

From: CNB Community Partnership (CNB)
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Subject: FW: [For Attention] PDE Newsletter Jul 2023

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ADVOCACY NEWSLETTER
JUL 2023

Dear Partners and fellow Advocates

In this edition, we bring you updates of the events and initiatives that have taken place in Jul 2023 and share with you some of the activities in Aug and the coming months.

We also share a news article on Portugal where drug use was decriminalised in 2001, but increasing crime rates and impact on public safety have caused citizens and the authorities to rethink its drug policies.

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

ADVOCACY/ HTVN CONNECTS DIALOGUE SESSION



On 22 Jul 2023, CNB and MHA organised the Home Team Volunteer Network Connects Dialogue Session at Home Team Academy. The dialogue session was hosted by Minister of State, Ministry of Home Affairs & Ministry of National Development, A/P Muhammad Faishal Ibrahim and Deputy Director CNB (Policy & Administration), Mr Sng Chern Hong.

22 volunteers from the various Home Team Boards, Councils and Committees and Home Team volunteer schemes including our A3 Network were present at the session. CNB shared on the recent amendment of the Misuse of Drugs Act to deal with New Psychoactive Substances as well as key findings from the IMH 2022 Health & Lifestyle Survey before participants took part in a robust discussion on how to help our youths to stay away from drugs. The participants were then brought on a guided tour of the Home Team Gallery after the dialogue session.

DrugFreeSG Pop-Up



Looking for an activity to help kick start a conversation on drugs with your family? Bring your loved ones down to the DrugFreeSG Pop-Up Booths featuring a cool photobooth and reimagined arcade games!

Junction 8 31 July – 8 August
Hillion Mall 17 August – 30 August

Come say hi to our CNB colleagues and learn more about the harms of drugs and pick up tips on how to lead a drug-free lifestyle.



Find out more!

Fridays 5pm to 8pm
Weekends 12pm to 4pm

PDE/ ANTI-DRUG AMBASSADOR ACTIVITY 2023

Teachers – If you are looking for an activity to engage your students, read on!

Available as both a physical activity booklet and an online lesson package on MOE’s Student Learning Space (SLS), the Anti-drug Ambassador Activity (AAA) aims to educate and engage students on the harmful effects of drugs.

Did you know that the top 10 schools with the best Anti-Drug Montage and top 10 schools with the Highest Participation Rate will win a \$500 cash prize each? If you need some creative inspiration, check out the winning entries below for the Anti-Drug Montage Competition 2022! Activity closes on 17 November 2023!

