

What You Don't Know About Drugs

Get ready for a fun and exciting adventure that tells the real truth about drugs, what they are, why some people use them, and the dangers they can cause. In this booklet, we'll bust common myths, explore how drugs affect your body and brain, and help you understand the science behind it all. With the right knowledge, you'll be ready to make smart, healthy choices and stay in control of your future. Let's dive in and discover the facts together!



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Introduction

As the Director of the Customs Anti Narcotic Unit (CANU), it is my privilege to reflect on the importance of the booklet, *What You Don't Know About Drugs*, designed for children between the ages of 8 and 13. At CANU, we recognise that early intervention and education play a crucial role in preventing drug misuse and trafficking. This booklet serves as an essential tool in empowering young minds with the knowledge they need to make informed decisions and understand the dangers of drugs, both legal and illegal.



Mr. James Singh
Director,
Customs Anti Narcotic Unit

CANU's primary mission is to protect our communities by enforcing laws related to drug trafficking and preventing the illegal movement of narcotics across our borders. However, our work extends beyond enforcement. We are deeply committed to educating the public, particularly our youth, about the risks associated with drugs. By providing resources like this booklet, we hope to foster a generation of well-informed individuals who can confidently make positive choices for themselves and their peers.

The Unit strongly supports the Guyana Drug Information Network (GUYDIN), a department within CANU, that serves as the country's National Drug Observatory, working towards a safer and healthier environment for all. GUYDIN plays a pivotal role in gathering and disseminating information about drug use trends in Guyana. This collaboration strengthens our efforts to both inform and protect the public from the dangers of drug misuse and trafficking.

What You Don't Know About Drugs is not just a resource; it is a critical part of our broader strategy to reduce drug-related harm in our society. Through education, we can help build a future where young people are empowered to stay safe and make the right decisions.

What Are Drugs?

Drugs are substances that can change how your body or mind works. They might affect the way you think, feel, act, or even how your senses work, like how things taste, sound, or look. Because of this, drugs can be unpredictable and sometimes dangerous, especially for young people.

Some drugs can help people feel better when they're sick. These are called medicines. But even medicines can be harmful if they're not used the right way. That's why doctors or pharmacists give instructions on how and when to use them.

There are two types of medicines:

Prescription drugs – you need a doctor's note to get these.

Over-the-counter (OTC) drugs – you can buy these at a store without a prescription.



The government has rules to make sure drugs are used safely. It's important to only take medicine the right way, and only if it's meant for you.

But wait!... Did You Know?




Did you know that sugar and caffeine are drugs, too? Yep! Even your morning hot chocolate might have a tiny effect on your brain.





Did you know that not all drugs look the same? Some look like candy, some look like drinks, and some even come in bottles or sprays. This is why it's important to learn how to tell the difference between safe medicine and dangerous drugs.

Watch Out! Drugs Can Come In...

Form	Example	Looks Like	Be Careful!
 Pills & Tablets	Medicine or ecstasy	Round, oval, even heart-shaped	Some look like candy!
 Colourful Capsules	Antibiotics or dangerous drugs	Bright colours	Don't eat it unless an adult says it's medicine for you!
 Drinks or Liquids	Cough syrup or liquid drugs	Bottles, cans, even juice boxes	Never sip something unless you know what it is
 Injectables (Needles)	Vaccines (good!) or illegal drugs (bad!)	Syringes or vials	Never touch needles – tell an adult if you see one
 Edibles	Candy or drugs baked into food	Gummies, brownies, cookies	Some drugs are hidden inside sweets!
 Vapes or Sprays	Asthma sprays or drug vapes	Inhalers, pens, or USBs	Not everything that blows smoke is cool or safe.

Fun Facts About Drugs & How They Affect You!



They might make you feel sleepy, hyper, dizzy, or even see things that aren't really there.

Even a simple pill can be harmful if it's not meant for you.



That's why prescriptions exist, to keep you safe!



That means drugs can mess with how you learn, think, and feel, and it lasts sometimes for life.



How drugs trick your brain

Your brain is like a supercomputer that runs on chemicals. One of the coolest ones? Dopamine – the ‘feel good’ messenger. But drugs can hack the system.



