

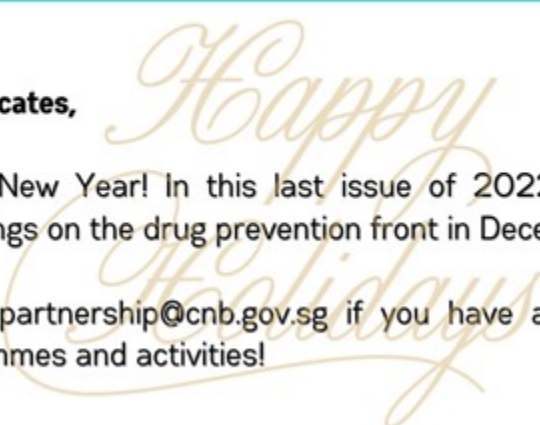
From: CNB Community Partnership (CNB)
Sent: Thursday, 29 December 2022 5:43 pm
Subject: [For Attention] PDE Newsletter Dec 2022

PREVENTIVE DRUG EDUCATION E-NEWSLETTER
DECEMBER 2022

Dear Partners and fellow Advocates,

Happy Holidays and Happy New Year! In this last issue of 2022, we bring you updates of the latest happenings on the drug prevention front in December.

Email us at cnb_community_partnership@cnb.gov.sg if you have any feedback or questions on our PDE programmes and activities!



EMPOWERING YOUTHS FOR A DRUG-FREE FUTURE!

With the global trend towards recreational drugs, and signs of a growing liberal attitude towards drugs among youths, prevention drug education becomes even more important to help youths understand the real dangers of drug abuse. Youths are generally more susceptible to negative influences such as peer pressure, online misinformation and glamorisation of drugs in overseas media. To counter such influences, CNB is committed to work with youths to raise awareness on the harms of drugs and to empower youths in championing the drug-free cause. This year, CNB has collaborated with 7 groups of youths and Institutes of Higher Learning (IHL) to develop and co-create anti-drug initiatives for their peers and community. This also encouraged more youths to exercise positive influence and fostered a stronger sense of ownership in shaping a drug-free culture for Singapore. Using their skills and creativity, our youths developed a variety of meaningful outreach activities. Read on for more highlights from our collaborations with youths and IHLs.

1) Augmented Reality Escape Room by Singapore Polytechnic

A group of final year students pursuing the Diploma in Visual Effects and Motion Graphics at Singapore Polytechnic (SP) have conceptualised and developed an Augmented Reality (AR) Escape Room to raise awareness on the harms of drug abuse. The game plot, based on the experiences of young drug abuser, incorporated hidden clues and puzzles for participants to unravel the mysterious disappearance of the youth abuser. The AR Escape Room was launched at SP's "The Best Me, Is Drug-Free" event which was held in conjunction with CNB's annual Anti-Drug Abuse Campaign



2) Module Collaboration with Republic Polytechnic

CNB officers conducted anti-drug talks for Year 2 students pursuing Republic Polytechnic's Diploma in Health Management & Promotion as part of the lecture on drug prevention. The students were tasked to apply their learning and worked on a group assignment which involved writing an article to analyse the impact of drug abuse on the individual, family and society and how youths can play a greater role in advocating a drug-free lifestyle

3) Drug awareness activities organised by Temasek Polytechnic National Youth Achievement Awards (NYAA) Interest Group



Youths from the Temasek Polytechnic National Youth Achievement Award (NYAA) Interest Group organised a series of drug prevention activities to strengthen perceptiveness of drug abuse among their peers and schoolmates. The activities include a virtual anti-drug talk conducted by CNB, and a 2-day physical event within the campus, where participants took part in quizzes, games and the anti-drug ribbon pledging activity.



We welcome all youths and educators with creative ideas on how we can bolster and scale up anti-drug initiatives to get in touch with us at CNB_Community_Partnership@cnb.gov.sg.

NEW!

Looking for an assembly programme to engage your students?



CNB debuts new anti-drug skit productions for schools in 2023! With new anti-drug skits and interactive elements, they educate students about the harms of drugs.

