

DON'T FALL PREY TO DRUGS

The teenage years is the period of developmental transition between childhood and adulthood. It involves various changes in a teen's physical, intellectual, emotional and social development. He/she will begin to assert independence and discover his/her own identity.

Parents must address your teen's vulnerabilities as he/she becomes more exposed to external influences. Your teen will hear about drugs from peers or the media and some of this information may be inaccurate. Do your part in educating him/her about drugs early.

The profiles of youth abusers have changed. Youths who perform well academically, and who have close family unit, may also be dabbling with drugs. Any child **can fall prey to drug abuse**.

Look out for tell-tale signs of drug abuse in your teen's behaviour.

1

Has your child not been sleeping well?

Does he/she have bloodshot/sunken eyes?

Is he or she excessively moody/aggressive?

If your answers are "yes", your child may be displaying signs of 'Ice' abuse.

2

Is your child's teeth stained and yellowish?

Does he/she have jaundiced eyes?

Does he/she have "damp" breath and foul smelling hands?

If your answers are "yes", your child may be displaying signs of Cannabis abuse.

If you suspect your child is experimenting with drugs, take immediate action to save him/her from more harm. You play an important role in protecting your child from the ills and dangers of drugs.

Where do I get help for my child?

If you feel your child may be at risk, please contact the following hotlines:

CNB: 1800-325-6666 | www.cnb.gov.sg

NAMS: 6-RECOVER-(6-7326837) | www.nams.sg

**NEVER ASSUME THAT YOUR CHILD SHOULD HAVE KNOWN BETTER.
TALK to them about the harms of drug abuse.**

