



# DRUGFREE SG ADVOCACY NEWSLETTER

DEC 2024

**Dear Partners and fellow Advocates**

As we bid farewell to 2024, let us reflect on the achievements we have accomplished together throughout this eventful year.

In this issue, we are pleased to share not only the winning entries from the DrugFreeSG essay competition, but also the winners of the DrugFreeSG video competition and the Anti-drug Ambassador Activity montage competition. Congratulations to the winners!

We wish you a good read, and Happy New Year!

We value your feedback and inquiries on our programmes and activities. Please feel free to reach out to us at **[cnb\\_community\\_partnership@cnb.gov.sg](mailto:cnb_community_partnership@cnb.gov.sg)**.

Thank you for your unwavering support in our shared mission for a drug-free society.



## RECAP OF 2024'S SIGNIFICANT HIGHLIGHTS

### *AT A GLANCE...*

2024 has been an eventful year with various achievements, which would not have been made possible without the support of our partners and advocates for the drug-free cause. Let's look back at the photos from this year's significant highlights!



**Dadah Itu Haram outreach event at Madrasah Al-Maarif (3 January)**



**Minister's Dialogue with DrugFreeSG Champions (22 February)**



**Kiss92 FM X CNB Roadshow (26 February)**



**67th session of the United Nations (UN) Commission on Narcotic Drugs (CND) (14 - 22 March)**



**Anti-drug project led by our advocate, Jaylen Chua (18 & 19 April)**



**Ministerial Statement on Singapore's National Drug Control Policy (8 May)**



**Drug Victims Remembrance Day (17 May)**



**DrugFreeSG Light-Up (26 June)**



**CNB Workplan Seminar (10 July)**



**Outreach event by Muneeswaran Community Services and Nee Soon Central IAEC (27 July)**



**Campus Legends x NCADA Parents Seminar (3 August)**



**Project Give - A collaboration between Bothaiporulai Ethirthu Nirpom (BEN) and SINDA (19 & 26 October)**



**DrugFreeSG Parenting Conference (2 November)**



**DrugFreeSG Appreciation Dinner (21 November)**



# **WINNING ENTRY FROM THE DRUGFREESG ESSAY WRITING COMPETITION 2024**

## ***AT A GLANCE...***

In May this year, CNB organised the DrugFreeSG Essay Competition, which concluded in Aug, to encourage conversations and reflections on the multifaceted impact of drug abuse. There were a total of 283 entries from various schools.

This month's winning essay shares the impact of drug abuse on a neighbourhood in Singapore. Through the author's father's experiences, the essay illustrates the devastating effects on individuals, families, and communities, while highlighting the importance of resilience and strict anti-drug policies in overcoming these challenges.



## ***From Despair to Determination***

Drug abuse results in the loss of humanity, leading to horrific consequences. Growing up, my father often recounted the tales of his acquaintances who fell victim to the merciless world of drugs. Chaos ran rampant through the streets. Immobile drug abusers drowsed on the curbs, plainclothes officers feverishly chased after rowdy suspects, and swift, clandestine drug dealings took place in lift lobbies. As a teenager, he walked past the lifeless, bloodied body of his neighbour, who had plunged to his death from his HDB block while in a state of drug overdose. His eyes would glaze over with a hint of sadness whenever he spoke of the incident, a stark reminder of the fragility of life in the face of drug abuse.

The truth is, drug abuse is not a victimless crime. It wreaks havoc upon the bonds linking family units, destroying blood relations and, eventually, entire communities. Families in the neighbourhood were no exception. Screams echoed from neighbouring units during heated familial disputes over money, and more often than not, the sounds of physical violence could be heard. Crime rates soared as addicts resorted to theft and violence to sustain their habits. Well-intentioned families in the neighbourhood began to take protective measures, imposing curfews and installing door locks in a bid to safeguard their loved ones from the ever emerging threats arriving at their doorsteps. And yet this could be taken literally. Instances like the ones my father experienced—drug suspects attempting to force their way into innocent people's flats to escape the officers on their heels—further exacerbated the fears of ordinary, civil citizens, who grew increasingly wary.

