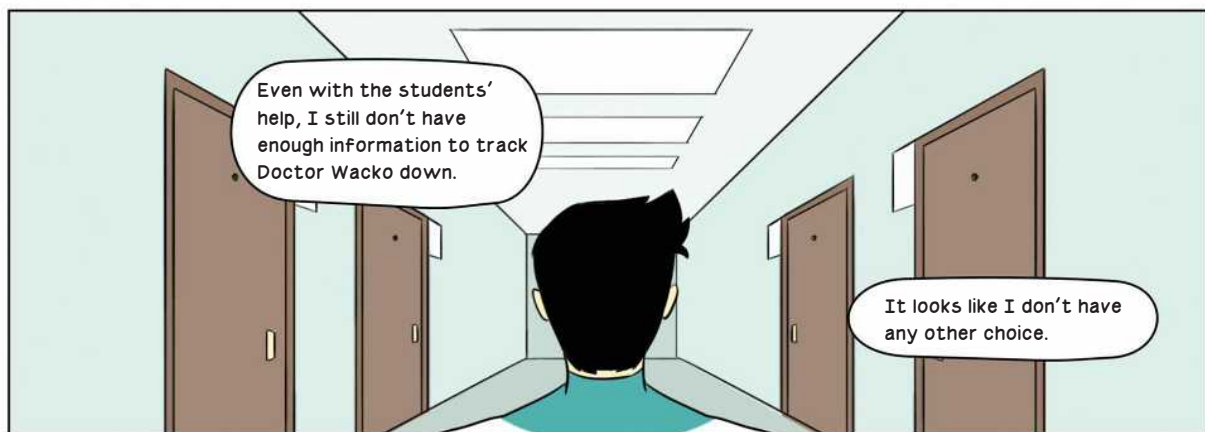
4 - . - . - - . - - .

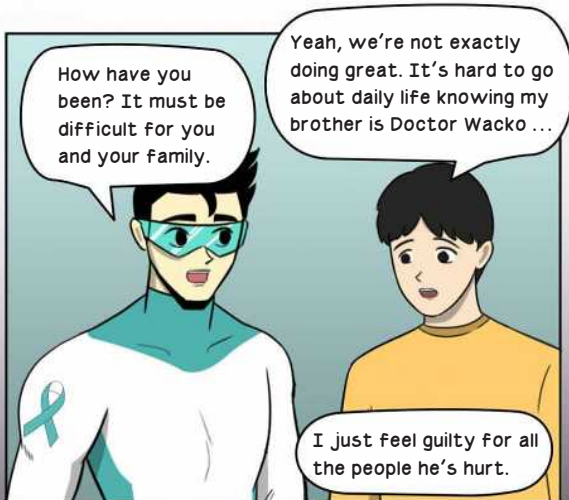
► Answer: _____

[Look from different angles and exercise fair judgement]

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 . - . -	







"Wayne was a good person before he turned to drugs. He was so kind and caring towards everyone, I'm sure you remember.



I looked up to him as my role model."

"All of that changed when drugs entered his life. He started acting differently. He became aggressive and moody, constantly losing his temper at me. The side effects were taking a toll on him too.



I remember how he would wake everyone up at night due to his hallucinations. He kept insisting he saw monsters under his bed. His behaviour scared us all."

Did you know?

Hallucinations happen when you hear, see or experience something that is not there.

"He became a completely different person after he got addicted, even stealing from our parents to feed his cravings.



Then one day, he just left us behind."



"He goes by the hideous name of Doctor Wacko now. Sadly, I can't even recognise him as my older brother anymore."







