



DRUGFREESG**** **ADVOCACY NEWSLETTER**

FEB 2025

Dear Partners and fellow Advocates

The National Council Against Drug Abuse (NCADA) began its new 2025-2027 term with effect from 1 Jan 2025. We thank the outgoing members for their contributions to the fight against drug abuse, and welcome our incoming members who will carry on this important work.

Learn about CNB annual drug statistics for 2024, where we share key insights into the current drug situation in Singapore, the worrying trends and what we can do to address these concerns.

Read about the recent DrugFreeSG Advocacy Network engagement session held on 25 Jan 2025, where advocates learnt about the local drug situation and tips on public engagement strategies to enhance their advocacy skills.

We continue to bring you excerpts from “Waiting For You”, an initiative by the Singapore Prison Service featuring a compilation of real-life stories written from the perspectives of the drug abusers’ families.

Happy reading!

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**.

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

NCADA BEGAN ITS NEW 2025-2027 TERM

AT A GLANCE...

The National Council Against Drug Abuse (NCADA) began its new 2025-2027 term with effect from 1 Jan 2025. We thank the outgoing members for their valuable contributions and welcome the incoming members who will continue to strengthen Singapore's fight against drug abuse.



The NCADA End-of-Term dinner, hosted by Associate Professor Muhammad Faishal Ibrahim, Minister of State, Ministry of Home Affairs and Ministry of National Development, was held on 19 Nov 2024 to thank Council Members for their dedicated contributions and service. NCADA expresses our appreciation to Council Members A/P Narayanan Ganapathy, Dr Thomas Chong, Mr Hudzaifah Alyaman Bin Adam, Mr Zhulkarnain Abdul Rahim, Ms Loo Choy Wan Elaine, Ms Azlinah Binte Arif, Ms V Vyjayanthimala and Ms Tan Chiah Hwee, who stepped down on 31 Dec 2024, for their significant contributions to NCADA.



We also extend a warm welcome to our new members Mr Ng Ser Song (top left), Former Senior Advisor (Drugs & Advocacy), Ms Hazlina Abdul Halim (top right), CEO of Make-A-Wish, Mr David Yap (bottom left), Creative Director of Design Arcade 2000, and Mr Firdaus D'Cruz (bottom right), CEO of Pertapis, who join NCADA in the new 2025-2027 term with effect from 1 Jan 2025. Their expertise and dedication will strengthen our collective efforts as we work together to further our mission of promoting a drug-free Singapore.

We thank all NCADA members for their commitment in the fight against drug abuse. Their dedication to raising public awareness and fostering community engagement has been instrumental in maintaining Singapore's strong stance against drugs.

For more information on NCADA, visit www.ncada.org.sg or follow NCADA on social media via linktr.ee/ncada.



CNB ANNUAL DRUG STATISTICS 2024

AT A GLANCE...

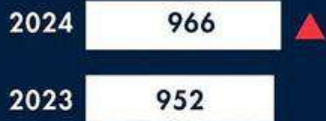
While Singapore's overall drug situation remains relatively under control, there are worrying trends. What are these trends, and what can we do to address these concerns? Read on to find out the key insights from CNB's annual drug statistics for 2024.

While Singapore's overall drug situation remains under control, the CNB annual drug statistics for 2024 highlights worrying trends in youth drug abuse, as emphasised by Acting Dir CNB.

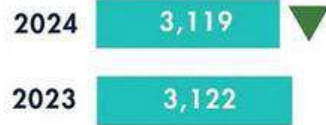
Statistics show that there is a 30% rise in arrests of new drug abusers under 20 years old, with 126 youths arrested in 2024, and the youngest arrestee being just 13 years old. Methamphetamine continues to be the most commonly abused drug among this age group. The statistics also show that for the second consecutive year, new abusers below 30 made up more than half of all new cases. While the total number of drug arrests slightly decreased, the trend of youth drug abuse remains a significant societal concern. CNB emphasises the need for a collective effort to educate young people about the dangers of drug use and its far-reaching effects on families and communities.

KEY DRUG STATISTICS 2024

New Drug Abusers Arrested



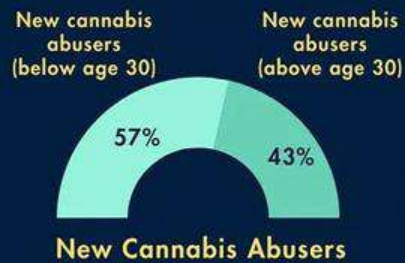
Total Drug Abusers Arrested



31% of arrested abusers were new abusers.
~52% of new drug abusers arrested were below the age of 30.