Despite the bleakness, there were glimmers of hope in the form of prevention and intervention strategies. The authorities worked tirelessly to implement education programs and early intervention initiatives. They played on both sides of the coin, cracking down hard on drug mules, while also making the message clear on the intolerance of illegal controlled drugs in our society. A number of captivating public awareness campaigns, including eye-catching posters that emphasised the risks of drug usage and the significance of making correct choices, served as the driving force behind prevention efforts. Conversely, intervention programmes concentrated on offering assistance and resources to individuals who were already impacted by drug abuse. In order to promote a feeling of community and solidarity, regular community events were planned, such as sporting competitions and cultural festivals at the neighbouring community centre. These served to emphasise the idea that residents were devoted to sticking by one another through good times and bad. By working together, the neighbourhood was able to address drug abuse head-on and fortify the ties that bound their community together.

The consequences from drugs are enormous. I frequently question why a lot of people think Singapore should start being more lenient when it comes to drug laws. It seems as though the drug user would be the only one to suffer the repercussions. An idea that is not at all realistic.

Many years later, this neighbourhood is a different place. I often walk through the neighbourhood with my father, marvelling at the transformation. One evening, as we sat on a bench overlooking the playground where he once played, I turned to him and asked, "How did you do it, Dad? How did you escape when so many others couldn't?"

He looked at me, his eyes reflecting a mixture of pride and lingering sorrow.

"It wasn't easy," he began, "but I knew that I wanted something better, not just for myself, but for the community."

We sat in silence for a moment, watching the currents of the Kallang river. I thought about the stories he had told me and the battles he had fought. The resilience he displayed in the face of such adversity was awe-inspiring. As the evening shadows lengthened, I asked one last question,

"Do you think it's really over?"

He shot me a smile that did not reach his eyes.

"The fight is never really over," he said softly. "But every day we take another step forward, and that's what matters."

His words hung in the air, a poignant reminder of the ongoing struggle against the forces that had once threatened to destroy his world. Our conversation ended, but for many other families, the battle continues. The scars of addiction still mark their lives, and the struggle for a better future remains their daily challenge.

This neighbourhood was a place where resilience was forged in the crucible of adversity. His story is a reminder that even in the darkest of times, there is hope, and through determination and conviction, one can rise above the chaos to build a better future. It is these collective efforts that continue to shape my understanding of resilience, community, and the zero tolerance policy of drugs we ought to have.



# WINNING ENTRIES FROM DRUGFREESG VIDEO COMPETITION 2024

## ***AT A GLANCE...***

Check out these powerful and creative anti-drug messages crafted by talented youths in this year's DrugFreeSG Video Competition. Centered on the theme "Drug Abuse is Not Victimless", these videos highlight the profound effects of drug abuse on individuals, families, and communities.

# DRUGFREESG VIDEOGRAPHY COMPETITION 2024

*Thank you for your support and congratulations to all winners!*

## YOUTHS CATEGORY



#1 - "SWEET OR SOUR"  
KRSS\_HICHEW  
KENT RIDGE  
SECONDARY SCHOOL



#2 - "BREATHE"  
KAE CINEMATICS  
ST. JOSEPH  
INSTITUTION



#3 - "TO AH BOY"  
CLV  
RIVER VALLEY HIGH  
SCHOOL



#MERIT- "RAY OF LIGHT"  
WHITLEY SEC SCH DRAMA CLUB  
WHITLEY SECONDARY SCHOOL



#MERIT - "REUNION"  
SELECTIVE LISTENERS  
COMMONWEALTH SECONDARY  
SCHOOL

## YOUNG ADULTS CATEGORY



#1 - "DAYDREAM"  
AFFINITY CINEMATICS  
TEMASEK  
POLYTECHNIC



#2 - "BLUE TEMPTATION"  
TLJTWAA  
TEMASEK  
POLYTECHNIC



#2 - "REFLECTION 《倒映》"  
YUS  
NGEE ANN  
POLYTECHNIC



#MERIT- "HEAVEN OR HELL"  
PHILEGEND PRODUCTIONS  
NGEE ANN POLYTECHNIC, INSTITUTE  
OF TECHNICAL EDUCATION AND  
NANYANG POLYTECHNIC



#MERIT - "RIPPLES"  
ERICA LEE YQ

The winning entries are now available on [CNB's YouTube channel](#).

Together, let's amplify the message that "Drug Abuse is Not Victimless."



