

THE HARMS OF DRUG ABUSE

Why it's important to say "no" to drugs



What is a Drug?

A substance that changes your body or your mind when taken e.g. medicine given by doctors (prescription drugs)

BUT!

Drugs can be addictive and harmful, especially when used irresponsibly or when they are not needed.

To protect people from harm, some drugs are made illegal (**illicit drugs**).



Examples of Illicit Drugs



METHAMPHETAMINE

Also known as 'ice',
'crystal', 'yaba'



CANNABIS

Also known as
'weed', 'pot',
'marijuana', 'ganja',
'grass'



NEW PSYCHOACTIVE SUBSTANCES (NPS)

Also known as 'bath
salts', 'spice', 'K2',
'bromo-dragonfly',



INHALANTS

Also known as
'glue sniffing'



**Beware of chocolates/sweets
infused with cannabis!**

HOW DO DRUGS AFFECT YOU?

Drugs affect your learning

Memory Loss



Mood Swings

Loss of Coordination

This means you are likely to

- Perform **less well** in school
- Make **poor decisions**
- **Hurt** yourselves or others around you

Drugs tear families apart



Drug addiction
destroys lives,
tears apart
families and
harms society.

HOW DO DRUGS AFFECT YOU?

Drugs will affect your ability to grow up healthily and may even lead to death.

HEAD

- Permanent damage to the brain

HEART

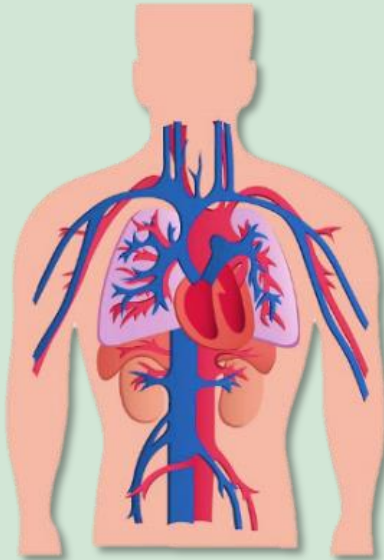
- Increased risk of lung cancer

LIVER

- Damaged to liver

KIDNEY

- Increased kidney function



EYES

- Disturbed sight and judgement

LUNGS

- Impaired lung function

STOMACH

- Gastric pain

BLADDER

- Bladder problems

Drugs come with severe punishment.

If a person takes drugs;
If a person sells drugs;
If drugs are found on a person...

The person could be jailed for up to 30 years,
and subjected to caning of up to 15 strokes.



Drugs are very harmful, so Singapore has to take strong action to control them and protect our people!



Choice

- *What fills your “feelings bar”?*
- *What are some of the consequences of taking drugs?*
- *What are some positive outcomes when we choose to stay drug-free?*



[Video Link](#)

REMEMBER...

- Drugs are addictive
- Drugs have harmful effects on your mind and body
- Drugs can badly affect your life and your loved ones
- Say 'no' to drugs!