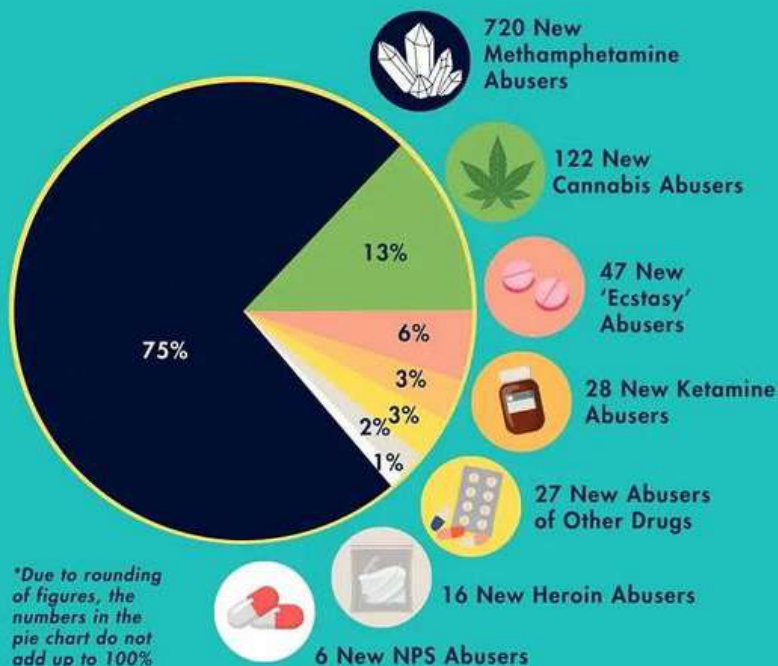


61% of **cannabis** abusers arrested were new abusers, of which 57% were below the age of 30.



New Abusers by Drug Type

Methamphetamine, Cannabis and Ecstasy were the three most commonly abused drugs by new drug abusers arrested in 2024



NOTE:
2023 figures are confirmed and 2024 figures are provisional.
In this report, 2024 refers to the period 1 January 2024 to 31 December 2024.

Scan the QR code below for CNB's news release:



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

SUSANTY'S STORY: FROM ADDICTION TO RECOVERY

AT A GLANCE...

Hear about Susanty's journey from addiction to recovery and giving back to the community.



Susanty's battle with drug addiction began with cannabis. After facing multiple life challenges, she fell into a destructive cycle that caused pain to her loved ones. Today, while continuing her own recovery journey, Susanty gives back by volunteering and sharing her story at support groups. Her inspiring transformation shows that with help, there is always hope for healing, forgiveness, and a better future.

Visit CNB's Facebook/Instagram page or scan the QR code below to watch the video:



DRUGFREESG ADVOCACY NETWORK ENGAGEMENT SESSION

AT A GLANCE...

The DrugFreeSG Advocacy Network's engagement session on 25 Jan 2025 equipped advocates with knowledge on drug issues and public engagement strategies to enhance their advocacy skills.



On 25 Jan 2025, the DrugFreeSG Advocacy Network held an engagement session for advocates, covering topics such as Singapore's drug situation and tips on public engagement strategies. We were pleased to see new faces at the session. Our longtime advocates Mr Idid Hazalee, Mr Francis How, Mr Gopal Mahey, Mr Khairul Idz, Mr Eddie Lee and Ms Jessica Nagulendran were on hand to share their experience with our new advocates in spreading the DrugFreeSG message. Advocates also worked in groups to discuss on potential Preventive Drug Education projects.



"It was sheer dedication, strong willpower, determination, and family support that enabled me to change. By being a DrugFreeSG Advocate, I want to help other ex-offenders become better versions of themselves than they were before."

Mr Idid Hazalee Bin Hamid

Want to stay updated on our latest events? Scan the QR code below to join our WhatsApp Channel now!





EXCERPT FROM “WAITING FOR YOU”

AT A GLANCE...

“Waiting For You”, an initiative by the Singapore Prison Service features a compilation of real-life stories written from the perspectives of the drug abusers’ family members and loved ones.

In this edition, we share with you “My Absent Father” – a personal reflection of a daughter’s experiences growing up with a father addicted to drugs.

