



Drug Victims Remembrance Day 2025

Guide for Parents/Guardians

This guide provides you with practical tips to support your child's/ward's emotional well-being when addressing topics related to drug abuse, abusers and victims.

1) Identify If Your Child/Ward May Need Emotional Support

- **Behavioural Changes:** Look for signs such as withdrawal from social interactions, increased aggression or sudden mood swings. These changes may indicate that your child/ward is struggling emotionally.
- **Performance/Interest in School:** Notice any decline in academic performance or sudden lack of interest in school activities. A sudden drop in grades or disinterest in school may be a red flag.
- **Physical Symptoms:** Pay attention to physical signs like frequent headaches, stomach aches or unexplained injuries. These can be manifestations of emotional distress.

2) Engage Your Child/Ward

- **Approach Calmly:** Approach in a calm and non-judgmental manner. Create a safe and supportive environment so that your child/ward feels comfortable sharing his/her feelings.
- **Use Open-Ended Questions:** Encourage your child/ward to express their emotions by asking open-ended questions. For example, "Can you tell me more about how you're feeling?"
- **Listen Actively:** Listen actively and validate their emotions without offering immediate solutions. Show empathy and understanding by acknowledging their feelings.

3) Refer for Assistance, Where Necessary

- **School Counsellor:** Inform the school counsellor about the situation. The counsellors can provide professional support and guidance.
- **Local Drug Rehabilitation Services:** If you know someone struggling with drug abuse, encourage them to seek help early. There are support services available to assist them in overcoming addiction and rebuilding their lives e.g. Singapore Anti-Narcotics Association (SANA) and National Addictions Management Service (NAMS).

4) Online Resources

- Central Narcotics Bureau (CNB)'s Preventive Drug Education Handbook for Parents ([link](#))
- Ministry of Education's Social and Emotional Learning Resources for Parents ([link](#))
- Ministry of Social and Family Development's Practitioners' Resource Guide ([link](#))
- Parenting for Wellness ([link](#))
- Singapore Anti-Narcotics Association ([SANA](#)): Para-counsellors for support on drug-related issues that you or someone close to you might be facing. Mon to Fri, 2pm-9pm.
- National Addictions Management Service ([NAMS](#))
- SGSecure's Brochure on Supporting Children ([link](#))
- Those who wish to quit vaping can join the Health Promotion Board's [I Quit programme](#) or call Quitline at 1800 438 2000 during office hours.

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