

From: CNB Community Partnership (CNB)
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PREVENTIVE DRUG EDUCATION E-NEWSLETTER
JUNE 2022

Dear Partners and fellow Advocates,

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

We will bring you highlights on some of our upcoming events and activity you could be a part of!

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



A Resilient Community for a Drug-Free Society

Our annual **Anti-Drug Abuse Campaign (ADAC)** is back with a variety of in-person events and online activities that you can participate in to show your support and rally your family and friends to pledge for a drug-free Singapore! Read on to find out how you can support for the drug-free cause!



Every year on 26 June, Singapore holds the **DrugFreeSG Light-Up** to commemorate the *International Day Against Drug Abuse and Illicit Trafficking*, also known as the 'World Drug Day'. This year, 35 iconic buildings and structures around Singapore will be illuminated in green and/or white, the colours of the anti-drug ribbon to symbolise the community's stand against drug abuse and to rally the nation's support for the drug-free cause.

Visit www.cnb.gov.sg/ADAC2022 to find out which buildings and structures will be lighting up on **26 June (Sunday), from 7.30pm to 12.00am!**



<https://go.gov.sg/lightup2022teaser>

DrugFreeSG Pop-Up



Bring your friends and family along to pledge for a **#DrugFreeSG** at our exclusive **DrugFreeSG Pop-Up** at **Suntec City Tower 3, East Atrium** from **26 June to 3 July 2022**.

You can look forward to an immersive multi-sensory experience where you will get to learn about the harmful effects of drugs.

We look forward to seeing you there!

Follow us on Facebook and Instagram (@CNB.DrugFreeSG) for more updates and online giveaways!



Come visit our **DrugFreeSG Pop-Up** at **Yishun Public Library** (located within Northpoint City, level 4) from **19 June to 3 July 2022**, and participate in a series of activities ranging from arts & crafts to winning exclusive collectibles* when you complete a simple quiz.

Don't forget to pledge your support for the anti-drug cause by folding your very own anti-drug ribbon!

*while stocks last

@CNB.DrugFreeSG



Stand a chance to win a pair of AirPods (3rd generation) by simply using our **#DrugFreeSG** stickers on your Instagram stories! Scan here to find out more!



https://go.gov.sg/drugfreecontest



The second instalment of the A3 Advocacy Series* took place on 18 June 2022 (Sat), 10am - 11:45am via Zoom. The session, titled 'Drug Impacts on the Mind, Body and Behaviours' covered three topics by three speakers. Firstly, 'Impact of Drugs on Us', presented by Dr Jimmy Lee (Psychiatrist, Senior Consultant & Chief @ Institute of Mental Health and NCADA** Council Member), looked at clinical health impacts of drug abuse and different types of drugs. 'Social-Behavioural Impacts of Drugs', presented by Mr S B Viknesan (Senior Counsellor @ National Addictions Management Service and NCADA Council Member), looked at the impact of drug abuse on the society, families, and youths. Finally, 'Personal Sharing by Former Drug Abuser' Mr Ramli Abdullah (Founder of Reforming Support Group and A3 Adult Advocate), highlighted the struggles and turning points of drug abuse and recovery. The closed-door session was attended by Guest-of-Honour, Associate Professor Dr Faishal Ibrahim, Minister of State Ministry of Home Affairs & Ministry of National Development, along with attendees from the A3 Network, partner agencies and non-profit organisations.

*The A3 Advocacy Series is a capability-building engagement series which primarily aims to equip volunteers of the A3 (Anti-Drug Abuse Advocacy) Network with relevant anti-drug advocacy skills.

**National Council Against Drug Abuse

PDE PROGRAMME / ANTI-DRUG AMBASSADOR ACTIVITY 2022

If you are looking for an activity to engage youths, read on!

The Anti-Drug Ambassador Activity (AAA) booklets have been delivered to all primary schools and organisations! The AAA is a good way to engage and educate youths on the harmful effects of drugs through interactive puzzles and an Anti-Drug Montage Competition.

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? Check out the entry from Fernvale Primary School last year, one of our winners in 2021!



PDE PROGRAMME / [BOOK NOW!] INTERACTIVE PDE SKITS

Our interactive skits are back to schools!

