

From: CNB Community Partnership (CNB)  
Sent: Tuesday, 31 October 2023 9:43 am  
Subject: [For Attention] DrugFreeSG Advocacy Newsletter - Oct 2023

Brought to you by



ADVOCACY NEWSLETTER  
OCT 2023

Dear Partners and fellow Advocates

This month, read about how our fellow A3 Network Advocate Gopal Mahey, a person in recovery helps others struggling with addiction. Plus, the dangers of cannabis edibles to children. First up, CNB’s collaboration with Mediacorp Channel 8 on their documentary series “Frontline”.

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 programmes and activities!

WATCH / CHANNEL 8 FRONTLINE – EXAMINING THE YOUTH DRUG PROBLEM



CNB collaborated with Mediacorp Channel 8 on an episode in its “Frontline” documentary series to examine the youth drug problem in Singapore – a recent study conducted by IMH revealed that drug abuse “starts young” at under 16 years old, with 4 in 10 drug abusers having started on illegal substance before 18.

Hear from two individuals, Nicholas and Boon Siang about what led them to drugs and their ensuing struggles with addiction. Ms Teo See Lee, a member of the National Council Against Drug Abuse was interviewed and shared on the roles of parents and educators in steering youths away from drugs. The episode also features the stories of two mothers who stepped in to save their sons from drug abuse.

The episode aired on 6 Oct. Scan on the QR code below to watch the episode on meWatch.



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

Also: Hear more from Boon Siang in  
What’s Your Fix: On The Mend episode!



SCAN ME

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



Here’s your last chance to submit your school entry for the Anti-drug Ambassador Activity (AAA) competition! A gentle reminder that the deadline is on 17 Nov 2023 (Friday).

Available as both a physical activity booklet and online lesson package on MOE’s Student Learning Space (SLS), the AAA aims to engage and educate upper primary students on the harmful effects of drugs through interactive puzzles and an Anti-Drug Montage Competition.

**Did you know?** 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!

WE LOOK FORWARD TO RECEIVING YOUR ENTRIES!





BRANDED CONTENT

From struggle to service: His fight with cannabis sparks his mission to steer youths clear

As substance abuse among young adults rises in Singapore, psychotherapist Gopal Mahey tackles common “harmless drug” myths and underscores the vital role of parents



Mr Gopal Mahey also volunteers as an anti-drug advocate with the Central Narcotics Bureau and a peer leader at the Singapore Anti-Narcotics Association. PHOTO: SPH MEDIA

Mr Gopal Mahey recalls a past life when he would wake up in places with no memory of how he arrived there. The former cabin crew member battled severe drug addiction for years after he started taking cannabis and other various drugs at 18. Today, the 41-year-old is a psychotherapist who helps people with similar struggles.

Read more about his story below, and find out more about the harmful effects of cannabis in our latest article in The Straits Times’s Smart Parenting column.

READ MORE >>

A square QR code with a circular logo in the center. The logo contains the text "GO.gov.sg" and a stylized "G" icon.

READ /ACCIDENTAL INGESTION OF CANNABIS BY CHILDREN

Legalisation and decriminalisation of cannabis in some countries have led to the prominence of cannabis products and edibles. Some of these edibles are packaged and marketed like “normal” food products, but that does not mean that they are harmless or less harmful. Cannabis edibles pose a high risk especially to children, with rates of accidental ingestion of cannabis edibles in children having gone up globally. Cannabis edibles have been detected by CNB in recent years.

Earlier this month, 60 schoolchildren in Jamaica were rushed to the hospital after accidentally consuming cannabis-laced candy. The children, aged between 7 to 12 years old, were hospitalised after the candy had caused them to vomit and hallucinate. The packaging of the product called “Sour Belts” stated that it contains Delta-8 tetrahydrocannabinol, a psychoactive substance found in the Cannabis sativa plant and can cause “psychoactive and intoxicating effects”. Jamaica decriminalised cannabis for people over 18 in 2015, with possession of 56 grammes of cannabis or less downgraded to a petty offence.



