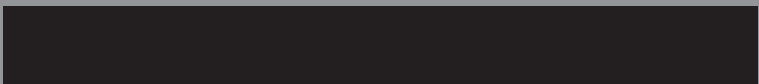


SANA

SINGAPORE ANTI-MARCOTICS ASSOCIATION





Dealing with drugs is about working with people, and our starting point is always the people we help building their self-esteem and celebrating newfound self-worth.

The elevated “A” in the SANA logo represents an individual – taking flight. We believe that every one of us can stand tall, rise above peer pressure, instant thrills and self-doubt.

Hi there!

THIS BOOK BELONGS TO:

YEAR

MONTH

DAY

CONTENT

Introduction	01
Substance Abuse As A Worldwide Problem	03
Definition Of Substance Abuse And Addictions	04
Know Your Background On Substance Abuse in Singapore	06
Reasons Why Young People Turn To Substance Abuse	07
Consequences Of Substance Abuse	09
Spotting A Substance Abuser	11
How To Say “No” And Still Be Cool	12
Be A Positive Influence	13
Understanding Enforcements And The Law	15
Quick Quiz	18
Hello, We Are SANA!	20
Our Impact	21
Common Resource Directory	22

INTRODUCTION

This workshop is an initiative of the Singapore Anti-Narcotics Association targeted at Youth between the ages of 14 to 30 years old.

We hope that through this workshop, you will gain and be equipped with the following:

- Understand the current situation of substance abuse
- Know the dangers, effects, preventive measures and treatments of substance abuse
- Understand why young people turn to substance abuse and the social consequences around it
- Spot the general profile of a substance abuser
- Know that you do not need substances and how to say “NO” and still be cool
- Become a role model and a SANA Ambassador

To organize a bespoke workshop, talk or training for your students/youth, do drop us an e-mail at sana@sana.org.sg and we will get back to you to discuss the details!

My choices,
actions,
thoughts,
and words
all have an impact
on the people
around me.

SUBSTANCE ABUSE AS A WORLDWIDE PROBLEM

Substance abuse is a major concern in both rich and poor countries. When substances are used without proper instructions by medical professionals, they become harmful. This becomes an addictive behaviour which may consequently lead to abuse, dependency on substances and worst of all, death.

Substance abuse not only destroys a person's life but also, poses a threat to the family, community and the country at large. Social issues which surface from substance abuse include family disintegration, loss of employment, failure in school, and domestic violence.

Different countries have different perspectives on substance addicts and substance related crimes. For instance, in some western countries, there is a constant debate on the classification of drugs and whether drugs like marijuana should be legalised. There are also signs of an increasing tolerant attitudes towards drugs. It has been argued that the legalisation of consumption of "soft" drugs would lead the drug abuser seeking "hard" drugs for more intense psychoactive effects.

Singapore adopts a zero tolerance policy towards substance abuse. Stringent laws and harsh penalties are imposed on those involved in illegal substance activities to reduce the demand and supply of illicit substances.

All types of substance abuse are likely to pose problems for our future generations. Thus, the law allows for substance abusers to be rehabilitated and get treatment immediately at drug rehabilitation centres. This prevents them from continuing their substance abuse and influencing others. Enforcement agencies are also working closely with various community partners, including social service organisations and halfway houses, as part of a joint effort to achieve a drug-free Singapore. Effective substance control is only possible with a combined community effort.

Do your part by
educating your family
and friends about
the consequences
of substance abuse.

DEFINITION OF SUBSTANCE ABUSE AND ADDICTIONS

WHAT IS SUBSTANCE ABUSE?

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. The substance used or consumed can change one's perception, mood, consciousness and/or behaviour.

Substance abuse involves any of the following:

- Consuming/using substances without a doctor's prescription
- Consuming/using more substances than what was prescribed by the doctor
- Consuming/using substances for fun, and/or as a form of escape from stress, anxiety or pain

WHAT IS SUBSTANCE ADDICTION OR DEPENDENCE?