The skits aim to educate and engage students on the dangers of drug abuse through relevant humour and themes relatable to youths. Interactive segments like a Q&A quiz are also incorporated to strengthen students' understanding of the anti-drug message.

With the relaxation of safe management measures, we are receiving more requests for live skit performances in schools, so book a show with us today!

P.S Besides live performances, we also offer live-stream or remote live-stream to provide schools with more options.



Photos: Northland Secondary School



Addiction can cause psychological and physical harm not just to yourself, but also to your loved ones. We must learn to protect ourselves, our friends and family from falling prey to misinformation about the harmful effects of drugs.

We can all play our part to ensure that our community continues to stay resilient against drugs and drug abuse. When we #DareToCare, we can be #StrongerTogether.

Join the DrugFreeSG Video Competition and tell a meaningful story today! You may also stand a chance to win attractive cash prizes!

Theme: Community Resilience

Category I (youths – aged 12 to 16): Dare to Care

Category II (young adults – aged 17 to 25): Stronger Together

Deadline closes on 29 July 2022! Sign up now at www.drugfreesg.com or email info@drugfreesg.com if you have any queries.

Scan the QR code here to register!



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

PDE PROGRAMME / AFTER SCHOOL ENGAGEMENT PROGRAMME

With the easing of safe management measures, physical sessions of our After-School Engagement Programme are now available again!



CNB has a customised holistic programme to engage secondary school students after school. Teachers can mix and match the following options for students to learn more about the harms of drugs:

- Sharing by ex-abuser and/or anti-drug talk by CNB officer
- Video screening
- Augmented Reality (AR) exhibition
- Reflection

This is a meaningful and enriching programme for your students. Go to <https://go.gov.sg/cnbpde> or scan the QR code below to book! For more enquiries, please email Idrus_shaaban@cnb.gov.sg or CNB_Community_Partnership@cnb.gov.sg

Scan the QR code here to book!



Frequently Asked Questions (FAQ)

- Q: What is the duration of the programme; and how many students can it accommodate?
A: Each session is about 1.5 hours, starting from 2pm or 3pm on weekends for 10 to 20 students. The session is conducted in the school's premises, in accordance with safe management measures. Booking is to be done minimally two weeks in advance.
- Q: Do you have an online version of this programme?
A: Yes, CNB has a virtual version of the programme but certain components such as the AR exhibition will be excluded. Hence, we strongly encourage schools to book a physical session, where possible, to provide students with a more immersive experience.
- Q: If I do not have 10-20 students, can I still sign up for the programme?
A: Yes, we still welcome you to sign up. For virtual sessions, CNB can match you with another school with a similar situation so that we can run a combined session. When signing up through the PDE e-service, please indicate the number of students.
- Q: Are we able to mix students from different cohorts?
A: Yes, CNB can accommodate students from the different cohorts as long as it is kept at secondary level.
- Q: It is indicated that the programme is recommended for secondary school students. Can I also book for primary school students?
A: The ASE programme is catered for secondary school students. However, should you think it is also useful for your primary school students, we can put together a programme comprising an anti-drug talk, video screening, static exhibition and other activities. Please reach out to us at CNB_Community_Partnership@cnb.gov.sg.

EASED CANNABIS LAWS IN THAILAND

Thailand legalised the growing of marijuana and its consumption in food and drinks on 9 June 2022, being the first Asian country to do so with the aim of boosting its agriculture and tourism sectors. CNA reported sighting shoppers queued up at outlets to purchase cannabis-infused drinks, sweets, other consumables, and even cosmetics. As part of the loosening measures, cannabis can now also be grown and cultivated by home growers (for personal use) and local farmers (for commercial purposes). This legalisation represents an additional easing of cannabis laws in Thailand, which had already legalised medical marijuana back in 2018.

WHAT THIS MEANS FOR ANTI-DRUG ADVOCACY

As drugs become more easily accessible overseas, individuals may be faced with the temptation to abuse such substances under the pretense of exciting, new experiences. The legalisation of cannabis in a neighbouring country such as Thailand may also light a new spark on local cannabis legalisation conversations. Singapore remains staunchly against any sort of drug legalisation due to its harmful effects on individuals, families, and communities. There is substantial research which suggests that recreational cannabis is highly addictive and is associated with various physical, psychomotor, cognitive, and psychological harms. However, Singapore does have frameworks in place for the supply, prescription and dispensation of such products for medical purposes in Singapore.