Help your students stay drug-free and book a show with us today.

For bookings or more information, you may email tan_yan_zheng@cnb.gov.sg.

The Anti-drug Ambassador Activity 2022 has come to an end! We would like to sincerely thank all participating schools for your great support in our anti-drug initiatives.



#DRUGFREESG

ANTI-DRUG
AMBASSADOR
ACTIVITY 2022

A huge THANK YOU for your support and congratulations to all winners!

A total of...

122
SCHOOLS

48,800
STUDENTS

...joined us in AAA 2022!

Top 10 Schools with Highest Participation Rate

Compassvale Primary School
Fairfield Methodist School (Primary)
Fuchun Primary School
Henry Park Primary School
Lianhua Primary School
Mayflower Primary School
Princess Elizabeth Primary School
Red Swastika School
St Anthony's Canossian Primary School
Unity Primary School

*in alphabetical order

Congratulations to the winners for the 'Top 10 Schools with Highest Participation Rate' and 'Top 10 Schools with Best Anti-drug Montage'. Thank you once again, and we look forward to your participation in our Anti-Drug Ambassador Activity next year!

TOP 10 BEST ANTI-DRUG MONTAGES

Chongzheng Primary School

Ai Tong School

Changkat Primary School

Blangah Rise Primary School

Xishan Primary School

Haig Girls' School

Huamin Primary School

Rivervale Primary School

River Valley Primary School

Innova Primary School

Anti-drug presentation

Anti-drug station games

Whole school involved in different anti-drug activities!



On 3 Dec 2022, the first combined A3 Network Training Session was conducted for new volunteers. 16 volunteers from the different A3 Network sub-schemes came together to learn more about the drug situation in Singapore and how to help others stay away from drugs. They also learnt about the different resources available to help them champion their own projects to advocate for drug prevention and effective ways to spread the anti-drug message. An ex-abuser was also present to share with the volunteers his painful experience with drug abuse and the journey to rebuild his life in recovery from addiction.

NEED IDEAS ON HOW TO EDUCATE YOUR CHILD ON STAYING AWAY FROM DRUGS?



BRANDED CONTENT
Picture books, quizzes and skits: How she is helping parents talk to their children about drugs

Conversations should start early, says A3 Network volunteer, who believes open communication is key in drug prevention education



As a volunteer with the Anti-Drug Abuse Advocacy Network, Ms Tan Sze Wei wants to offer her time to raise awareness of the consequences of drug abuse and deter the younger generation from venturing into drugs. PHOTO: MS TAN SZE WEI

Source: Singapore Press Holdings

A close friend’s fallout from drugs left such a striking impression on this mother that it motivated her to step up and actively play a part in deterring drug abuse. In our latest article for The Straits Times’ Smart Parenting column, read on to find out how our A3 advocate, Ms Tan Sze Wei, engages her community and family about the harmful effects of drugs.



COMMENTARY: YOUTH MENTAL HEALTH AND SUBSTANCE-TAKING

Clinical Director of the Office of Population Health at the Institute of Mental Health (IMH) and Programme Director at the National Addictions Management Service (NAMS), Lee Cheng, commented on the state of youths today, where youths face increasing pressures and transition periods which they struggle to adapt to. Quoting a study by NUS from May 2022 which stated that about one-third of young people in Singapore have experienced mental health symptoms such as sadness, anxiety, and loneliness, Lee emphasised the importance of raising awareness of mental health issues not only among adolescents, but also the community. This, in order to remove stigma, promote early counselling, and provide timely help and support when they are in trouble. Alongside this, Lee quotes CNB’s reports of youths (under 20) smoking cannabis in Singapore,, suggesting that education about the harmful effects of drugs should be done in tandem with mental health support.

WHAT THIS MEANS FOR ANTI-DRUG ADVOCACY

There is an established comorbid relationship between substance-use disorders and mental health disorders, where the two share many common risk factors while also potentially contributing to each other’s development. 3 in 10 youth report fragile mental health, and with the growing numbers of youth drug abusers as reported by CNB, mental health is an area to be looked at. After all, by supporting one’s mental health, one may potentially reduce the risk factors that can lead to the development of unhealthy behaviours like drug abuse.