Substance abuse can lead to addiction or dependence. When addicted to a substance, the addict has to depend on the substance for his daily activities. The addict will no longer be in control of his/her own life as he/she may become obsessed with the next fix. If the addict does not have the money to finance the addiction, he/she is likely to lie, cheat or rob to buy substances, and this will lead to many other problems.

Substance addiction or dependence may take two forms:

Physical dependence

Addicts are compelled to take the substance regularly or they will suffer from tremendous pain and discomfort. Symptoms such as restlessness, runny nose, and abdominal cramps may surface depending on the substance consumed.

Psychological dependence

Addiction causes a psychological craving for the substance that will cause the addict to do almost anything to obtain the next fix. It is more difficult to cure this form of dependence and many ex-addicts continue to take substances even after they are no longer physically dependent on them.

WHAT ABOUT SUBSTANCE TOLERANCE?

Addiction can also lead to an increased tolerance of substances. This simply means that a person who abuses substances for pleasure regularly has to gradually increase the dosage to achieve the same effect (to get high).

If the addict stop taking the substance for some time, he/she will lose tolerance of the substance. Subsequently, if he/she were to increase the usual dosage, he/she may die from overdose.

DEFINITION OF ALCOHOL AND TOBACCO

While legalised in Singapore, alcohol and tobacco can become addictive substances that can endanger one's health. Addicts often abuse alcohol and/or tobacco along with other substances to heighten the intoxicating effects.

QUICK FACTS

ALCOHOL

Definition

Alcohol or liquor is a drink made by fermenting or distilling fruit, vegetables, and grains. There are three main types of alcoholic beverages: beer, spirits (hard liquor), and wine.

Effects And Dangers

Short term effects include:

- Lack of muscular coordination
- Blurred or double vision
- Drop in body temperature
- Impaired judgment

Long term effects include:

- Damage to major organs: brain, heart, liver, kidney
- Psychological problems: depression, anxiety, insomnia, etc.
- Increases the risk of some cancers

TOBACCO

Definition

Tobacco products are made from dried processed leaves of the tobacco plant. It is usually smoked or chewed. There are also imitation tobacco products like Electronic Nicotine Delivery Systems (ENDS) which resemble cigarettes. When inhaled, ENDS vaporise a liquid chemical mixture containing nicotine and deliver a fine heated mist to the smoker.

Effects And Dangers

Short term effects include:

- Yellowish shade on fingers
- Increased chances of getting regular coughs and flu
- Decreased stamina
- Oral changes: smoker's breath, bleeding gums, tobacco stained teeth

Long term effects include:

- Increased risk of various cancers: lung, mouth, throat, stomach, bladder, cervix
- Increased risk of respiratory infections and diseases
- Reduced heart and lung functions
- Oral changes: loose teeth, gum recession

Did you know that opium was the earliest drug being abused in Singapore? In the early years, opium smoking was a habit that was commonly seen among the Chinese immigrants.

DRUG ABUSE IN THE 1960s

The abuse of cannabis (ganja) became widespread in the 1960s, especially among youths of the hippie culture. Other abusers also included musicians and students.

HEROIN PROBLEM IN THE 1970s

Heroin became the main drug of abuse in early 1970s and the population of addicts was estimated at 13,000. With the rapid increase in number of traffickers and addicts, there was an urgent need to act on this national situation. This resulted in the launch of Operation Ferret on 1st April 1977, Singapore's first major nationwide action against drug offenders.

Raids were conducted on more than 100 sites where heroin addicts were known to gather. More than 900 drug offenders were arrested in four days, resulting in a big drop in the supply and demand of heroin.

GLUE SNIFFING PROBLEM (INHALANT ABUSE) IN THE 1980s

The problem of glue sniffing first appeared in the late 1970s and became a serious problem in the 1980s. At its peak, about 1,000 glue sniffers were discovered each year. Most abusers were below 19 years of age.

With the introduction of the Intoxicating Substances Act, a national campaign against glue sniffing, and the Anti-Drug and Inhalant Abuse Badge Scheme programme organised by SANA, the problem became contained.