Meet “Dopie”, the Dopamine Molecule, who will explain how addiction works.

WHAT HAPPENS INSIDE YOUR BRAIN WHEN DRUGS TRY TO TAKE OVER



- Everything is working great!
 - The brain is sending signals clearly and calmly.
 - You feel balanced, happy, and focused.



- Uh-oh! Drugs sneak in and pretend to be messengers.
 - They confuse the brain by sending mixed or strong signals.
 - Some of these “fake”



- The real messengers get blocked or pushed out.
 - Now the brain isn't sure what to do.
 - You might feel tired, moody, sad, or dizzy.



- Too many fake signals overwhelm the brain.
 - Even when the drug is gone, it takes time to feel okay again.
 - That's why drugs can mess with your mood

What do drugs look like

Traditional Drugs

ALCOHOL



Alcohol is the most widely used drug in the world. It is a drink that can change the way your brain and body work. It is called a **depressant** because it slows things down inside your body, like how you think, move, and react. Drinking alcohol can make a person feel dizzy, sleepy, or confused, and it can lead to poor decisions. Sometimes, in small amounts, alcohol can make someone feel excited or happy at first, but that feeling doesn't last and can be risky. It's important to remember that alcohol is not safe for kids. It can trick your brain and make it hard to stay in control. Choosing not to use alcohol

helps you stay healthy, think clearly, and keep yourself safe.

Tobacco comes from the dried leaves of a plant, and it's used to make things like cigarettes. Tobacco has a drug called nicotine in it, which can make your body feel more awake, but it's also very **addictive**, which means it's hard to stop once you start. Tobacco smoke has over 7,000 chemicals, and many of them are dangerous. Some of these chemicals can cause serious sickness, like cancer and lung disease. It is also a popular drug used worldwide.

TOBACCO



Smoking can hurt you in both the short and long term. Right away, it can make your heartbeat faster, give you stomach aches, make you feel sick, or take away your sense of smell and taste. Over time, it can damage your lungs, make it hard to breathe, and cause deadly illnesses. Smoking is harmful and not safe for kids. Staying away from tobacco helps keep your body strong and your mind sharp!

CANNABIS



Cannabis is a drug that comes from a plant. People use parts of the plant, like the dried leaves, flowers, or seeds, to try to feel "high." Cannabis contains a strong chemical called THC that changes how your brain works. It can affect your mood, make you feel confused, and even change how you see or understand things. Using cannabis can hurt your memory, make it harder to focus, and cause problems with learning. Today, there are many different types of cannabis, and some are much stronger than before.

No matter how it's used, cannabis is not safe for kids and can harm your growing brain.

Cocaine is an illegal drug that speeds up how your brain and body work. It comes from the leaves of a plant called the coca plant. After being mixed with other chemicals, it becomes a white powder that people usually sniff or inject. Cocaine is very dangerous because it can be mixed with all kinds of different things, and people never really know how strong it is. Some of the things it's mixed with—like sugar or powder— are added to make money, not to keep anyone safe. Cocaine can seriously harm your brain and body, and it's not safe for anyone, especially kids.

COCAINE



HEROIN

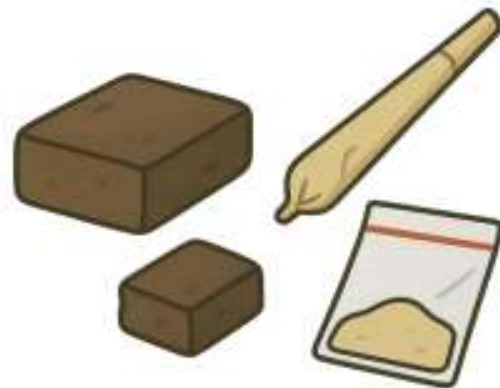


Heroin is a very dangerous and illegal drug made from a plant called the opium poppy. It usually looks like a white or brown powder and can be taken by injecting, sniffing, or smoking it. When someone uses heroin, they might feel a quick rush of happiness or relaxation, but that feeling doesn't last, and it comes with serious risks. Heroin can make people feel very sleepy, sick to their stomach, and unable to think clearly. It is also extremely addictive, which means it's very hard to stop using once someone starts. Using heroin for a long time can damage your body, cause weight loss, and lead to serious health problems like liver disease. Stopping suddenly can make people feel very sick with shaking, chills, and stomach pain. Even worse,

taking too much heroin can make a person stop breathing, which can lead to death. Sharing needles to use heroin can also spread dangerous diseases like HIV and hepatitis. Heroin is not safe for anyone and should always be avoided.

