



Preventive Drug Education

The Essentials to Help You Champion a Drug-Free Singapore

SINGAPORE'S DRUG POLICY

Why Singapore is Tough on Drugs

- CNB aims to create a drug-free society where our people can **work, live and play safely**
- Our strict laws are an **effective deterrent**, ensuring harmful drugs are kept out of easy reach of most people
- Drug abuse harms the **abuser, those around him** and has **larger implications on society**. It is never a personal choice
- Singapore is not immune to external influence and the global movement for drug legalisation/decriminalisation. **We cannot allow drugs to take hold of our society**
- Thus we need your help to spread the anti-drug message in your circles of influence and get our community to **stay resilient against drug abuse**

THE DRUG SITUATION IN SINGAPORE

- Our local situation remains stable currently – **but we cannot take this for granted**
- A worrying trend is the increasing cannabis consumption among abusers below the age of 30
- In particular, we need to educate and protect our youths, who
 - Cite stress, curiosity and external influence as common reasons for taking drugs
 - Have a more permissive attitude toward drugs
 - Are more willing to experiment with cannabis
 - May fall prey to misinformation on the internet



SINGAPORE'S DRUG LAWS

The Misuse of Drugs Act 1973

- It is an offence* to:

Traffick controlled drugs

Depending on the drug class and quantity, the penalty ranges from imprisonment and caning to the mandatory death penalty

Possess and consume controlled drugs

If found to be in possession, one shall be liable for imprisonment of up to 10 years, or a fine not exceeding S\$20,000, or both

Consume controlled drugs outside of Singapore

Possess drug paraphernalia

Allow and facilitate drug activities

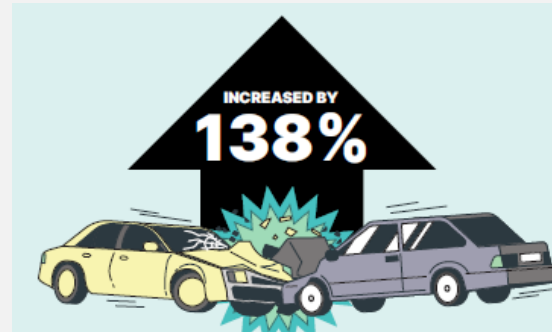
**The above list of offences is not exhaustive*

WHAT IF SINGAPORE LEGALISES DRUGS?

The Need for our Zero-Tolerance Stance

Research has shown that in countries that have legalised drugs, there have been:

- Increased drug abuse with higher frequency and substance potency
- Increased rates of homelessness and other crimes
- Widespread impacts on public health, the rule of law and general social harm



In Colorado, it was noted that after recreational cannabis was legalised, traffic deaths where drivers were tested positive for cannabis increased by 138%.

In Thailand, there were reports of teenagers hallucinating and harming themselves after smoking cannabis.



HOW TO HELP THE PEOPLE AROUND YOU

Using the R.I.S.E model

- Teach **R**efusal skills



E.g. walking away, being firm and bold

- Look out for **I**ndicators



- **S**tart a conversation



E.g. news stories, managing stress healthily

- **E**ngage people meaningfully



E.g. healthy activities that involve one in a group setting positively

HOW TO HELP

If you...

- Suspect someone is involved in drug activities
- See someone abusing drugs
- Come across suspected drug items

CONTACT



Central Narcotics Bureau
1800-325-6666



Singapore Anti-Narcotics Association
Step-Up Centres



National Addictions Management Services
6389 2200
Monday to Fridays, 8:30am to 5:30pm



National Mindline
Hotline : 1771
WhatsApp: 6669 1771 (message only)

You should...

- Avoid interacting with that individual
- Refrain from handling the items any further
- Contact CNB at 1800-325-6666. In case of any immediate danger, call the Police

FOR WHO?

Those who wish to report cases of suspected drug abuse

Those who wish to seek support for any drug-related issue that you or someone close to you might be facing

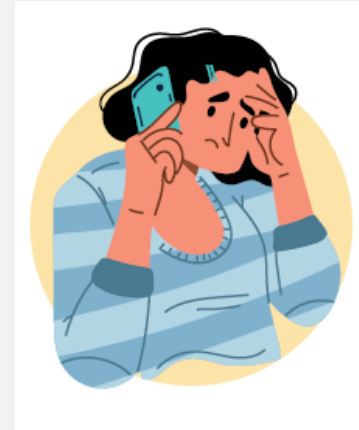
To book an appointment with specialists by calling the hotline or submitting an online Appointment Request Form.