ECSTASY ABUSE IN THE 1990s

In the early 1990s, ecstasy abuse reared its ugly head in Singapore. Ecstasy was mainly associated with dance parties where rave, trance or techno music was played. Ecstasy was largely abused at public entertainment places such as nightclubs and karaoke lounges.

NEW PSYCHOACTIVE SUBSTANCES (NPS) IN THE 2000s

These are drugs containing ingredients that mimic similar effects as other controlled drugs. NPS are known as "legal highs" as their sale or use are not banned under certain countries' legislation. However, they have unknown, dangerous toxicology effects on the human body and are just as addictive as "traditional drugs".

On 1 May 2014, New Psychoactive Substances (NPS) were listed as Class A Controlled Drugs under Singapore's Misuse of Drugs Act.

REASONS WHY YOUNG PEOPLE TURN TO SUBSTANCE ABUSE

There are many reasons why young people turn to substance abuse. Below are some of the most common reasons.

CURIOSITY

Young people have a deeply curious nature and a natural tendency to seek new experiences. Some of us may find substances an interesting topic to talk about and choose to impress others with. However, this curiosity may cause us to venture into the unknown and experiment with substances for “kicks”.

ENJOYMENT

Some of us abuse substances because we enjoy the “high” and “rush” that comes with it. We may have the misconception that using substances at a party or club is a social activity with friends and that, taking these substances will make things more interesting or fun.

POOR COPING SKILLS

When faced with unhappy life events, it is easy to feel hopeless, alone and frustrated. Sometimes, we feel stress in school or even just trying to keep up with the rapid pace of life in a fast changing society. The inability to cope with these emotions constructively may lead to substance use as a means to escape from reality.

LACK OF DIRECTION

With no goal or ambition in life, sometimes we find ourselves moving around aimlessly. This lack of direction makes us highly prone to being lured into abusing substances.

PEER INFLUENCE

Peer influence is powerful and affects the way we feel, dress and behave. There is a strong desire to be accepted rather than seen as an outcast. Having good friends around can influence us to do many useful and healthy things. Negative friends, however, may lead us to anti-social behaviour or unhealthy involvement.

Rise above
peer pressure,
instant thrills,
and self doubt.

CONSEQUENCES OF SUBSTANCE ABUSE

Substance abuse comes with both personal and social consequences. Seeing that there are always alternatives, you need to understand the implications of your decisions.

POOR PERFORMANCE IN SCHOOL

Substance abusers are likely to perform poorly, lose interest in studying and usually end up leaving school prematurely.

NEGLECT OF PERSONAL WELL-BEING

Abusers tend to lose interest in their personal hygiene and appear untidy. Instead of enjoying youth, lives are wasted getting involved with substances.

NEGATIVE INFLUENCE

Abusers become negative influence to peers around them, persuading them to take substances. That is not cool.

LACK OF SELF-CONTROL

“Imprisoned” by their addictions, abusers tend to lose their cool and self-control.

HEALTH RISKS

Different substances have different debilitating effects on the human body and prolonged abuse will cause one’s health to deteriorate. In severe cases, abusers become physically unfit to engage in daily routine activities.

CRIME AND PROSTITUTION

Majority of abusers resort to crime and prostitution to finance their addictions.

EMPLOYMENT DIFFICULTIES

Once convicted with a prison record, ex-addicts face difficulty in getting employment as employers are less likely to trust them.

POOR WORK ETHICS

Abusers tend to opt for temporary employment. They are frequently absent from work and are unable to work productively, especially when they are under the influence of substances. As a result, they often end up losing their jobs.

FAMILY PROBLEM

Abusers show little interest in the well-being of family and friends. Sometimes, because of unemployment, they have difficulty supporting themselves and their families, resulting in family problems such as rejections and divorces.

It takes courage to
stand up for yourself,
to stand up to others
and to take **control**
of your choices.

SPOTTING A SUBSTANCE ABUSER

Watch out for the behaviours and signs below as they give you an indication on whether a person may be under the influence of harmful substances.