Hashish (pronounced "ha-sheesh") is a drug that comes from a plant called cannabis. It's made from a sticky part of the plant that has a strong chemical called THC, which can change how your brain works. Hashish is much stronger than marijuana and can be smoked or eaten. It can make people feel dizzy, confused, or see and hear things that aren't there. Because it affects your brain, it can be dangerous, especially for kids. Hashish mostly comes from countries like Nepal and parts of the Middle East, and it's not safe to use. It can harm your thinking and memory, making it hard to stay in control.

HASHISH



New Psychotropic Drugs

ECSTASY

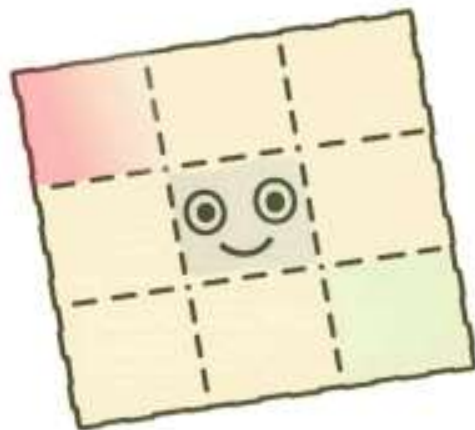


Ecstasy is an illegal drug that often looks like colourful tablets or powder and is sometimes called E, Molly, or X. People take it at parties to feel happy, full of energy, and more friendly, but it can be very dangerous. It can make your heart beat too fast, cause you to feel dizzy or sick, and even lead to serious health problems like seizures or passing out. Ecstasy is especially risky because it's made in secret labs and can be mixed with harmful chemicals, so people never really know what they're taking. After using it, some people feel sad, tired, or anxious for days. Using ecstasy over time can hurt your brain, especially the parts that help you with memory and emotions. That's why ecstasy is not safe and should always be avoided.

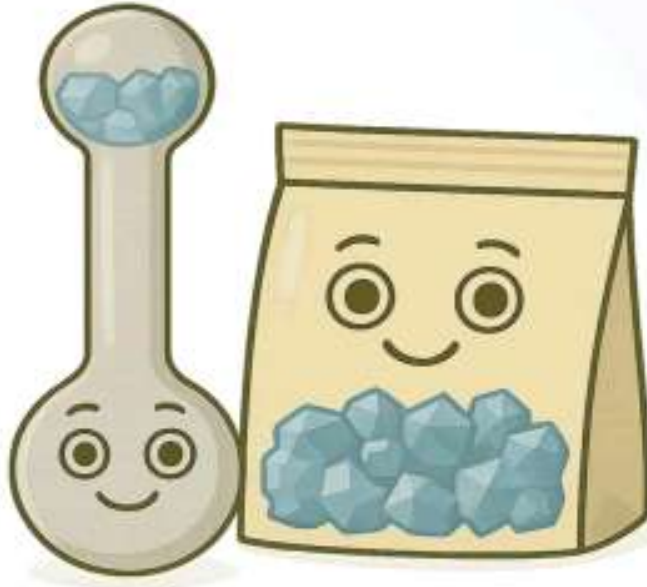
LSD is a very strong drug that can change the way a person thinks, feels, and sees the world around them. It can make someone see or hear things that aren't really there; this is called hallucinating. LSD is made from chemicals found in a fungus that grows on grain, but it's created in a lab and doesn't grow naturally. Because it's so powerful, it's usually mixed with other things like paper squares, sugar cubes, or tiny pills. Sometimes, people think they're taking LSD, but it's actually a fake drug made from other dangerous chemicals that can be very harmful or even deadly. LSD is also called names like acid, tabs, trips, dots, and Lucy. This drug is not safe, especially for young people, because it can seriously affect your brain, which is still growing and developing. It's best to stay away from anything like this and always make smart choices to keep your mind and body healthy.