WHAT CAN YOU DO?

A healthy mental state supports the ability to have resilience and adaptability in facing life's challenges in productive ways without turning to negative coping methods like drugs or substance abuse. Mental health applies across the board as everyone goes through various transitional periods of life facing various social pressures and stressors. For youth, it could be relationships and exams while for adults, it could be marriage, money and employment issues. Besides self-care by participating in activities that are enjoyable and stress-relieving, as a friend or family member, we can make a proactive concerted effort to reach out to our loved ones to find out how they are doing, and whether there are certain aspects of their lives that they would like additional support before their stress reaches levels that trigger negative responses.



NOT SURE WHERE TO SEEK HELP? HERE ARE SOME RESOURCES

Samaritans of Singapore Hotline: 1 767
Institute of Mental Health Helpline: 6389 2222
CHAT: www.chat.mentalhealth.sg/ .
Singapore Association of Mental Health Helpline: 1800 283 7019
Mindline: www.mindline.sg

Read the full article here (original article in Mandarin).





Visit go.gov.sg/ncadaar2021 or scan the QR code below to read the Annual Report!





MHA UNIFORMED SCHOLARSHIP

APPLICATION OPEN NOW TILL 31 MAR 2023

Career Track

- Narcotics Officer (Direct-Entry Inspector)

Bond Period

- 4 years for local study
- 5 years for studies in non-English speaking countries
- 6 years for studies in English speaking countries

Details of Study

- Local or overseas universities - Most disciplines (except medicine, dentistry and architecture)



We Want You!

www.cnb.gov.sg/careers/scholarships-and-sponsorships

Scholarship Tiers

- Singapore Merit Scholarship (SMS)
- Singapore Government Scholarship (SGS)
- Local Merit Scholarship (LMS)
- Home Team Local Study Award (HTLSA)

Award Value & Benefits

- Tuition fees and other approved charges
- Monthly overseas or local allowances
- Pre-studies allowance (e.g. computer)
- Return economy class airfare (if overseas)
- Sponsorship for Masters and exchange programmes (if requirements are met)
- NS disruption *
- Full salary for the duration of study (including bonuses) *

*for selected scholarship tiers



HELP US SPREAD THE ANTI-DRUG MESSAGE

The **Anti-Drug Abuse Advocacy Network (A3 Network)** is a volunteer scheme jointly administered by the NCADA and CNB. The A3 Network, which is under the umbrella of the Home Team Volunteer Network comprises various groups of people who identify with, support and promote the anti-drug cause.



Help us grow the A3 Network by telling your friends about us and the volunteering opportunities with CNB. Scan the QR codes for more information about the different schemes, or drop us an email at cnb_community_partnership@cnb.gov.sg



Scan here to find out about the A3 Network and different advocates schemes



Anti-Drug Advocate Programme for youths aged 17 - 25 years old

Scan below to find out about the **Augmented Reality exhibition** and the **Virtual Heritage Gallery** that you can access at your convenience:



Scan here for the AR exhibition



Scan here for the virtual heritage gallery

If you come across drugs, or what you suspect to be drugs, you should call CNB hotline at **1800-325-6666**

For more information, please visit the CNB website at www.cnb.gov.sg

Connect with us:
  
[@cnb.drugfreesg](https://www.facebook.com/cnb.drugfreesg)

CENTRAL NARCOTICS BUREAU

DECEMBER 2022

Communications Division
DID: (65) 6557 3217



Central Narcotics Bureau  [W www.cnb.gov.sg](http://www.cnb.gov.sg) [FB fb.com/CNB.DrugFreeSG/](https://www.facebook.com/CNB.DrugFreeSG/) [IG ig.com/CNB.DrugFreeSG/](https://www.instagram.com/CNB.DrugFreeSG/)

WARNING: "Privileged/Confidential information may be contained in this message. If you are not the intended addressee, you must not copy, distribute or take any action in reliance thereon. Communication of any information in this email to any unauthorized person is an offence under the Official Secrets Act 1935. Please notify the sender immediately if you receive this in error."