

**From:** CNB Community Partnership (CNB)  
**Sent:** Friday, 27 May 2022 7:52 am  
**Subject:** [For Attention] PDE Newsletter May 2022

PREVENTIVE DRUG EDUCATION E-NEWSLETTER  
MAY 2022



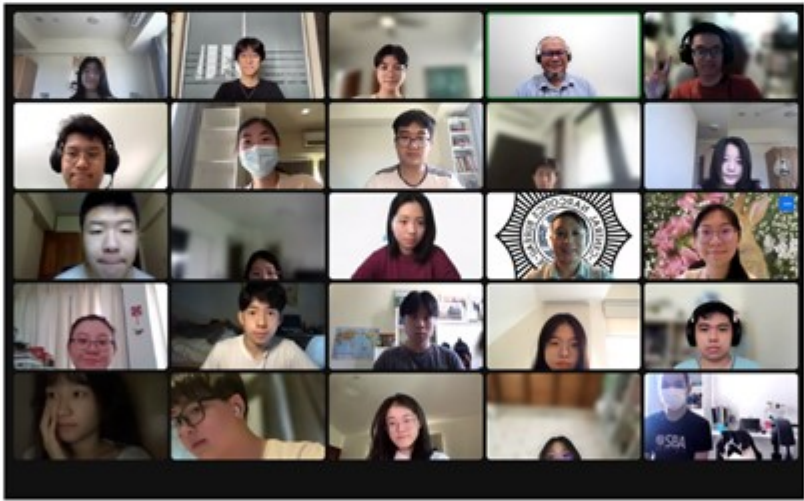
Dear Partners and fellow Advocates,

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

In this issue, we bring you news on our past and upcoming events. We also have some competitions which you could take part in and win some prizes.

Email us at [cnb\\_community\\_partnership@cnb.gov.sg](mailto:cnb_community_partnership@cnb.gov.sg) if you have any feedback or questions on our PDE programmes and activities!

ADVOCACY / ANTI-DRUG ADVOCATE TRAINING



33 students from Hwa Chong International School (HCIS) attended the CNB Anti-Drug Advocate Training online on 17 May 2022. The session aims to equip youth advocates with the necessary knowledge and skills to spread the anti-drug message in their communities.

The students picked up useful knowledge on the issue of drug abuse from the sharing conducted by a CNB officer. They also got a chance to hear from an ex-abuser, her personal account on the consequences of drug abuse.

We would like to say a big welcome to the HCIS students for coming onboard as our advocates! We look forward to working with more youths to co-create and co-deliver programmes to protect youths from the harms of drug abuse.

A Resilient Community for a Drug-Free Society



Mark your calendar as the annual **Anti-Drug Abuse Campaign (ADAC)** is back this **June** with a variety of in-person events and online activities that you can participate in to show support and rally your family and friends to pledge for a drug-free Singapore! Together, we can build a Singapore without drugs, where everyone can live, work and play safely! Read on to find out how you can support the drug-free cause!



DrugFreeSG Pop-Up

Yishun Public Library  
19 Jun to 3 Jul, 11am to 9pm

Come visit our **DrugFreeSG Pop-Up** at Yishun Public Library and participate in a series of activities ranging from arts & crafts to having a go at our anti-drug quiz machine and redeem drugfree collaterals.

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

DrugFreeSG Light-Up

26 Jun, 7.30pm to 12am

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 or white, the colours of the anti-drug ribbon, to symbolise the community's united stance against drug abuse and to rally the nation's support for the drug-free cause.

Follow us on CNB Facebook and Instagram (@CNB.DrugFreeSG) to find out which buildings and structures will be lighting up on **26 June (Sunday), from 7.30pm to 12mn!**



## It Starts With Us

Check out the fringe activities and initiatives led by our community partners as they advocate for a **#DrugFreeSG**.

### Community Libraries June 2022

Located at common spaces along the HDB estates, these mini libraries are set up and managed by residents to foster greater appreciation for reading while growing the community spirit! For the month of June, drop by a community library near you to pick up a copy of our preventive drug education materials!