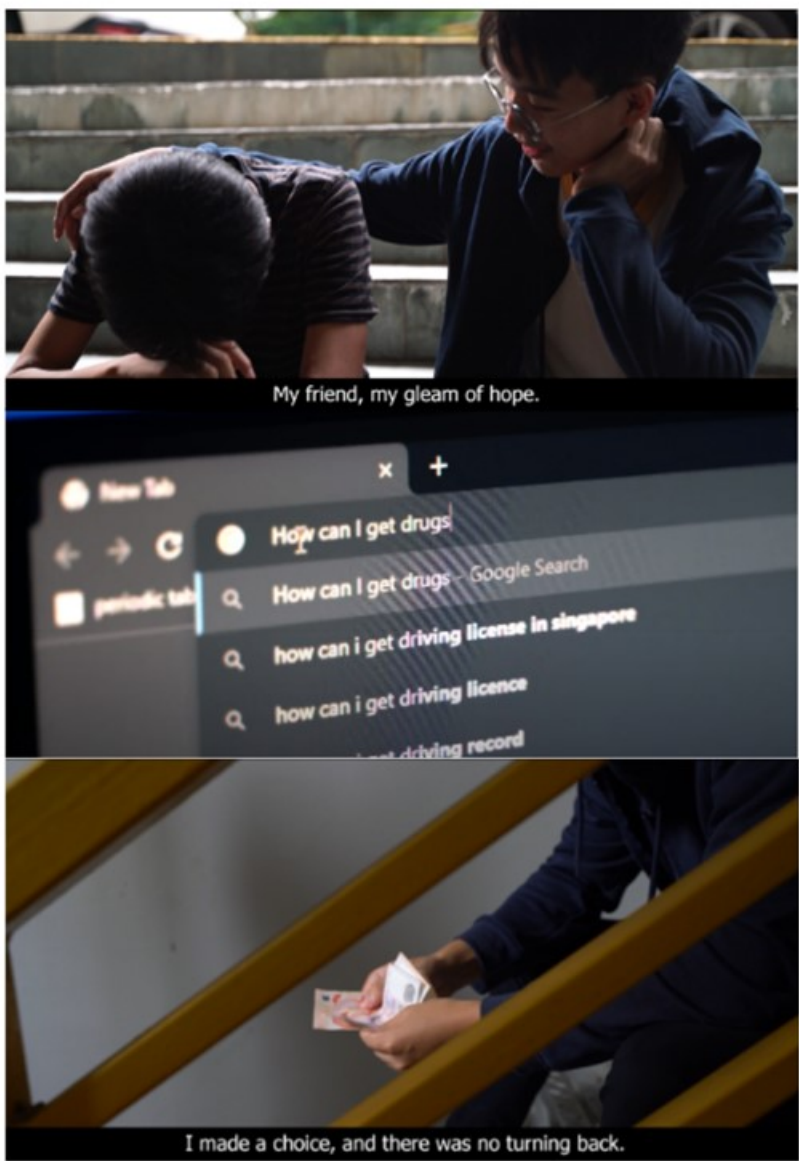


Winners for the Anti-Drug Montage Competition 2022

As part of our efforts to further inspire anti-drug advocacy among youths, we collaborated with the winners of the DrugFreeSG Video Competition 2021 to produce two short videos for CNB's YouTube channel @CNB.DrugFreeSG. Show your support to our youth film makers and the drug-free message by watching and sharing these videos!

‘REACH OUT’ BY CATHOLIC HIGH SCHOOL


This series of interactive videos produced in collaboration with Team CHSION5 from Catholic High School who won the first prize in the DrugFreeSG Video Competition 2021 (Category 1 – Youths between ages of 13 to 18) reiterates the importance of reaching out to the people around you when you feel like there is no way out. Scan the QR code below to watch the videos now.




NEW PSYCHOACTIVE SUBSTANCES (NPS) VIDEO BY ITE COLLEGE WEST

This video about NPS is produced in collaboration with Team Fabrics of Life from ITE College West, the Merit Winner of the DrugFreeSG Video Competition 2021 (Young Adult Category). Scan the QR code below to watch the video now.

New Psychoactive Substances







Signs of someone who abuse NPS

- Severe Intoxication
- Renal Failure
- Hallucinations
- Absence from work

Altered Chemical Structures



ORIGINAL



SYNTHETIC

Scan to watch

<https://go.gov.sg/nps-video>

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We can't wait to see your masterpieces! Only 1 MONTH left to submit your video entries via the microsite (@ drugfree.sg) before the deadline on 31 Aug 2023, and stand a chance to win attractive cash prizes. Don't miss this opportunity to make a difference through your creativity and show your support for a drug-free Singapore!

Find out more at drugfree.sg or email contact@drugfree.sg if you have any enquiries.

SUBMIT YOUR
ENTRY




<https://go.gov.sg/dsgvideocompetition2023>

We seek schools' and organisations' support to promote and encourage youths who are interested in video competition to join the competition.


ICYM: SPH's school publications Little Red Dot (LRD) and IN. In July's edition of LRD, help Captain Drug Buster save our planet from drugs in an educational word search challenge! For IN, read a pensive letter from Gabriel to his older brother, reminding us that drug abuse is never a victimless offence.

Scan the QR codes to read the articles and use them as teaching materials!



Hey agents, Dr. Wacko has sneaked in 15 words that lead to drugs and their harmful effects below. Help me get rid of them by crossing out those words (see below for hints).

Help Captain Drug Buster save our planet from drugs!



You will never find them, Captain Drug Buster! Muahahaha!

M	E	Y	F	K	H	O	C	I	N	H	A	L	A	N	T	S	H	T	H	G	N	L	E	C	V	T	R	X	F
T	C	P	O	E	H	J	X	W	A	N	X	I	E	T	Y	O	V	M	G	A	D	V	A	B	L	H	N	X	
G	S	Q	R	Q	R	I	F	W	F	M	H	A	L	L	U	C	I	N	A	T	I	O	N	N	O	I	F	Q	U
N	T	I	G	Z	O	A	E	E	T	T	K	B	U	T	O	X	I	C	T	O	Q	X	N	E	K	U	D	C	
O	A	L	E	K	I	O	M	R	D	F	R	B	W	A	U	A	C	O	N	S	T	I	P	A	T	I	O	N	Z
N	S	L	T	X	N	Q	P	V	A	D	D	I	C	T	I	O	N	J	M	U	K	J	S	B	F	M	L	F	E
F	Y	E	F	K	Y	I	U	Z	D	N	D	H	G	W	V	Y	X	K	F	M	J	N	I	X	E	E	W	C	
H	E	G	U	O	R	P	Q	F	T	J	O	P	T	S	N	K	T	U	C	M	Z	F	G	S	W	T	L	W	S
N	Q	A	L	S	E	I	Z	U	R	E	S	I	W	A	K	O	Z	J	F	B	R	V	J	Y	S	H	G	B	C
G	B	L	F	G	J	U	I	N	V	P	T	R	A	F	F	I	C	K	I	N	G	P	Z	A	V	O	D	H	R

Drugs and Inhalants

1. Meth
Meth is "methylamphetamine." It is also known as "speed," as the name is a play on the words "fast" and "street," meaning "fast on the street." It is a stimulant drug that is highly addictive and can cause heart problems and death.