LSD

lysergic acid diethylamide



METHAMPHETAMINE



Meth is a very dangerous and illegal drug that comes in pills, powder, or shiny crystals. It's a strong chemical that speeds up the body and can be swallowed, smoked, snorted, or injected. Some people call it names like "crystal," "ice," or "speed." Meth tricks the brain into releasing too much dopamine, a chemical that helps you feel happy. But over time, meth destroys the brain's ability to make dopamine, which can lead to serious and permanent brain damage. People who use meth often feel really excited at first,

but then crash hard, feeling very tired, sad, angry, or even scared. This crash can make them act in strange or violent ways. Meth can also hurt the heart, cause strokes, or even lead to death. It makes people stop eating and sleeping properly, and they often only care about getting more of the drug. Meth is more dangerous than many other drugs and is very addictive, which is why it's so important to stay far away from it.

K2/ SPICE



K2 or Spice is a dangerous fake drug that looks like dried leaves or herbs. It's often sprayed with strong, man-made chemicals and sold in small, colourful packets. Some people think it's like marijuana, but it's much more dangerous. K2 can cause scary side effects like confusion, fast heartbeats, anger, and even seizures. Some kids who tried it ended up in the hospital. The chemicals in K2 are not safe for anyone, especially growing brains. Just because it's sold in stores or online doesn't mean it's safe. Staying away from K2 and other fake drugs helps protect your brain and body so you can stay smart, strong, and healthy.

Over-the-counter drugs (OTC)

Over-the-counter (OTC) drugs are medicines you can buy at a store without needing a doctor's note. They help with things like headaches, colds, or allergies and are safe when used the right way. But just like prescription medicine from a doctor, OTC drugs can be misused. Some people, including kids and teens, take too much or use them for the wrong reasons, to feel different or get a "high." This can be dangerous and even harmful to your brain and body. Some common OTC drugs that are sometimes misused include cough syrup, cold medicine,

diet pills, pain relievers, caffeine pills, and even motion sickness medicine. Even though these drugs are legal, they can still be harmful if not used properly, so it's important to only take medicine that's meant for you and always with a trusted adult's help.



Harmful Drug-Use Trends

CABs

Caffeinated Alcoholic Beverages



come in colourful cans, they are not safe. Kids should stay away from any drink that has alcohol or caffeine, especially both. It's much better to stay healthy with water, rest, good food, and fun activities that keep your brain strong and your body safe.

Caffeinated alcoholic beverages are drinks that mix alcohol (which slows down your brain and body) with caffeine (which speeds them up). This mix can confuse your body because one part is trying to make you feel awake while the other makes you feel sleepy. That's dangerous, especially for kids. These drinks can trick people into thinking they're not drunk, so they might drink more than they should. This can lead to serious health problems like alcohol poisoning, heart issues, and risky behaviour. Even though these drinks might look fun or

Lean, also known as sizzurp or purple drank, is a dangerous drink made by mixing cough syrup (that has strong drugs inside) with soda or candy. Some people think it looks cool because of the sweet taste and bright purple color, but it's actually very harmful. The drugs in the syrup can make you feel sleepy, dizzy, and slow down your breathing. If someone drinks too much, it can stop their breathing completely and even lead to death. Lean is not a fun or harmless drink — it's a drug that can seriously hurt your body and brain. Kids should always stay away from drinks or mixtures that aren't made by a parent, doctor, or trusted adult. Staying drug-free keeps your mind sharp and your body strong.

LEAN



EDIBLES

Cannabis-infused foods



Cannabis-infused foods, also called "edibles," are snacks like cookies, brownies, gummies, or candies that have marijuana (a drug) mixed into them. These treats might look like regular sweets, but they are not safe to eat. They can be very powerful and can make people feel dizzy, confused, or very sick. Sometimes, people don't feel the effects right away and end up eating too much by mistake. That's really dangerous, especially for kids. Always be careful with foods that come in strange packages or have warning labels. If you're ever unsure, ask a trusted adult and never eat something if you don't know what's inside. Staying safe means protecting your brain and body from hidden drugs.