Closer to home, a three-year-old child in Thailand was sent to hospital on 2 Sep after accidentally eating a jelly snack containing cannabis. He was found to be unconscious, confused, weak, and his hands shook uncontrollably. The report mentioned that the child could not answer anything when questioned. The doctor found that the snack was packaged like an ordinary snack, but the ingredients contained Tetrahydrocannabinol (THC). The jelly snack the child ate contained 600 milligrams of THC, which is enough to intoxicate the child. His grandmother said that she received the jelly snack from someone else.

In May, an 11-year-old girl in Perak, Malaysia was hospitalised after eating chocolate biscuits made by her father that was suspected to be laced by cannabis. It was reported that she experienced shortness of breath, dizziness and nausea after eating the biscuits. The police had arrested the victim’s 38 year old father and the urine test on the suspect was found to be positive for THC.

READ MORE >>



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

Dozens of Jamaican schoolchildren hospitalised after eating cannabis candy



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

Three-year-old Thai boy loses consciousness after accidentally eating cannabis-laced snacks



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

Malaysian girl hospitalised after eating cannabis-laced biscuits, dad arrested



Tetrahydrocannabinol (THC) is the main psychoactive substance in cannabis that alters the mind and causes harmful effects.

“Be Aware. be Wise. think Twice.”



This video aims to tackle the serious topic on cannabis through spontaneous conversations between an adult and young children. It acts as a cautionary message to parents and educators to stay vigilant against such ‘edibles’, while educating our children and teens on the harmful effects of drugs





CALLING ALL YEAR 1 TO 3 STUDENTS!

# HOME TEAM SPONSORSHIP

FOR YOUR DIPLOMA STUDIES



SINGAPORE  
PRISON SERVICE



SINGAPORE CIVIL  
DEFENCE FORCE



SINGAPORE  
POLICE FORCE



IMMIGRATION &  
CHECKPOINTS  
AUTHORITY



CENTRAL  
NARCOTICS  
BUREAU

**A REWARDING CAREER**  
Share our passion to keep  
Singapore safe & secure.

**AWARD BENEFITS**

- Sponsored tuition fees &  
other approved expenditures
- Monthly Allowances
- Study bonus
- Sign-On Bonus

**FIND OUT MORE**



Applications are now  
open till 15 Nov 2023

    /mhasingapore

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

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

Connect with us:



@cnb.drugfreesg

OCT 2023

Titles	Links
Channel 8 Frontline: Examining the youth drug problem	<a href="https://go.gov.sg/cnbfrontline">https://go.gov.sg/cnbfrontline</a> <a href="https://go.gov.sg/fixboonsiang">https://go.gov.sg/fixboonsiang</a>
From Struggle to service: His Fight with cannabis sparks his mission to steer youths clear	<a href="https://go.gov.sg/smartparenting-oct2023">https://go.gov.sg/smartparenting-oct2023</a>
Accidental ingestion of cannabis by children	<a href="https://go.gov.sg/cnnjamaicacannabis">https://go.gov.sg/cnnjamaicacannabis</a> <a href="https://go.gov.sg/8worldthaicannabis">https://go.gov.sg/8worldthaicannabis</a> <a href="https://go.gov.sg/cnamycannabis">https://go.gov.sg/cnamycannabis</a> <a href="https://go.gov.sg/beawarebewisethinktwice">https://go.gov.sg/beawarebewisethinktwice</a>
Home Team Diploma Sponsorship	<a href="https://go.gov.sg/htsponsorship-diploma">https://go.gov.sg/htsponsorship-diploma</a>



Central Narcotics Bureau



Communications Division  
DID: (65) 6557 3217

Visit us at [CNB.GOV.SG](http://CNB.GOV.SG) | Follow us on



**WARNING:** "Privileged/Confidential information may be contained in this message. If you are not the intended addressee, you must not copy, distribute or take any action in reliance thereon. Communication of any information in this email to any unauthorised person is an offence under the Official Secrets Act 1935. Please notify the sender immediately if you receive this in error."