PHYSIOLOGICAL SIGNS

- Sores on the nose and mouth, runny noses, bloodshot eyes (glue sniffers)
- Smell of solvents on breath, clothes, hair (glue sniffers)
- Coughing, frequent salivation, spitting
- Progressive, severe dental problems (abuse of methamphetamine)
- Chronic troubles with sinusitis or nosebleeds (abuse of snorted drugs)
- A persistent cough or bronchitis, leading to coughing up excessive mucus or blood (smoked drugs)
- Sudden weight loss or gain

BEHAVIOURAL SIGNS

- Excitable, hostile, violent, destructive behaviour, anger
- Loss of concentration or lack of attention
- Unsteadiness, clumsiness
- Slurred speech, talking to oneself
- Confusion, disorientation
- Dreamy state, hallucination
- Loss of interest in personal care, appearance, food and family activities
- Socially withdrawn
- Sudden decline in attendance or performance in school or work
- Repeated failures in school, frequent job hopping
- Frequently isolating oneself in places like storerooms, toilets and deserted corners

Individual / isolated symptom should not be considered as indication of substance abuse. It should be kept in mind that some of these symptoms could reflect other underlying issues. However, if you notice a friend or classmate consistently displaying these general symptoms, it would be wise to seek advice from your teachers or parents. Alternatively, simply reach out to us at SANA. Email us at sana@sana.org.sg or chat with us online at www.talk2SANA.com.

HOW TO SAY “NO” AND STILL BE COOL

There may come a time when someone offers you illicit substances and you feel like turning them down. However, saying “No” is easier said than done. In some cases, you may experience peer pressure and feel obligated to go along with the crowd, as you do not want your friends to think that you are “a chicken” or a coward.

But ask yourself this: is this worth it even though you understand the risks and consequences behind it?

Hang out with positive friends.
Better still, be the good influence.

But if you find yourself in an awkward situation where you are pressured by substance abusers, stand up to your own belief and be firm in saying “No”. Below are some tips you may find useful:

AVOID THE SITUATION

Avoid hanging out with friends who are involved in substances or going to places notorious for drug activities such as rave clubs and even private parties. If your friends get tough on you, just walk away and talk to someone you trust about the matter, like your parents or teachers.

SUGGEST ANOTHER ACTIVITY

If you have things to do or places to be, let the person know. This can give everyone a much-needed exit and can provide a healthy alternative. Say: “Sorry, I’m going to play football with Mark later. Why not join us?”

BE FIRM AND SIMPLY SAY NO

Sometimes, outrightly rejecting an offer is the best response. Don’t be baited into arguing or explaining yourself. Show the person that you are serious about what you say and assert your point through your tone and body language. Say: “Sorry, drugs are not for me.” Or “No, I don’t do drugs.” Better still, “You don’t need drugs.”

BE A POSITIVE INFLUENCE

You can be a positive influence and impact those around you. You only live once. There are many ways to lead a healthy, exciting lifestyle without getting involved with harmful substances that can get you in trouble.

Here are some suggestions to get you started. Note that this list is not exhaustive, so find out what works best for you!

UP FOR A CHALLENGE?

Take up a sport or pastime that you have not tried before, or break your personal record at something you are already good at!

LOOKING TO RELAX?

Unwind the day with music. Do some light reading. Meditate. If you prefer an outdoor option, consider taking a leisurely stroll in the park or neighbourhood.

FEELING STRESSED?

Sweat out your frustration with some exercise! When you exercise, your body releases some serious happy chemicals called endorphins that trigger a positive feeling in your body. You can also try talking to someone about what is bothering you and plan out the changes in your life. Stay active! Be progressive!

LOOKING TO SOCIALISE?

Join a team or a club and meet new people. Alternatively, organise outings and spend some quality time with your family and friends.

Reach out to friendly counsellors at SANA. Email us at sana@sana.org.sg or chat with us online at www.talk2SANA.com.

If you want to
stay progressive,
you need to set
goals that will
take you forward,
improve your life
and make things
better for yourself
and the people
that matter.

