

From: CNB Community Partnership (CNB)
Sent: Tuesday, 28 February 2023 9:11 am
Subject: [For Attention] DrugFreeSG Advocacy Newsletter - Feb 2023

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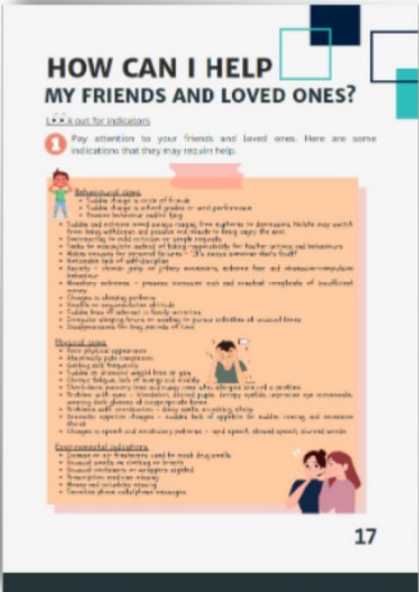
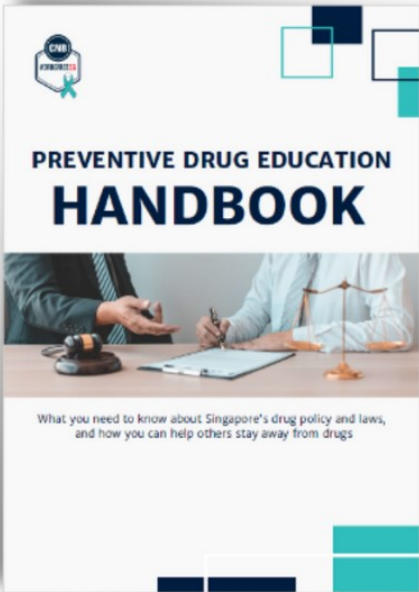
ADVOCACY NEWSLETTER
FEBRUARY 2023

Dear Partners and fellow Advocates

This February, check out the new resources we have created to help you engage in drug prevention efforts.

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

PDE/[NEW] PREVENTIVE DRUG EDUCATION (PDE) INFO PACKAGE



ATTENTION ALL PARTNERS! CNB has developed a PDE Information Package for YOU! The package consists of (i) a handbook, (ii) an accompanying deck of Powerpoint slides, and (iii) a set of FAQs. This new resource package aims to help you share within your spheres of influence what our people need to know about Singapore drug policy and laws, and how we can collectively help Singapore remain drug-free.

As PDE is the first line of defence in Singapore’s overall drug control strategy, it is vital that everyone plays a part in guiding our people, especially our youths, towards making the right choices and leading a drug-free, healthy lifestyle. Let’s work together towards a drug-free society!

Access the PDE Info Package here!





Looking for an assembly programme to engage your students? The latest anti-drug skits with revamped storylines and interactive segments to educate students about the harms of drugs has received positive ratings from teachers and students.

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.

PDE/MESSAGE CARDS FOR FULL-TIME NATIONAL SERVICEMEN (NSF)



CNB’s message to the NS community of **living healthy and drug free lives** is disseminated through the message card handed out to the ORD National Servicemen (NSFs) as part of their ORD package. A big THANK YOU to MINDEF and MHA for supporting us in this initiative.

Scan here for the Message Card



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



The DrugFreeSG Video Competition is back! Aspiring filmmakers, start gathering your best team to win attractive cash prizes together! Stay tuned for more information on the competition and the free Videography Workshop upcoming in April!

P.S. Our microsite will be launching soon too!

Follow us on Facebook and Instagram (@CNB.DrugFreeSG) for the latest updates on the competition!

We seek schools' and organisations' support to promote to youths and encourage those interested in video production to join the competition and workshop.



Calling all primary schools – the Anti-drug Ambassador Activity 2023 will commence from April to November 2023. Stand a chance to win a \$500 cash prize for the highest participation rate or the best anti-drug montage!

Stay tuned for more updates, and we look forward to your participation in 2023!

