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PREVENTIVE DRUG EDUCATION E-NEWSLETTER
JANUARY 2022



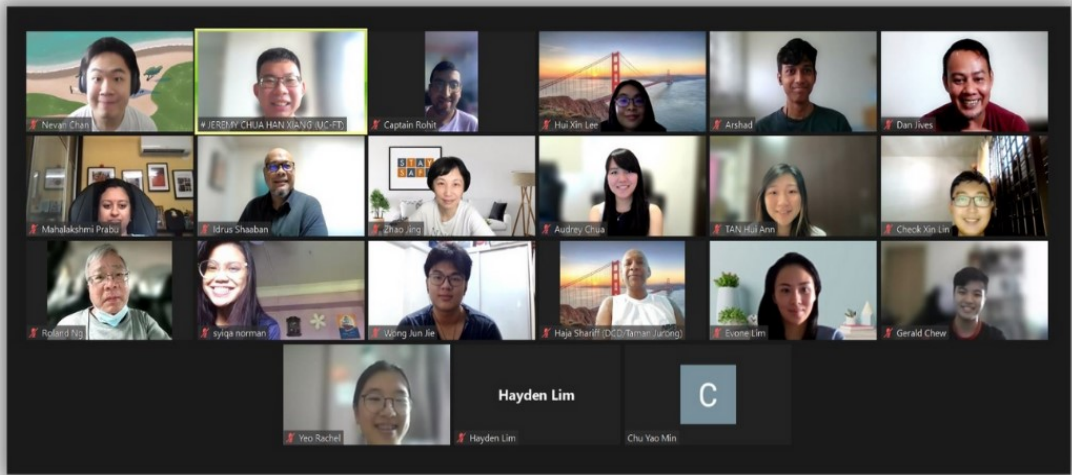
Dear Partners and fellow Advocates,

Welcome to the first issue of CNB's Preventive Drug Education (PDE) E-newsletter for 2022!

In this issue, we continue to provide you with updates on our upcoming events and programmes, and useful facts on the harms of drugs.

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

ADVOCACY / ENGAGEMENT SESSION WITH TAMAN JURONG C2E
CERT



On 8 Jan, a group of volunteers attended an anti-drug engagement session - an advocacy event organised by our **Anti-Drug Advocate Jeremy** and his team from Taman Jurong Community Emergency and Engagement Committee (C2E) and Community Emergency Response Team (CERT). This initiative aims to raise the anti-drug message and to build a safer community for all. Key activities included an anti-drug talk, a sharing session by a former drug abuser and an interactive quiz.

Thank you all participants and the organising committee for your continued support in keeping Singapore drug-free!



Visit Taman Jurong C2E
CERT's Instagram

RESOURCES / NEW PSYCHOACTIVE SUBSTANCES INFORMATION BOOKLET



New Psychoactive Substances (NPS) refer to substances that mimic the effects of controlled drugs such as cannabis, cocaine, “Ecstasy”, methamphetamine or heroin. They are produced by introducing slight modifications to the chemical structures of existing NPS and controlled drugs to create new variations that are not yet controlled.

In Singapore, NPS abuse remains a concern. It is one of the three most commonly abused types of drugs since 2018. In 2019, it was the second most commonly abused type of drugs amongst new abusers arrested.

Download CNB's NPS information booklet to equip yourself with factual information about the drug. You will also find plenty of free resources and activities to engage students and youths on the topic



RESOURCES / PDE MESSAGE CARDS



CNB has produced message cards with specially crafted contents for NS commanders, educators and parents to provide them with bite-size information and relevant preventive drug education knowledge, so that they can guide their charges, students and children towards a, healthy, drug-free life.



Educators, counsellors and parents!

Looking for an activity to be incorporated into your organisation's/group's learning journey programme? Besides school talks, CNB also conducts talks to educators, counsellors and parents to equip them with knowledge of drug abuse and prevention strategies. We also conduct talks as part of workplace health and safety for companies and organisations. Email us at **cnb_community_partnership@cnb.gov.sg** to find out more!



**CNB wishes everyone a
Happy Chinese New
Year**

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

In adjusting to the new normal, some of our physical PDE programmes and activities have also gone online. 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

Safe distancing does not mean self-isolation. Stay engaged, stay informed, take care of each other and stay safe!

If you wish to report on drug-related matters, please call the CNB hotline at **1800-325-6666**

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

Connect with us:



@cnb.drugfreesg

For more information, please find the appended for the links to the QR codes that are mentioned in the articles.

	Titles	Links
1	Advocacy / Engagement Session with Taman Jurong C2E CERT	- Taman Jurong C2E CERT's instagram
2	Resources / New Psychoactive Substances Information Booklet	- NPS information booklet
3	Resources / PDE Message Cards	- PDE Message Cards
4	Preventive Drug Education Online	- More On A3 Advocate Schemes - Anti-Drug Advocate Programme For Youths 17 – 25 - AR Exhibition - Virtual Heritage Gallery



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