VAPES



harmless habit, it's a trap. Saying "no" to vaping means keeping your body strong and your brain healthy.

Vapes are electronic devices that look like pens or USB sticks and are used to breathe in flavored mist. Some kids think vaping is safe because it smells like candy or fruit but vapes can still be very harmful. Most vapes have nicotine, the same addictive chemical found in cigarettes. Nicotine can hurt your brain while it's still growing, making it harder to focus, learn, and handle emotions. Some vapes even contain cannabis, other illicit drugs such as opioids and even dangerous chemicals that can damage your lungs. Vaping is not a cool or

Drugs and the Law (Legal Consequences)

What You Don't Know About Drugs: The Laws of Guyana

In Guyana, there are strong laws that help protect people, especially children from dangerous drugs. Drugs aren't just dangerous; they're against the law. In Guyana, there are special rules to keep you safe and to stop dangerous drugs from hurting people or communities. Let's look at how the law works and what it means for YOU.



What Is a “Drug” in the Eyes of the Law? And What's Illegal



In Guyana, it's against the law to use, carry, sell, or share certain drugs that can harm your body and your future. These are called illegal drugs that drugs like cocaine, cannabis (marijuana), ecstasy, heroin, meth, and synthetic drugs like K2 or Spice are illegal, these drugs are used to get high or sold on the streets.

Medicines from a doctor or pharmacy are legal, but only when used the right way. Taking someone else's pills, even if it looks like medicine, is still illegal and dangerous.

The Big Law: What the Law in Guyana Says

The Narcotic Drugs and Psychotropic Substances (Control) Act is the main law that controls drugs in Guyana. Here's what it says:

- You cannot have illegal drugs in your bag, pockets, room, or even in your hand.
- You cannot give or sell drugs to anyone, even if they're your age or a friend.
- You cannot help someone hide, carry, or move drugs around.



The law doesn't care if you're joking around, trying to be cool, or "just doing a favor." Once you're involved, you can get into serious trouble.

What Happens If You Break the Law?

If you get caught with drugs in Guyana:

- You can be arrested by the police or CANU (Customs Anti Narcotic Unit).
- You might go to court. You could get a fine or even jail time yes, even teens!
- And if you're under 18, your case might go to juvenile court, but it's still serious.



Who Helps Keep Guyana Safe?

- CANU officers are like anti-drug superheroes. They work in airports, seaports, and across communities to track down drug traffickers, make arrests, and stop illegal drugs from spreading. They also visit schools and teach kids the truth about drugs, so you can grow up safe, strong, and smart.
- The Guyana Police Force works with CANU to help enforce drug laws across the country. They patrol neighborhoods, stop crimes, and arrest anyone breaking the law. Police officers are trained to protect citizens, and they're here to keep schools, homes, and public spaces safe from drugs and danger.
- Guyana Defense Force (GDF) supports drug enforcement through border patrols, aerial surveillance, and joint operations with CANU and the police. They help guard Guyana's borders and tackle drug smuggling in hard-to-reach areas, like the jungle and river regions.
- Guyana Revenue Authority (GRA) helps protect Guyana by monitoring cargo, packages, and goods coming in and out of the country, especially at wharves, ports, and customs offices. They work alongside CANU to spot hidden drugs and stop traffickers who try to move drugs in or out through shipping or travel.
- Guyana Drug Information Network (GUYDIN), a department in CANU "the team behind the scenes". They study drug trends, collect real facts, and help guide national efforts to fight drugs smartly. They work with CANU, the GPF, and others understand the problem and build better solutions, like this fun and educational booklet!



Say NO Like a Pro

Even if someone offers you drugs or asks you to “just hold this,” remember:

- Say: “No thanks, I’m not into that.”
- Walk away fast.
- Tell a trusted adult or teacher right away.
- If it’s serious, call the police or CANU.

You are smart. You have courage. And you can make your own choices.



Remember This



The law is here to protect you, not to scare you. But once you know the truth, you have a responsibility to make good choices and help keep your school, your friends, and your community drug-free and safe.