READ/FROM SCHOOL DROPOUT TO ANTI-DRUG ADVOCATE: HE’S NOW HELPING AT-RISK YOUTHS FACING SIMILAR STRUGGLES

BRANDED CONTENT
From 13-year-old heroin addict to anti-drug mentor: This school dropout wants to help others in need

Former drug abuser turned anti-drug advocate shares his story of how a strong parent-child relationship can prevent drug addiction, despite a tumultuous upbringing



Nicholas Tan knows first-hand how growing up in a broken family can make one vulnerable to bad company and vices like drug abuse. But after overcoming heroin addiction at age 18, this ex-drug abuser is now a counsellor guiding those in the shoes he once wore. Read on to find out more about Nicholas’ sharing on how a strong parent-child relationship can prevent drug addiction, despite a tumultuous upbringing.

Scan code to read more



CNB ANNUAL STATISTICS 2022

CNB’s Annual Statistics 2022 was released on 15 February 2023, highlighting areas of concern, sustained enforcement efforts to curb drug supply and demand, Preventive Drug Education (PDE) outreach and engagement efforts, and amendments to the Misuse of Drugs Act (MDA). Of specific relevance to anti-drug advocacy are the:

- Rising trend of cannabis abuse and abuse of cannabis by youths.
 - The number of cannabis abusers arrested in 2022 increased by 71% from 2021, with the majority arrested being new abusers. Concerningly, about 70% of these new abusers are below the age of 30, and the total number of those below 20 years old caught abusing cannabis has also increased threefold since 2021 – the youngest being 14 years old.
 - Overall decrease in arrested new abusers, translating to a decrease in number of new Chinese, Malay, and Indian drug abusers in 2022.
- In particular, the number of new Malay abusers has decreased the most, from 39% to 36%.

WHAT THIS MEANS FOR ANTI-DRUG ADVOCACY

With the Anti-Drug Abuse Advocacy (A3) Network consisting of Adult Advocates and Youth Advocates alongside community-based campaigns like the Dadah itu Haram (DIH) Campaign and the Bothaiporulai Ethirthu Nirpom (BEN) Campaign, the overall decrease in new abusers is evidence that anti-drug advocates have worked hard, playing a role in supporting the community against drug abuse.

While the decrease is optimistic, the increase in young cannabis abusers remains a concern especially when compounded with changing global attitudes towards cannabis. Advocates have efforted to speak out against drug abuse and spread awareness on the importance of Singapore’s zero-tolerance drug policy thus far, and it is effort that advocates will need to continue to endeavour towards, alongside CNB and the National Council Against Drug Abuse.

WHAT CAN YOU DO?

Cannabis and permissive attitudes towards its consumption remains a growing challenge, particularly considering legalisations of the substance internationally. Despite the normalisation of cannabis–abuse in other parts of the world, it is important to remember and inform others that the abuse of cannabis can result in an array of harm to oneself. As evidenced in a comprehensive literature review by Singapore’s Institute of Mental Health (IMH), the long-term use of cannabis is associated with structural and functional changes in the adult brain, causing impaired memory and decision-making, as well as the increased risk of developing various major psychiatric conditions, increased chance of cancers, and respiratory diseases, among other ailments. Advocates are encouraged to read the literature review and share its findings with friends and family.

RESOURCES: CNB Drug Situation Report



Harms of cannabis use



ADVOCACY/WANT TO FIND OUT MORE ABOUT BEING AN ANTI-DRUG ADVOCATE WITH CNB?



In our latest edition of Little Red Dot and IN Magazine, we dive into what life is like as an Anti-Drug Advocate (ADA) and what we can do to stay drug-free! All schools that subscribe to the publication should have received a copy by now. If not, you can refer to the e-copies on our website.

Scan for full article:

In Magazine

Little Red Dot



<https://go.gov.sg/in-13feb2023>



<https://go.gov.sg/lrd-21feb2023>



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)

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



We Want You!

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



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

Drop us an email at CNB_Community_Partnership@cnb.gov.sg if you would like to unsubscribe or add your colleagues into our mailing list!

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:



FEBRUARY 2023

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/)

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