Provides 24-hour support for those in need, through multiple channels



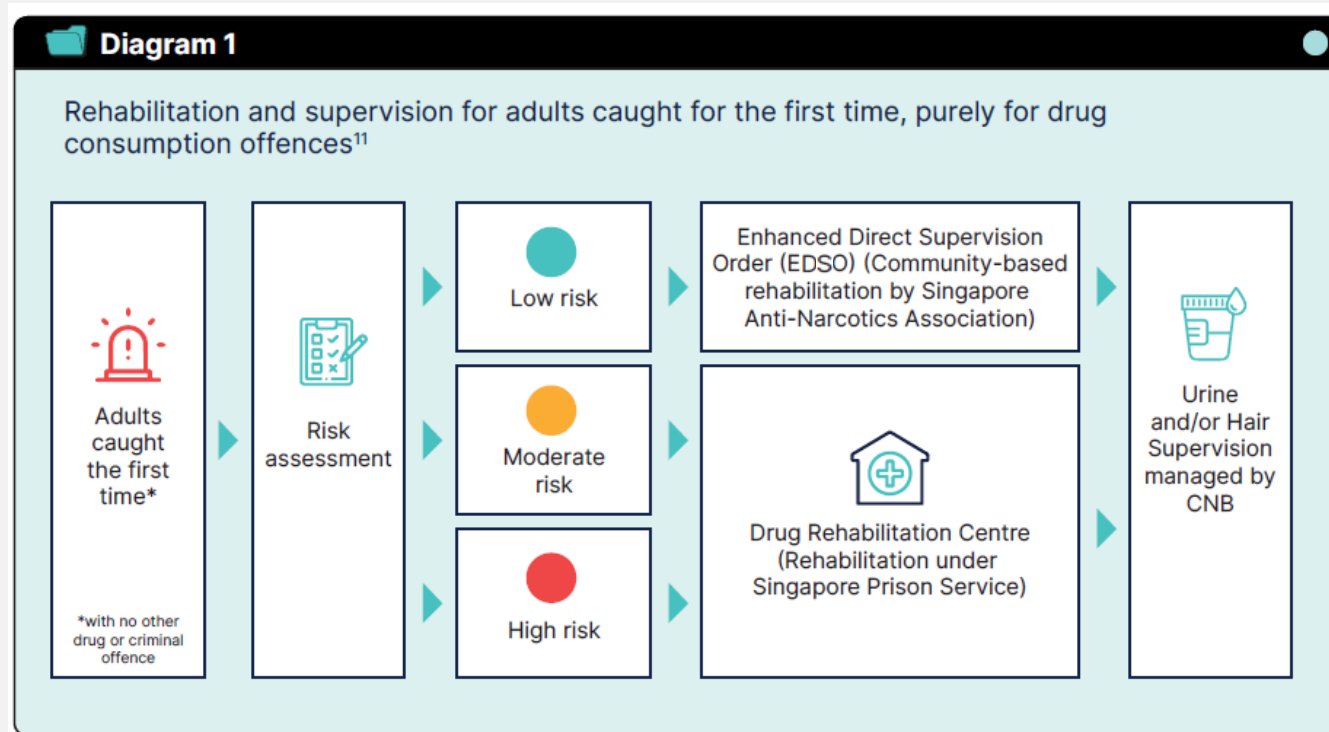
MAKING A REPORT TO CNB

- What happens if you report a family/friend?
 - You will be asked to provide some details so that officers can assess the case
 - CNB will make an informed assessment and take appropriate measures to assist you
- What happens after your family/friend is arrested?
 - The person will be brought back to CNB or the police station for investigation
 - If suspected to be a drug abuser, he/she will be subjected to an Instant Urine Test or hair test and interview by a CNB officer



PATHWAYS OF RECOVERY

- Drug abusers may be placed on the Drug Supervision Scheme or admitted to the Drug Rehabilitation Centre (DRC) for treatment and rehabilitation
- The pathways of recovery depend on the abusers' assessed risk of reoffending



PATHWAYS OF RECOVERY

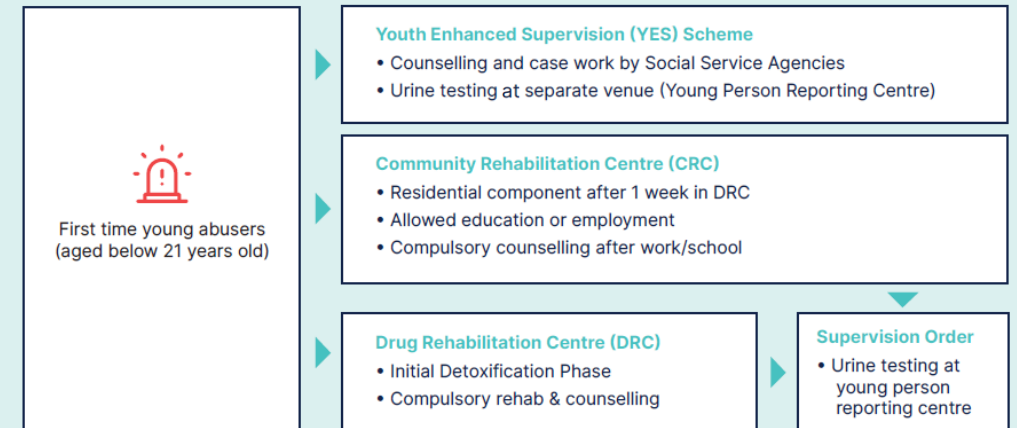
Diagram 2

Rehabilitation and supervision for adults caught multiple times for drug consumption offences



Diagram 3

Programme for first time young abusers




COMMONLY ABUSED DRUGS AND THEIR EFFECTS



Methamphetamine


a.k.a. Ice, Glass, Speed, Ya Ba, Shabu

- Usually a colourless and odourless crystal that resembles glass fragments or shiny white "rocks"
- Also comes in tablet form
-  • 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



Cannabis


a.k.a. Marijuana, Weed, Grass, Joints, Ganja, Hashish

- Resembles dried herbs or tea leaves. Can be hidden in food products
- Contains tetrahydrocannabinol, a chemical that affects one's mood and the way one sees and hears things
-  • Inability to concentrate
- Distorted thinking and perception
- Slow reaction, poor balance and co-ordination
- Extreme anxiety, depression, confusion and paranoia



New Psychoactive Substances

a.k.a. Spice, K2, Bath Salts, Kronic, and Bromo-Dragonfly

- Substances that mimic the effects of controlled drugs
- Have unknown, dangerous toxicology effects and are as addictive and harmful as controlled drugs
-  • Severe intoxications
- Paranoia and hallucination
- Adverse cardiovascular problems
- Renal failure
- Seizures

RESOURCES

Drug-related information



CNB's website

Educational videos



CNB's DrugFreeSG YouTube Channel



PDE Video: #TheStruggle



PDE Video: Last Days



Thank you.

We hope you find this set of resources useful.
Let's work together towards a drug-free society!