If you have any drug-related encounters, contact the Central Narcotics Bureau [CNB] at 1800 325 6666

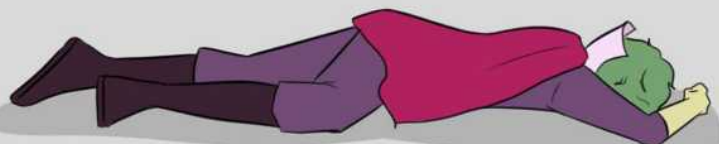
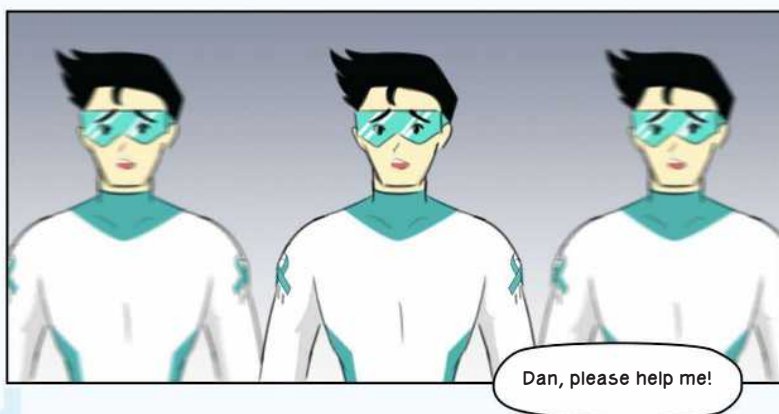






This wasn't supposed to happen, what's going on?!











PLEDGE TO STAY DRUG-FREE

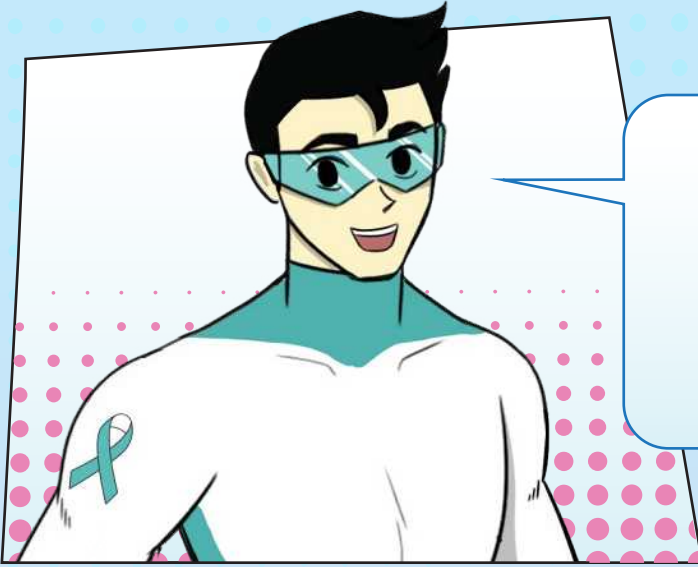


*As an Anti-Drug Ambassador,
I pledge to do these three things!*









GRAB A FAMILY MEMBER OR FRIEND TO COMPLETE THIS CHECKLIST BELOW!



SPEND TIME DOING YOUR FAVOURITE ACTIVITY

What makes you happy?
It could be dancing,
listening to music or
playing sports!



PICK UP A NEW SKILL

Now's the time to
finally try
volunteering or
master swimming!



DIVE INTO MORE ADVENTURES ABOUT CAPTAIN DRUG BUSTER AND DOCTOR WACKO HERE



<https://go.gov.sg/cnbillustratedbook>



ROLE-PLAY ON HOW YOU CAN SAY "NO" TO DRUGS



Hey, you won't believe what happened yesterday. Someone gave me these colourful pills at the park!

Free pills? Did you get it from a guy in a red cape?



Yes I did. He said that the pills would help me focus better in school.



That's Doctor Wacko, and he's lying! These pills are actually drugs. They have serious side effects, and you can even become addicted to them.



Really? I had no idea. Thanks for telling me! I'll say "No" the next time someone offers me offers me suspicious items.



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!



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!



ANSWERS
TO
ACTIVITIES

PAGE 13
DECODING ACTIVITY
1. Source
2. Understand
3. Research
4. Evaluate

PAGE 9
DON'T BE TRICKED
A line drawing of a person with a large 'X' over their face, indicating they have been tricked.

PAGE 4
UNSCRAMBLE
1. Confusion
2. Anxiety
3. Diseases
4. Death
5. Abnormal

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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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