#### Locations

- Clementi Ridges Mini Library - 312A Clementi Ave 4, Level 11
- TAVA by Talent Beacon - 209 Bukit Batok St 21
- The Little Library - 27 Ghim Moh Link, Level 39
- Sunny Library - 355 Clementi Ave 2, Level 13
- The Caterpillar Library - Taman Jurong Community Club
- 415 Jurong West St 42 #01-803
- 423 Jurong West St 42
- 475 Jurong West St 41 #01-384
- Little Free Library @ Henderson Crescent - 105 Henderson Crescent, Senior Citizen Corner
- The Caridosa Library - 51 Telok Blangah Crescent
- The Happy Little Library - 242 Bukit Panjang Ring Road, Ground Floor
- Little Children's Library @ Fernvale Rivergrove - 472A Fernvale Street
- Little Library @ Yishun Natura - 342B Yishun Ring Road, Level 1

### Science Centre Singapore 12 June to 26 June 2022

From 12 June to 26 June, Science Centre Singapore will be giving away anti-drug token\* to visitors upon entry & completion of certain facilitated activities. Don't miss out on our next update on how you can access more online preventive drug education resources on Science Centre Singapore website.

\*First come, first served basis. While stock last.



### DrugFreeSG Booth Taman Jurong Community Club 12 June to 26 June 2022

Calling out to all Westies! Make your way down to the Taman Jurong Community Club and participate in the anti-drug booth activities organised by the Taman Jurong Community Emergency and Engagement (C2E) Committee.

At the booth, you can learn about the dangers of drug abuse and pick up tips on how to inspire your family and friends to lead a drug-free lifestyle. Don't forget to pledge your support for a **#DrugFreeSG** while you are there!

## More To Come for ADAC 2022

Stay tuned to the next edition of the PDE e-newsletter or follow us on CNB Facebook and Instagram (@CNB.DrugFreeSG) for more updates on what we have in store for ADAC 2022!



Our Anti-drug Ambassador Activity (AAA) booklets are now available on the Student Learning Space (SLS) portal!

You can access the lesson package plans below. Alternatively, the lessons can be searched through SLS, using key words including 'anti-drug', 'drug abuse', 'CNB'.

**Primary 4**



<https://go.gov.sg/cnbaaa22slsp4>

**Primary 5**



<https://go.gov.sg/cnbaaa22slsp5>

A cash prize of \$500 each will be awarded to the Top 10 Schools with the Best Anti-Drug Montage and the Top 10 Schools with the Highest Participation Rate!

Teachers, do note the activity closes on 18 Nov 2022!



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



**Attention parents!**

Looking for activities to bond with your children during the June holidays?

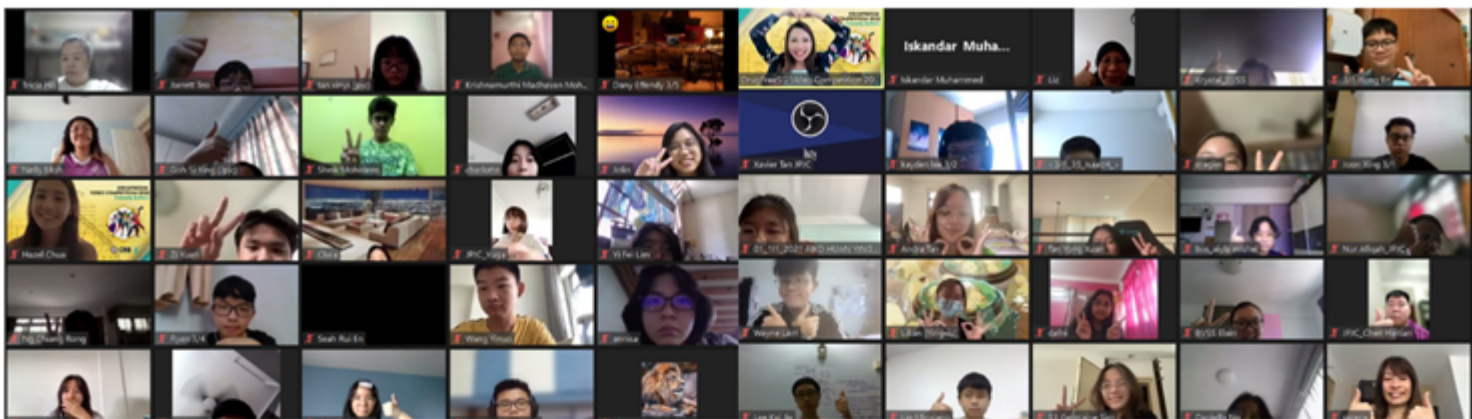
Gather your family to these public libraries and enjoy a fun and interactive anti-drug skit!

