

# JOINT YEAR-END SCHOOL HOLIDAYS ADVISORY

## STAY SAFE

## BY FOLLOWING THESE TIPS



**NCADA**  
NATIONAL COUNCIL  
AGAINST DRUG ABUSE

**NPCC**  
NATIONAL  
CRIME PREVENTION  
COUNCIL

# Stay safe during the school holidays by following these tips



## Shop Theft

Offenders shall be punished with imprisonment for up to 7 years and shall also be liable to fine.

**Shop theft is a serious crime.** Do not leave the shop without paying for your items. The CCTV cameras in stores will catch you. Even if you manage to walk away with the stolen item, the CCTV camera footages will help the Police identify you.



## Hurting Others

Do not throw any item from upper floors as it could cause serious injuries or even kill someone.

Offenders shall be punished with imprisonment for up to 1 year, or with fine, or with both.



## Stranger Danger

**Do not speak to or follow strangers.** Inform your teachers, family members or friends immediately if this happens.



**BE AWARE  
AND  
BE SAFE**



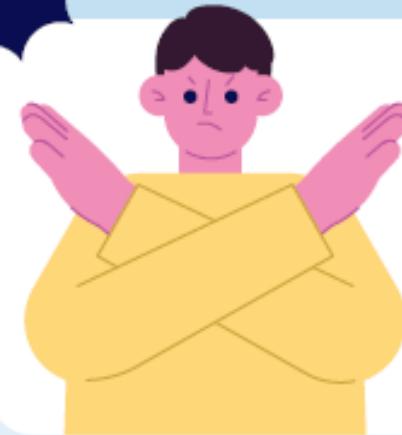
## Bullying



**Bullying is not cool and can cause serious harm to people.** Always speak up and inform your teachers and family members immediately when anyone tries to bully you, including through messages, social media, or other digital platforms. Do not keep quiet.



## Do not give in to peer-pressure



**Learn to say 'No'** when you know something you are asked to do is wrong. When you witness anything done that is wrong, report to your teachers and family members immediately.



## Did you know?

In first half of 2024,  
more than 10 victims under the  
age of 12 fell prey to scams.

Watch out for tricks online! If someone offers free prizes, amazing deals, or pretends to be your friend asking for money - it's probably a scam! Tell an adult right away.

You can also call the 24/7 ScamShield Helpline at **1799** to check if you suspect something is a Scam.



**Say 'No' if anyone tries to offer you drugs or anything strange.**



Inform your teachers or family members.

Call the Police or the CNB hotline at **1800 325 6666** to report suspected drug and inhalant abuse. For more information on the harms of drugs and inhalant abuse, visit: [www.cnb.gov.sg](http://www.cnb.gov.sg).



## Crime Prevention

Call the Police hotline at **1800 255 0000** or submit information online at [www.police.gov.sg/iwitness](http://www.police.gov.sg/iwitness)

'**999**' is for emergencies only. Please call only if you require urgent Police assistance.

For more information, visit: [www.police.gov.sg](http://www.police.gov.sg), [SPF Facebook](#) or [www.ncpc.org.sg](http://www.ncpc.org.sg)



## Resources on Crime Prevention and Staying Drug-Free

The following provides more information on crime prevention and staying drug-free:

- Unsure if something is a scam? Call the 24/7 ScamShield helpline at **1799** to check.
- For more information on scams and ways to increase your protection from scams, visit: [www.scamshield.gov.sg](http://www.scamshield.gov.sg)
- Call the Police or the CNB hotline at **1800 325 6666** to report suspected drug and inhalant abuse.
- For more information on the harms of drug and inhalant abuse, visit: [www.cnb.gov.sg](http://www.cnb.gov.sg).

you've  
got  
this!



# A NEW THREAT

## IT'S NO LONGER JUST ABOUT NICOTINE

### VAPING IS GETTING MORE DANGEROUS

In Singapore, vapes have been found laced with etomidate — a Class C controlled drug.

#### ETOMIDATE-LACED VAPES MAY CAUSE:



DISSIMILARITY



CONFUSION



HALLUCINATIONS



BREATHING  
DIFFICULTIES



DEATH



Vape Penalties



- Fines of up to \$2,000
- Rehabilitation programmes

# PARENTS PLAY A KEY ROLE. START THE CONVERSATION:

## BE CASUAL

Bring up topics on vaping naturally in conversations.

## BE CURIOUS

Ask your child what they know about vaping and thank them for sharing.

## BE CANDID

Share your views clearly, highlight health and legal risks.

**Tip: Have regular conversations with your child to stay informed**

## WHERE TO GET SUPPORT

### ⓧ QuitVape Programme

Tailored support to help individuals stop vaping.

### 📞 QuitLine 1800 438 2000

Confidential guidance for both parents and youth, what's shared stays private.

Learn more about the effects of vaping



Visit  
[go.gov.sg/stopvaping](http://go.gov.sg/stopvaping)

Get access to parenting resources



Explore Parent Hub  
for more resources

**Persons who voluntarily seek help will not face any penalties**