WHAT CAN YOU DO?

Advocates can help to spread awareness to friends, family, and colleagues that despite local governing laws on drugs (cannabis or otherwise), all Singapore citizens and residents are bounded by the Misuse of Drugs Act (MDA). Based on the MDA, the consumption of controlled drugs e.g., cannabis, heroin, ecstasy, etc. in Singapore and overseas is a punishable offence of up to 10 years of imprisonment, a fine of up to \$20,000, or both. Individuals who are positively traced for drugs will be apprehended under the assumption that the substance was consumed in Singapore, even if it were abused overseas. Advocates may also consider reading CNB’s infographics on the harms and myths of cannabis to share with friends and family.

Resources

CNA Article



<https://cna.gov.sg/cna/thailand>

CNB Website



<https://cna.gov.sg/cnb/thailand>

Consumption of Controlled DRUGS

Outside Singapore

ADVISORY

- It is an offence for citizens and Singapore Permanent Residents to consume drugs in Singapore and overseas.
- Consumption of a controlled drug (e.g. 'ice', heroin and cannabis) is an offence and a person will face **IMPRISONMENT** of a minimum of 1 year and up to 10 years, or a **FINE** not exceeding S\$20,000, or **BOTH**.



To report suspicious drug activities, call the CNB hotline at 1800-3256666. For more information, visit the CNB website at www.cnb.gov.sg


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ADVISORY ON THE ABUSE, POSSESSION, SALE AND IMPORTATION OF CANNABIS AND CANNABIS PRODUCTS

- Singapore adopts a strict policy of zero tolerance towards controlled drugs.
- The consumption, possession, trafficking, import or export of any controlled drugs (including cannabis, cannabis products or cannabis edibles) even in trace amounts, is an offence under the Misuse of Drugs Act (MDA). CNB will not hesitate to take necessary enforcement action against anyone who disregards Singapore's drug laws. Members of the public can report suspicious drug activities to CNB at <https://www.eservices.cnb.gov.sg/feedback/> or by calling CNB's 24-hr toll-free hotline at 1800-325-6666.
- Under the MDA, any Singapore Citizen or Permanent Resident found to have consumed controlled drugs outside Singapore will be liable for drug consumption offence as if the offence has been committed in Singapore. CNB conducts enforcement checks at Singapore's checkpoints and will take action against those found to have consumed drugs overseas.

Can I import/sell products containing:

- Cannabis
- Hemp
- CBD oil
- Hemp seed oil



01 Hemp is cannabis. All hemp contains THC, which is a controlled drug under the MDA. Hemp is not a controlled drug unless it is a controlled drug under the MDA.

02 CBD and THC are cannabinoids. Cannabinoids are chemical compounds found in the Cannabis Sativa plant.

03 Any products derived from the Cannabis Sativa plant or its seeds can contain controlled drugs such as THC.

04 There are adverse health effects linked to the use of THC, which is a psychoactive chemical substance in cannabis.

Cannabis and its derivatives are listed as Class 'A' controlled drugs in the First Schedule of the Misuse of Drugs Act (MDA). In addition, Tetrahydrocannabinol (THC) is the psychoactive chemical substance in cannabis that causes users to feel "high"; there are adverse health impact linked to its use and it is a Class A controlled drug in the First Schedule of the MDA.

Any products containing hemp derivatives as an ingredient, or derived from the Cannabis Sativa plant or its seeds can contain controlled drugs such as THC despite the product labels indicating otherwise.

To report suspicious drug activities, call the CNB hotline at 1800-325-6666. For more information, visit the CNB website at www.cnb.gov.sg

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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

CENTRAL NARCOTICS BUREAU

JUNE 2022

Titles	Links
Advocacy/ Anti-Drug Abuse Campaign 2022	https://go.gov.sg/lightup2022teaser https://go.gov.sg/stickercontest
Competition / DrugFreeSG Video Competition 2022	https://go.gov.sg/drugfreesgvideocompetition
PDE Programme / After School Engagement Programme	https://go.gov.sg/cnbpde
Read/Advocacy Media Monitoring	https://go.gov.sg/cnathailegalise https://go.gov.sg/cnbknowcan

Communications Division
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