A June Holidays Special!

**THREE'S A CROWD**

an interactive anti-drug skit

- ★ 1 Jun 2022 (Wed), 4pm  
Sembawang Public Library, Programme Zone
- ★ 13 Jun 2022 (Mon), 3pm  
Sengkang Public Library, Programme Zone
- ★ 15 Jun 2022 (Wed), 1pm  
Clementi Public Library, Programme Zone
- ★ 15 Jun 2022 (Wed), 3pm  
Pasir Ris Public Library, Programme Zone



Thank you for joining us at our virtual videography workshop on 23 April 2022 – we hope all participants have learned valuable tips on filmmaking and got your burning questions answered!

ICYMI: Scan the QR code below to watch the recorded virtual workshop for tips on filmmaking and the art of storytelling from industry experts! You will also hear our Narcotics Officer share about the most commonly abused drugs in Singapore and his encounters with drug abusers!



Send your video entries now! It's still not too late to gather your team of up to 5 members to take part in the competition and 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](http://www.drugfreesg.com) or email [info@drugfreesg.com](mailto:info@drugfreesg.com) if you have any queries.



DRUG CONCEALMENT METHODS

CNB recently concluded a 5-day island-wide operation to disrupt drug syndicates and target abusers earlier this month. The total amount of drugs seized during this operation is sufficient to feed the addiction of about 2,960 heroin abusers, 410 'Ice' abusers and 2,910 cannabis abusers for a week. In one of these cases, drugs were found concealed in milk tea sachets – highlighting just one of many concealment methods trafficking syndicates utilize to hide their drugs. Despite such concealment efforts, well-trained narcotics officers and narcotics detection dogs are able to detect these illegal substances.

WHAT THIS MEANS FOR ANTI-DRUG ADVOCACY

The total amount of drugs seized in the latest operation could have fed the addiction of thousands of abusers and continued the perpetuation of harm inflicted upon individual abusers and the people around them. As abusers continue to consume drugs, their tolerance to the drugs increases, which can cause addicts to require higher dosages to get their same high. The increasing amount of drugs used leads to addiction and an upward vicious cycle of harm to self and all those around them.

The concealment of drugs in milk tea sachets is just one of many ways in which drug trafficking syndicates hide their drugs. As advocates, we should be mindful and cautious when coming across items that seem to have been tampered with, especially when found in unusual places (e.g., packages at stairwells, dry risers, etc.). This is because such locations may be used as “drop-off” points for drug purchases.



[Image: Tampered milk tea sachets. Source: CNB Drug Free SG (Facebook)]



WHAT CAN YOU DO?

Should you come across any suspicious packages and have reason to suspect that it is drug-related, please contact the CNB Hotline (1800 325 6666) or Police non-emergency line (1800 255 0000).

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](mailto: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](http://www.cnb.gov.sg)



| Titles  | Links  |
|---|--|
| PDE Programme / Anti-Drug Ambassador Activity   | <div>- <a href="#">Primary 4</a></div> <div>- <a href="#">Primary 5</a></div>  |
| Competition / DrugFreeSG Video Competition 2022 | <div>- <a href="#">Recording of Workshop</a></div> <div>- <a href="#">DrugfreeSG Video Competition Registration</a></div>  |
| Read / Advocacy Media Monitoring                | <div>- <a href="#">Article 1</a></div> <div>- <a href="#">Article 2</a></div>  |
| Preventive Drug Education Online                | <div>- <a href="#">More On A3 Advocate Schemes</a></div> <div>- <a href="#">Anti-Drug Advocate Programme For Youths 17 – 25</a></div> <div>- <a href="#">AR Exhibition</a></div> <div>- <a href="#">Virtual Heritage Gallery</a></div> |



Central Narcotics Bureau  **W** [www.cnb.gov.sg](http://www.cnb.gov.sg) **FB** [fb.com/CNB.DrugFreeSG/](https://fb.com/CNB.DrugFreeSG/) **IG** [ig.com/CNB.DrugFreeSG/](https://ig.com/CNB.DrugFreeSG/)

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