All Together for You

These agencies work as a team to protect children, families, and communities from drug dangers. They’re not just out there catching criminals, they’re also helping to educate, support, and build a safer Guyana for your future.

You’re part of that mission too, every smart choice you make helps keep your community drug-free.

Activity: Drugs Crossword Puzzle

U	A	P	G	L	R	N	U	D		M
N	R	O	G	U		O		A		A
S	R	I	I	N				M		R
A	E	S	L	G	N	G	S	A		I
F	H	O	I	S	E			G		J
E	M	N	K	E				E		U
M	E	D	I	C	I	N	E			A
E	N	E	R	G	Y	D	R	I	N	N
A	D	D	I	C	T	I	O	N		A
P	R	O	T	E	C	T	O	R	S	
S	C	H	O	O	L					
N	I	C	O	T	I	N	E			

Across

- The opposite of safe
- Alcohol and tobacco are types of this.
- Drugs change the way your brain works.
- Drugs might give you these in your body.
- It's healthy to be drug-free (making the right ___)
- Tobacco creates this harmful air.
- Helps you feel better when sick " Don't misuse it"
- Gives energy but is harmful in large amounts
- When a person cannot stop using a drug
- People who help you say no to drugs
- A place to learn about the dangers of drugs
- A drug found in cigarettes that is addictive
- Another word for 'bad' or dangerous


Down

- A drug that is not good for your health
- Smoking is bad for this part of your body.
- It's important to say this to drugs.
- What harmful drugs do to your body and brain
- An illegal drug from the cannabis plant


Activity: Drug Bust Mystery

Unscramble the Word! To reveal the facts about harmful drugs


NEICACO

 Clue: A harmful drug made from coca plants.


 Answer: _____

 Fact: This drug speeds up your body and can harm your heart and brain.


NAACBSI

 Clue: It's a plant people smoke that affects memory.

 Answer: _____

 Fact: Using this can make it hard to focus or learn in school.

HOLCOLA


 Clue: A drink for adults that makes you feel dizzy or sleepy.

 Answer: _____

 Fact: It can hurt your liver and make you do risky things.

TAECOIPIN/DEOD

 Clue: A strong painkiller that can be very dangerous if misused.

 Answer: _____

 Fact: This type of drug is very addictive and can stop you from breathing.

NSGMIKO

 Clue: It harms your lungs and can lead to cancer.

 Answer: _____

 Fact: This includes cigarettes and vapes.

Activity: Truth or Trick? (Myth-Busting Game)

- "All drugs are bad."
 Truth! () Trick! ()
- "Cigarettes can damage your lungs."
 Truth! () Trick! ()
- "Vaping is just flavoured air — it's safe."
 Truth! () Trick! ()
- "If a drug is from a plant, it's natural and safe."
 Truth! () Trick! ()
- "Energy drinks give you power and make you super focused."
 Truth! () Trick! ()
- "Taking someone else's medicine is okay if you have the same problem."
 Truth! () Trick! ()
- "Saying no to drugs makes you strong."
 Truth! () Trick! ()
- "People only use drugs because they're weak."
 Truth! () Trick! ()
- "If your favourite celebrity uses drugs, that doesn't make it okay."
 Truth! () Trick! ()
- "You can talk to a teacher or counselor if someone offers you drugs."
 Truth! () Trick! ()
- "Drugs can affect your memory and focus."
 Truth! () Trick! ()
- "If you try a drug once, nothing bad can happen."
 Truth! () Trick! ()
- "Medicines can become dangerous if you take too much."
 Truth! () Trick! ()
- "Only adults can get addicted to drugs."
 Truth! () Trick! ()
- "Secondhand smoke can harm people who don't smoke."
 Truth! () Trick! ()
- "You should never mix medicine with candy to make it taste better."
 Truth! () Trick! ()
- "Drugs only affect your body, not your emotions."
 Truth! () Trick! ()
- "You can always tell if a food has drugs in it just by looking."
 Truth! () Trick! ()
- "It's okay to take energy pills or drinks before sports to boost your game."
 Truth! () Trick! ()

Activity: True or False? (Myth-Busting Game)