UNDERSTANDING ENFORCEMENTS AND THE LAW

Law enforcement agencies like the Central Narcotics Bureau (CNB) derive their powers from various legislation. The two pieces of legislation which target substance abuse are the Misuse of Drugs Act (MDA) and the Intoxicating Substances Act (INSA).

MISUSE OF DRUGS ACT

The Misuse of Drugs Act (MDA) is the main legislation for drug offences. It sets out the offences involving controlled drugs and substances in relation to trafficking, manufacturing, importation or exportation, possession and consumption.

Drug possession or consumption is an offence punishable under the MDA, with the offender liable to a fine not exceeding \$20 000, and/or imprisonment not exceeding 10 years, or both. However, first and second time abusers are given the chance to undergo treatment and rehabilitation at Drug Rehabilitation Centres (DRCs). Recalcitrant abusers who are arrested for the third and subsequent times face long term imprisonment and caning.

Repeat traffickers and those who traffic drugs to young or vulnerable persons will face stiffer punishment. A young person refers to a person who is below 21 years old. Similarly, harsher punishment apply to those who recruit young or vulnerable persons into drug trafficking, importation or exportation. It is also illegal to arrange or plan gatherings where controlled drugs are to be consumed or trafficked.

The organiser will be liable for aggravated punishment if such gatherings involve young or vulnerable persons.

The First Schedule of the MDA contains a list of controlled drugs which are classified into Class A, B and C. Besides established drugs like heroin and cannabis, the list also includes New Psychoactive Substances (NPS). NPS refer to a rapidly growing group of substances which are often promoted as safe substitutes for established drugs. However, NPS may have harmful effects and some have been linked to fatalities in some overseas cases. The inclusion of NPS in the First Schedule allows CNB to take action against persons who traffic, import or consume these substances.

CONSUMPTION OF CONTROLLED DRUGS OUTSIDE SINGAPORE

Consumption of controlled drugs outside of Singapore is an offence. Singaporeans and Permanent Residents who are found to have consumed illegal substances outside Singapore will be dealt with and the offence attracts the same penalty as if that offence had been committed in Singapore.

LONG TERM IMPRISONMENT

Despite having tough laws against drug abuse, there are some abusers who remain addicted to drugs despite going through repeated Drug Rehabilitation Centre (DRC) treatments. As these abusers usually turn to crime to feed their habit or perpetuate a drug culture by influencing others to experiment with and consume drugs, the MDA was amended to provide for long term imprisonment for these recalcitrant drug addicts.

OBJECTIVES OF LONG TERM IMPRISONMENT

- To provide greater security and safety to the rest of the society
- To deter individuals from continuing to abuse drugs
- To reduce relapse rate of drug addicts

WHO ARE AFFECTED?

Hardcore addicts of Buprenorphine, Cannabis, Cocaine, 'Ecstasy', Heroin, Ketamine, Methamphetamine, Morphine, Nimetazepam, and Opium.

Hardcore drug addicts shall be subjected to these penalties:

- Long Term Imprisonment 1 (LT1) – Between 5 and 7 years of imprisonment, and 3 to 6 strokes of the cane
- Long Term Imprisonment 2 (LT2) – Between 7 and 13 years of imprisonment, and 6 to 12 strokes of the cane

Those who have been through LT1 once will serve LT2 for subsequent offence of the consumption of the above.