# WINNERS FROM AAA MONTAGE COMPETITION

## ***AT A GLANCE...***

The 2024 Anti-Drug Ambassador Activity (AAA) programme and Anti-Drug Montage competition have successfully concluded, and we are deeply appreciative of the effort and dedication shown by every school involved. Your commitment to Preventive Drug Education (PDE) has been invaluable in empowering students to take a stand against drug abuse.

The AAA programme is a cornerstone of PDE for primary schools, designed to engage young minds in understanding the importance of a drug-free lifestyle. This year, the programme witnessed enthusiastic participation from 151 schools, involving an impressive 67,519 students. The Anti-Drug Montage competition, themed “Remembering a #DrugFreeSG,” further inspired students to express their creativity through thoughtful and impactful visual messages that resonated within their communities.

These initiatives underscore the significance of engaging students early in their educational journeys, equipping them with the knowledge and confidence to make informed decisions while inspiring others to do the same.

Thank you! You have made an invaluable contribution to fostering a brighter, drug-free future.



## ANTI-DRUG MONTAGE COMPETITION 2024 WINNING ENTRY HUAMIN PRIMARY SCHOOL



Drugs are destructive to our lives, and we should stay away from it.



The scene is framed by iconic HDB flats, symbolising community and togetherness. Unique to this artwork are the trees, their leaves made up of anti-drug ribbons, each inscribed with pledges from Primary 1 to Primary 6 students. This striking visual metaphor not only highlights the commitment of the youth to a drug-free future but also emphasises the importance of support from family and friends in nurturing a safe and vibrant community.

## ANTI-DRUG MONTAGE COMPETITION 2024 WINNING ENTRY NORTHOAKS PRIMARY SCHOOL



The superhero theme really made me think about how I can be a hero by choosing to stay drug-free. I don't need anything else to be cool. - Student



# COMMUNITY OUTREACH

Curious to learn more about the harms of drugs and our drug prevention efforts as well as how you can contribute to it? Join us at the upcoming community roadshows!

Event Name	Date/Time	Venue
Pasir Ris - Punggol Community Resilience Day	12 Jan 2025, 10am - 1pm	One Punggol Celebration Square and The Plaza, Level 1 (1 Punggol Drive Singapore 828629)



# FOR MORE INFORMATION ON OUR PARTNERS



The **National Council Against Drug Abuse (NCADA)** was formed in January 1995. As the advisory council to the Minister and the Ministry of Home Affairs, NCADA's mission is to serve as an effective conduit between the Government and the public by championing –

1. Advocacy on policies and measures against drug abuse
2. Community engagements and outreach to public to promote Singapore's zero drug tolerance stance with the support of community partners



**DrugFreeSG Champions** are appointed by the Minister for Home Affairs who chairs the Inter-Ministry Committee on Drug Prevention for Youths to amplify drug-free messages to our youths through their respective networks. They comprise educators, student leaders, counsellors, youth workers, NS and healthcare communities, who seek to promote the #DrugFreeSG message within their spheres of influence. They are empowered to engage and safeguard our community, particularly youths, against the harms of drugs to keep Singapore drug-free.



The **DrugFreeSG Advocacy Network** Scheme brings together volunteers who identify with and promote the drug-free cause. Our DrugFreeSG Advocates play a vital role by being active voices in amplifying anti-drug messages within their spheres of influence, inspiring others to take a firm stand against drugs. Be part of the movement for a Singapore without drugs, where everyone can live, work and play safely.

Help us grow the Network by telling your friends about us and the volunteering opportunities with CNB. Drop us an email at [cnb\\_community\\_partnership@cnb.gov.sg](mailto:cnb_community_partnership@cnb.gov.sg) for more information about the Network or if you are keen to sign up as a volunteer.

*\*Volunteers under the Network do not represent CNB and NCADA, nor are they spokespersons of CNB and NCADA during or outside the term of deployment.*

**Drop us an email at [CNB\\_Community\\_Partnership@cnb.gov.sg](mailto:CNB_Community_Partnership@cnb.gov.sg) if you would like to add your friends into our mailing list or if you wish to unsubscribe.**

If you come across drugs, or what you suspect to be drugs, you should call CNB hotline at **1800-325-6666**. Kindly note that airtime charges apply for mobile calls to 1800 service lines and calls are free of charge only if made from regular land lines. For more information, please visit the CNB website at [www.cnb.gov.sg](http://www.cnb.gov.sg)

Connect with us:



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