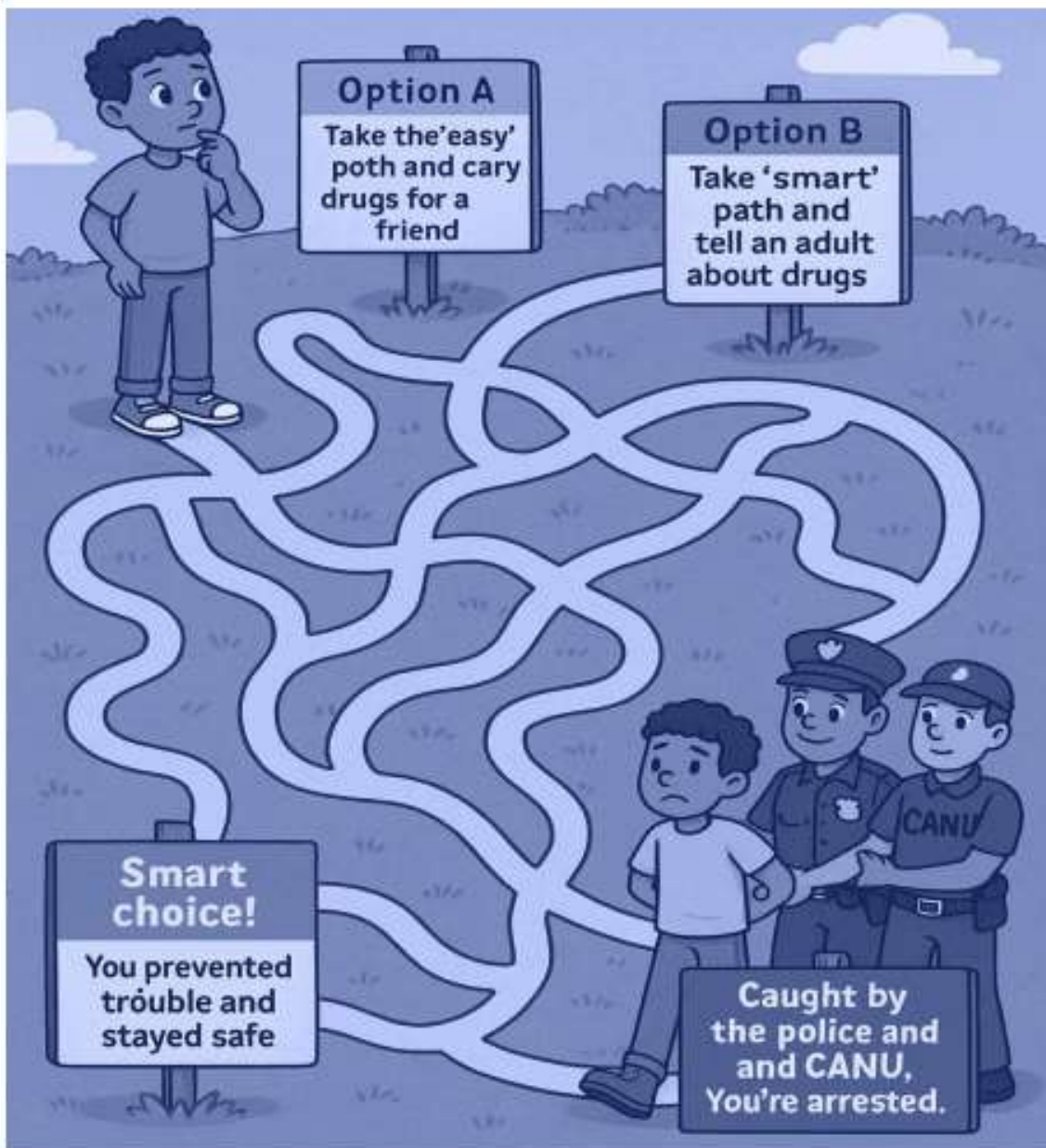
- Drug trafficking is when someone illegally moves drugs across countries.
True () False ()
- You can go to jail for selling drugs.
True () False ()
- If you are caught with drugs, but you're just holding them for a friend, you can't get in trouble.
True () False ()
- Only big criminals get caught for drug trafficking.
True () False ()
- The penalty for drug trafficking can be up to life in prison.
True () False ()
- If someone asks you to carry a package for them, and you don't know what's inside, you can't get in trouble.
True () False ()
- It's okay to try drugs once, even if you're curious.
True () False ()
- If you see someone using drugs, it's important to tell an adult or call the police.
True () False ()
- If someone pressures you to do something illegal, it's okay to give in just to fit in.
True () False ()
- You can go to jail for selling drugs.
True () False ()
- You are never too young to make smart choices and stay out of trouble with the law.
True () False ()
- Only big criminals get caught for drug trafficking.
True () False ()
- If you get caught with drugs, the law might only punish the person who sold it to you.
True () False ()
- It's okay to hold onto something illegal if a friend asks you to, just to be helpful.
True () False ()
- Saying "no" to drugs can help you stay healthy, make good choices, and stay out of trouble.
True () False ()

