

From: CNB Community Partnership (CNB)
Sent: Monday, 4 December 2023 5:29 pm
Subject: [For Attention] DrugFreeSG Advocacy Newsletter - Mar 2023

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ADVOCACY NEWSLETTER
MARCH 2023

Dear Partners and fellow Advocates

In this March edition, we share with you some exciting news on our advocates. We also have some resources for your to tap on as well as some exciting activities to take part in!

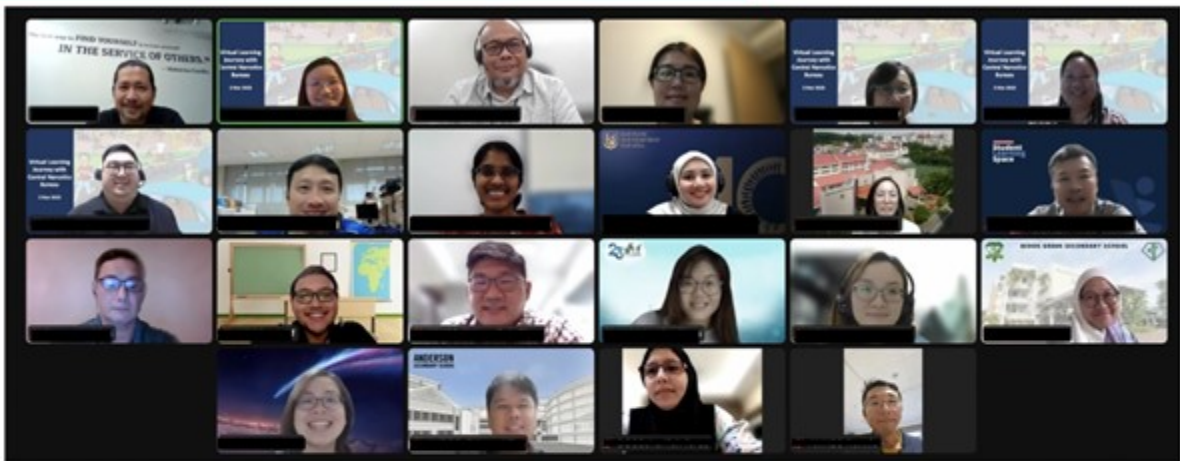
Email us at cnb_community_partnership@cnb.gov.sg if you have any feedback or questions on our programmes and activities!

ADVOCACY/UNODC YOUTH FORUM



The United Nations Office on Drugs and Crime (UNODC) Youth Forum brings together youths from all UN member countries to exchange ideas, perspectives and ideas on prevention. This year, Dervin, our Anti- Drug Advocate (ADA) travelled to Vienna to attend the forum which was held from 13 to 15 March. Representing Singapore at the forum, Dervin got to know young leaders from other countries and participated in many interactive and engaging discussions on preventing substance abuse.

PDE/VIRTUAL LEARNING JOURNEY WITH MOE



On 2 March 2023, CNB hosted 22 teachers from the MOE Sciences Branch to a virtual sharing session. This is the third year that we are working with MOE's Curriculum and Planning Division to conduct a sharing session to equip the Science teachers with a better understanding of drug abuse and their roles in drug prevention efforts.

During the session, CNB shared with the teachers on the drug situation in Singapore as well as Singapore's drug control strategies. The teachers were also introduced to the common types of drugs that were abused by youths and the tell-tale signs of drug abuse for early intervention. Mr Josephus Tan from Pro Bono SG, one of our United Against Drugs Coalition (UADC) partners was also present during the session to share on the legal aspects of substance abuse.

PDE/[BOOK NOW!] PDE INTERACTIVE SCHOOL SKITS



Looking for an assembly programme to engage your students? CNB has launched new anti-drug skits for schools in 2023 with revamped storylines and interactive segments to 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.



Great news! The Anti-drug Ambassador Activity 2023 will run from April to November 2023. Distribution of the AAA booklets to primary schools will commence in April, so do keep a lookout! The activity is also available on the Student Learning Space platform.

The Top 10 Schools with the Best Anti-drug Montage and Highest Participation Rate will each receive a \$500 cash prize! Check out the winners from last year.

#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

TOP 10 BEST ANTI-DRUG MONTAGES

Chongzheng Primary School

Anti-drug presentation

Al Tong School

Anti-drug presentation

Changkat Primary School

Anti-drug presentation

Blangah Rise Primary School

Anti-drug presentation

Xishan Primary School

Anti-drug station games

Huamin Primary School

Anti-drug presentation

Rivervale Primary School

Anti-drug presentation

River Valley Primary School

Anti-drug presentation

Innova Primary School

Whole school involved in different anti-drug activities!

Kindly note that the deadline for the submission of returns is 17 November 2023. Thank you for your support of our anti-drug initiatives, and we look forward to your participation this year!



Participate in the DrugFreeSG Video Competition 2023 and stand a chance to win attractive CASH PRIZES! The theme for this year’s competition is “A DRUG-FREE FUTURE”. Visit drugfree.sg for more details and get inspired by past winning entries!



SCAN HERE TO SIGN UP



We seek schools’ and organisations’ support to promote and encourage youths who are interested in video production to join the competition and workshop!

INFO/[ALERT!] CONQUER BOARD GAME



ATTENTION all avid board gamers, our Conquer board game is now available for play at The Mind Café outlets: 60A Prinsep Street S(188664) and 30 Prinsep Street #01-01 S(188647)!

Are you the Hero that keeps everyone drug-free or are you the Villain that promotes drug abuse?

CNB had co-created this Conquer board game with a Nanyang Polytechnic graduate to provide an organic experience for youths to learn about the harms of drugs and importance of a drug-free lifestyle!

What are you waiting for?! Share this with your friends and head on down to The Mind Café now!

THE ROLE OF PARENTS IN SHAPING ATTITUDES TOWARDS DRUGS

According to counsellors and therapists who work with young drug users, parents need to be more actively involved in shaping their children’s attitudes towards drug use. Mr Tan Han Lay, who helps inmates in their drug rehabilitation journey, said parents who take no action or spend little time supervising them may risk losing their children to drug abuse. In the cases he had seen, inmates who have absent parents often end up relying on friends who unfortunately introduce drugs to them. The counsellor said cannabis abuse by young addicts is more of a family problem than a drug problem.

WHAT THIS MEANS FOR ANTI-DRUG ADVOCACY

Parents play a critical role in shaping a young person’s attitudes and behaviours surrounding drugs or other substances. While parents should talk to their children about the effects of cannabis as well as the perceived immediate attractions and risks, it is equally important that parents also actively listen to their children’s points of view while teaching them alternatives to managing emotions and stress. With proper emotional management skills in place, a child’s risk of falling into undesirable patterns of behaviour may be reduced as a whole.

WHAT CAN YOU DO?

As parents or older relatives to a child or youth, it is important to be involved in the child or youth’s life and get to know their interests, likes, and dislikes i.e., to engage them where they are. While drug abuse is a complex matter and there is no one specific factor that determines whether someone falls into its abuse, being a reliable figure in a child or youth’s lives may offer them a positive outlet to confide their troubles or stressors, such that they will be less likely turn to negative peers or negative influences.

Scan to read more



RESOURCES:

CNB Drug Situation Report



Harms of cannabis abuse



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:



@cnb.drugfreeesg

MARCH 2023

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