2. Cocaine
Cocaine is a stimulant drug that is highly addictive and can cause heart problems and death. It is often used in the form of a powder and is usually snorted or injected.

3. Ecstasy
Ecstasy is a stimulant drug that is highly addictive and can cause heart problems and death. It is often used in the form of a pill and is usually swallowed.

4. Heroin
Heroin is a narcotic drug that is highly addictive and can cause heart problems and death. It is often used in the form of a powder and is usually injected.

5. Marijuana
Marijuana is a drug that is made from the leaves of the cannabis plant. It is often smoked or eaten and can cause mental health problems and addiction.

6. Inhalants
Inhalants are drugs that are breathed in. They are often used to get high and can cause serious health problems and death.

Side Effects

1. Paranoia
Paranoia is a side effect of many drugs, including meth, cocaine, and ecstasy. It is a feeling of being watched or persecuted and can lead to violent behavior.

2. Hallucinations
Hallucinations are a side effect of many drugs, including meth, cocaine, and ecstasy. They are false perceptions of reality and can be very scary.

3. Memory Loss
Memory loss is a side effect of many drugs, including meth, cocaine, and ecstasy. It can be temporary or permanent and can make it difficult to remember important events.

4. Depression
Depression is a side effect of many drugs, including meth, cocaine, and ecstasy. It is a feeling of sadness and hopelessness and can lead to self-harm or suicide.

5. Anxiety
Anxiety is a side effect of many drugs, including meth, cocaine, and ecstasy. It is a feeling of nervousness and worry and can lead to panic attacks.

6. Insomnia
Insomnia is a side effect of many drugs, including meth, cocaine, and ecstasy. It is a difficulty falling asleep or staying asleep and can lead to exhaustion and health problems.

Related Words

1. High
A high is a feeling of euphoria or excitement that is caused by drugs. It is often described as a "rush" or a "buzz" and can be very addictive.

2. Addictive
A drug is addictive if it causes a person to want to use it again and again, even when it is causing them harm. This is because the drug changes the way the brain works.

3. Withdrawal
Withdrawal is the physical and emotional symptoms that occur when a person stops using a drug they are addicted to. These symptoms can be very uncomfortable and even dangerous.

4. Overdose
An overdose is a situation where a person has taken too much of a drug, leading to serious health problems or death. This is often caused by a lack of knowledge about the drug's effects.

HERE ARE THREE WAYS TO STAY DRUG-FREE:

1. SAY NO TO DRUGS
Saying no to drugs is the easiest way to stay drug-free. It means making a choice to live a healthy and happy life without drugs.

2. GET HELP
If you or someone you know is struggling with drugs, getting help is important. There are many resources available to help people overcome their addiction.

3. STAY POSITIVE
Staying positive is key to staying drug-free. Focus on the good things in life and surround yourself with supportive friends and family.

Scan to read



GO.gov.sg

<https://go.gov.sg/lrd-jul-2023>

[illegible]

Scan to read



GO.gov.sg

<https://go.gov.sg/in-jul2023>

The Washington Post reported that Portugal, once praised for decriminalising drug use, is having doubts about its drug policies as authorities blamed the surge in crime rates on the growing number of drug users in the country.

In 2001, Portugal decriminalised consumptions of all drugs for personal use (purchase, possession and consumption of 10 days' supply). Drug users are referred to "dissuasion commissions" by the police, with more troubled abusers given fines and recommendations for treatment.

Many citizens have called for authorities to reassess the decriminalisation of drug use as the drug problem has grown more pronounced, especially in urban areas. A recent survey found that the percentage of adult who have consumed illicit drugs have increase to 12.8% in 2022 from 7.8% in 2001.

The report also highlighted the following outcomes as a result of drug decriminalisation:



Overdose rates have hit 12 year high and almost doubled in Lisbon from 2019 to 2023

Collection of drug related debris from city streets increased 24% in Porto

Crime rates increase 14% from 2021 to 2022

Scan the QR code to read the full article



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

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. Access PDE resources from our **PDE Handbook online**:



Scan here for the AR exhibition



Scan here for the virtual heritage gallery



Scan here for the PDE Handbook

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:



@cnb.drugfreesg

JUL 2023

QR Code Links

DrugFreeSG Campaign 2023	https://go.gov.sg/drugfreesg2023carnival
Collaboration with DrugFreeSG Video Competition Winners	https://go.gov.sg/catholichighreachout https://go.gov.sg/nps-video
DrugFreeSG Video Competition 2023	https://drugfree.sg
Little Red Dot and IN	https://go.gov.sg/lrd-jul2023 https://go.gov.sg/in-jul2023
Decriminalisation of Drug Use in Portugal	https://go.gov.sg/washingtonpostportugaldrugdecriminalisation



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Central Narcotics Bureau

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