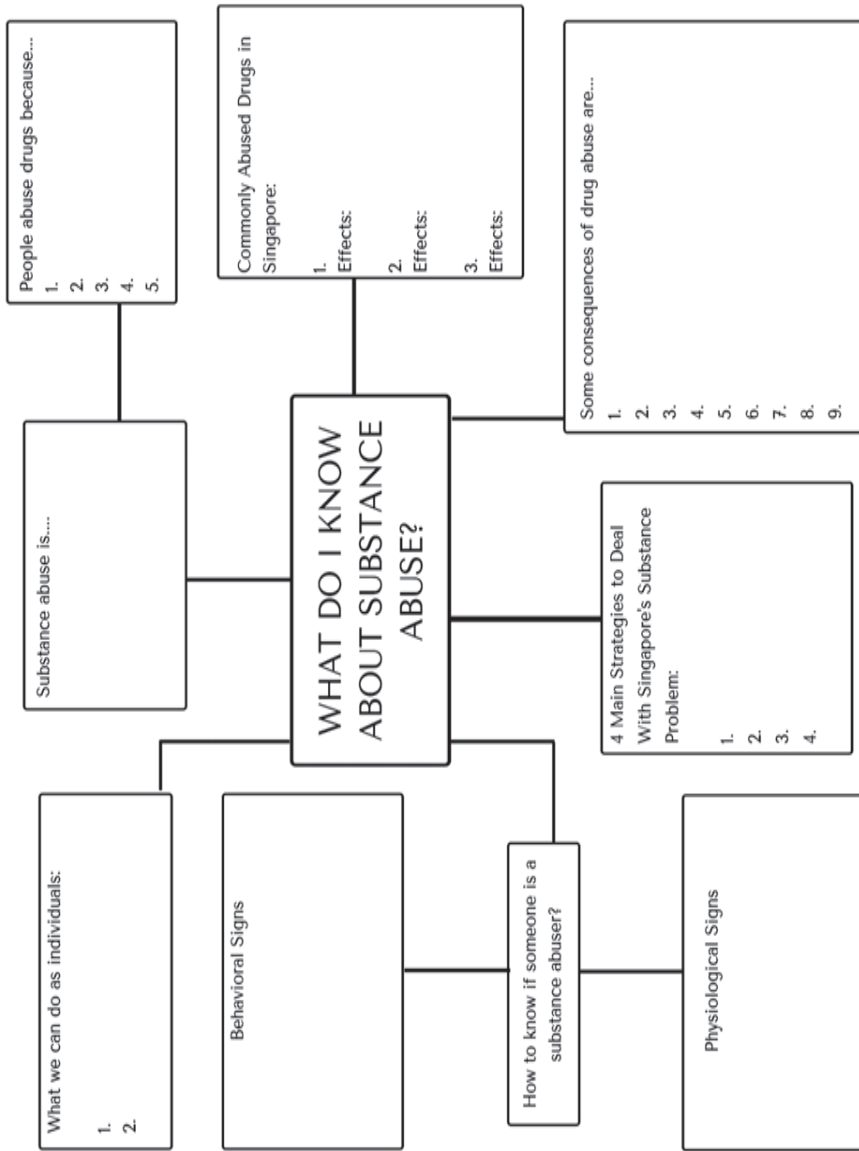
You may refer to the following links for more information

- Singapore Statutes Online on MDA (www.statutes.agc.gov.sg)
- CNB Website (www.cnb.gov.sg)

INTOXICATING SUBSTANCES ACT

Intoxicating substances refer to substances that give off vapours and fumes, such as glue and paint thinner and which when inhaled induces or causes a state of intoxication. The sniffing of such vapours or fumes is known as inhalant abuse. It is also commonly referred to as glue sniffing, solvent abuse, solvent inhalation, and solvent sniffing.

Under the INSA, inhalant abuse is an offence with abusers liable to a maximum punishment of a fine not exceeding \$2,000, or imprisonment not exceeding 6 months, or both. The INSA also empowers the Director of CNB to place an inhalant abuser under supervision up to a year or to commit him to an approved centre for treatment and rehabilitation between 6 and 12 months.



I pledge to be **drug-free**

because...

Name:

UG:

School:

Hello, we are SANA!

SANA believes the fight against drug abuse starts with building self-worth, and enabling self-determination. Every one of us can rise above influence, peer pressure, instant thrill and self-doubt to stay focused on the people and things that really matter. This way, we can live smart and be in control of our own lives.