My Absent Father



"GIVE ME THE MONEY NOW" was a frequent demand spewed by my father towards my mother. I watched in horror as he screamed; his face contorted in rage and desperation. As a child, I did not understand his obsession with money but it all made sense when I was about 11 years old. My siblings and I witnessed his bizarre behaviours at home one day. He looked delirious and uttered so many words but none of those made any sense to us. In the midst of his tirade, he fell asleep and drooled incessantly. We thought he was ill from something he consumed. Only when he was arrested and sent to prison did we realise that he had been addicted to drugs. It was a moment of clarity for me. Throughout the years, he had been demanding money for his drugs. When my mother did not give in, he stomped around the flat and overturned it in search of money.

During this period, we noticed his angry outbursts that often turned into rage. His temper tantrums reached a point where he became physically abusive towards me. I recall with hurt that he hit me with his belt when I returned home late from our aunt's place once. On another occasion, he had assumed that I had made a negative remark about him. He made a beeline towards me and punched me in my stomach. The pain was excruciating and it made me hate him. I became more afraid of him as I was growing up because I could never anticipate when he would unleash his anger on me. It happened again when I was 15. I was home a little late from my part-time job and there he was, with bloodshot eyes glaring at me with a belt in his hand ready to beat me up. My mother swiftly stepped in to stop him. Although the physical pain of his abuse has left me, the emotional pain continues to live in my memory.

Overtime, my siblings and I tiptoed around him as we were afraid to incur his wrath. Deep inside, we all longed for his love and support but he was barely around. During the brief periods that he was, he did not conduct himself as a father. He missed all our milestones; from the time we sat for our PSLE to our O Levels, he was locked up in prison. On my wedding day, he was serving another prison sentence. It should have been my father's duty to give me away but my mother had to take his place.

We love our father but disliked his errant ways. We supported him in every way possible but each time, he left us disappointed. He seemed to love his friends and drugs more than us. It was obvious to us that he never rejected his friends. When they offered him drugs, he went along with them only to repeat his cycle of addiction soon after. My father used to argue that drug use was his own business. He did not consider how it had affected each and every member of our family. He failed to realize that the money he had spent on drugs could have afforded us better housing or a more normal childhood.

Trapped inside me is a little girl longing to be loved and doted on by her father, but I know in my heart that this can only be possible when my father finally breaks free from the chain of drugs. I know now that a drug addiction can turn the most loving person into a selfish and self-centered one. To all the fathers hooked on substances, I speak on behalf of all your children. Whenever you find yourself in a situation where you are likely to succumb to drug use, please take a minute to think if the temporary pleasure you get is worth the permanent pain you install into your children's hearts.

Do not forget for a moment that children need their fathers too; isn't that why God made you fathers? If there is one lesson my siblings and I have learnt, it is to steer clear of drugs. We will ensure that we educate our own children and our future generations not to exchange their lives for drugs. I read a poem written by a chronic drug user before she died from an overdose.

If I were granted a wish, I would wish for my loving father to return to us drug-free. I know we cannot undo the past but we can certainly create a happier future together. We love our father deeply. If he cannot do much for us as we have grown up, we hope he can come back to take care of our mother. She has suffered silently and has been playing the roles of a mother and father for so long. It is time my father wakes up from his own nightmare to resume his responsibility of a father, husband and grandfather.

Note: Names and locales have been changed to protect the identities of family members.

COMMUNITY OUTREACH



CALL FOR VOLUNTEERS

Interested in sharing the preventive drug message at the following event? Email us at:

 CNB_Community_Partnership@cnb.gov.sg

Event Name	Date/Time	Venue
Date Your Loved Ones Today!	23 Mar 2025, 3.30 – 8.30pm	Kampong Glam (Meeting point TBC)
Drug Victims Remembrance Day	16 – 18 May 2025, 10am – 8pm	Suntec City Atrium (Convention)



FOR MORE INFORMATION ON OUR PARTNERS



The **National Council Against Drug Abuse (NCADA)** was formed in January 1995 as a citizen's advisory council to the Ministry of Home Affairs on preventive drug measures and programmes in Singapore. The Council advises the Government on measures and strategies to curb drug abuse in Singapore. Its role is also to harness community support for anti-drug programmes and complement the promotion of preventive drug efforts, programmes, and research to inform the public on the dangers of drug addiction.



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** 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 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 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

Connect with us:



@cnb.drugfreesg