SANA helps people recognise that they can resist, and rise above the influence of drugs. We do this through:

- **SOCIAL ENGAGEMENT** with and for those at-risk
- **EQUIPPING** caregivers and counsellors involved in aftercare and reintegration, social recovery and aftercare
- **ASSISTING** those in recovery to re-integrate into society and lead purposeful lives

We are focused on connecting with individuals, communities and those at-risk and in every engagement, we want to inspire positivity, restore hope and invigorate action.

We believe in staying **POSITIVE**, living **SMART** and being **EMPATHETIC** in the way we conduct ourselves.

OUR IMPACT

Equipped and counselled over **300** offenders a year under Case Management Services (CMS)

Equipped and counselled over **130** youths under the Youth Enhanced Supervision (YES) Scheme

Assisted over **400** walk-in clients at Step-Up Centre in a year

Engaged over **5,000** youths in a year under SANA Badge Scheme

Mobilized over **400** volunteers in a year through SANA outreach programmes

Engaged over **4,600** ex-offenders, youths and family members in a year through family and community outreach programmes

Over **18,500** volunteer hours spent counselling inmates in a year

COMMUNITY RESOURCE DIRECTORY

ASSISTANCE FOR	WHERE	CONTACT DETAILS
Recovering addicts and their families to seek crisis resolution when their living situation is disrupted or when they experience stress accompanied by cravings for drugs.	Singapore Anti-Narcotics Association (SANA) 2 Sengkang Square, 05-01 Sengkang Community Hub Singapore 545025	Telephone +65 6386 0259 / 6385 0649 Website sana.org.sg Email stepup@sana.org.sg Facebook @SANASpore Online chat at Talk2SANA.com
	SANA Step-Up Centre 2 Sengkang Square, Level 5, West Wing, Sengkang Community Hub Singapore 545025	Telephone +65 6386 0259 / 6385 0649 Email stepup@sana.org.sg Opening Hours Mon to Fri (except Thu): 10.00 am – 7.30 pm Thu: 10.00 am – 9.00 pm Sat: 10.00 am – 5.00 pm Sunday and Public Holiday: Closed
Self-help group for people recovering from alcohol addiction	Alcoholics Anonymous	Telephone +65 8112 8089 Website singaporeaa.org Email help@singaporeaa.org
Information on health topics, including substance abuse	Health Promotion Board	Telephone 1800 223 1313 Website hpb.gov.sg
Information on addiction related matters	National Addictions Management Service	Telephone 6-RECOVER (6- 7326837) (All Addictions Helpline) Website www.nams.sg Email nams@imh.com.sg
Self-help group for people recovering from drug addiction	Narcotics Anonymous	Telephone +65 3151 3124 Website nasingapore.org Email publicinfo@nasingapore.org
Emotional support to people in crisis, thinking of suicide, or affected by suicide	Samaritans of Singapore (SOS)	Telephone 1800 221 4444 (24 hr) Website sos.org.sg Email pat@sos.org.sg
To report on any drug-related incident	Central Narcotics Bureau, The Duty Officer	Telephone 1800 325 6666

talk2SANA.com

WE'RE HERE FOR YOU!



- A live chat for anyone who needs information on drugs and addiction
- Anonymous and confidential
- Managed by trained, friendly counsellors
- Available Monday to Friday: 6 pm to 9.30 pm
- When offline, you can email your questions and a counsellor will respond to you within 24 hours

S^ANA

SINGAPORE ANTI-NARCOTICS ASSOCIATION



OFFICE

2 Sengkang Square
#05-01
Sengkang Community Hub
Singapore 545025

Telephone +65 6732 1122
Website sana.org.sg
Email sana@sana.org.sg
Facebook @SANASpore
Online chat at Talk2SANA.com

STEP-UP CENTRE

2 Sengkang Square
Level 5 West Wing
Sengkang Community Hub
Singapore 545025

Telephone +65 6386 0259 / 6385 0649
Email stepup@sana.org.sg

OPENING HOURS

Mon to Fri (except Thu): 10.00 am – 7.30 pm
Thursday: 10.00 am – 9.00 pm
Saturday: 10.00 am – 5.00 pm
Closed: Sunday and Public Holiday