Activity: Spot the Signs Maze 1



Making healthy decisions is super important because it helps you grow strong, feel good, and stay safe. When you eat healthy food, get enough sleep, drink lots of water, and stay active, your body gets the energy it needs to run, play, and learn. Making good choices, like saying no to things like smoking, vaping, or drinking alcohol, protects your brain and body from harm. It also helps you stay focused in school and feel happier every day. When you practice healthy habits now, it becomes easier to keep them as you grow older. Choosing what's good for you isn't always easy, but it shows you care about yourself and your future.

Activity: Spot the Signs Maze 2



Making the right choices is important, not only for your safety but also to stay out of trouble with the law. Sometimes, people might ask you to do things that seem harmless, like carrying something for a friend, but it could lead to serious problems. If someone asks you to do something you know is wrong, like carrying drugs, the best choice is to say "no" and tell a trusted adult, like a parent, teacher, or the police. Doing the right thing may be hard sometimes, but it helps keep you safe and out of trouble with the law. Remember, making smart decisions can protect you from getting into legal trouble and can help you lead a happy, healthy life!

Activity: Say No Like a Hero



Imagine you're hanging out with your friends after school. One of them pulls out something they say will make you "feel cool" or "fit in."

But you know better! complete this short comic showing how you would heroically say NO!

Fill-in-the-Blanks: Understanding the Law

1. Drug trafficking is a serious crime and can lead to _____.
2. If someone is caught with illegal drugs, they may face a _____.
3. The police and customs officers are trained to stop _____ at borders and airports.
4. If you know someone is involved in drug trafficking, you should _____ an adult or law enforcement.

Fill in the Blanks: Drug Facts Story

Please look at the picture and fill in the blanks based on what you understand



"Tom felt tired, so his friend gave him _____. But Tom said NO because he knew _____. Instead, he drank water and went to play _____. He felt proud."

Activity: Brain Booster Quiz!

1. Which of these is healthy for your brain?
 - A. A mystery pill
 - B. A banana
 - C. Smoking

2. What should you drink after playing outside in the sun?
 - A. Water
 - B. Soda with 10 spoons of sugar
 - C. A stranger's "energy mix"

3. Which of these is a smart way to relax?
 - A. Playing with friends
 - B. Taking unknown pills
 - C. Smoking to "look cool"

4. What should you do if someone offers you a vape?
 - A. Say, "No thanks!" and walk away
 - B. Try it once, just to fit in
 - C. Take it and hide it from adults

5. Which snack gives your body energy and keeps you strong?
 - A. Chips and soda
 - B. Candy and chocolate bars

C. Fruits and nuts

6. What happens when you smoke or vape?

A. Your lungs stay clean and happy

B. You grow superpowers

C. Harmful chemicals damage your body

7. What should you do if you feel stressed or sad?

A. Talk to someone you trust

B. Keep it all inside and cry in secret

C. Take pills you found at home

8. Which of these helps your brain grow stronger?

A. Reading a book

B. Drinking a weird liquid from a stranger

C. Watching TV all night

9. What should you do if a friend says, "Just try it once"?

A. Say, "I'm good!" and change the subject

B. Try it to make them happy

C. Tell them it's none of their business

10. Which of these choices helps you stay healthy and strong?

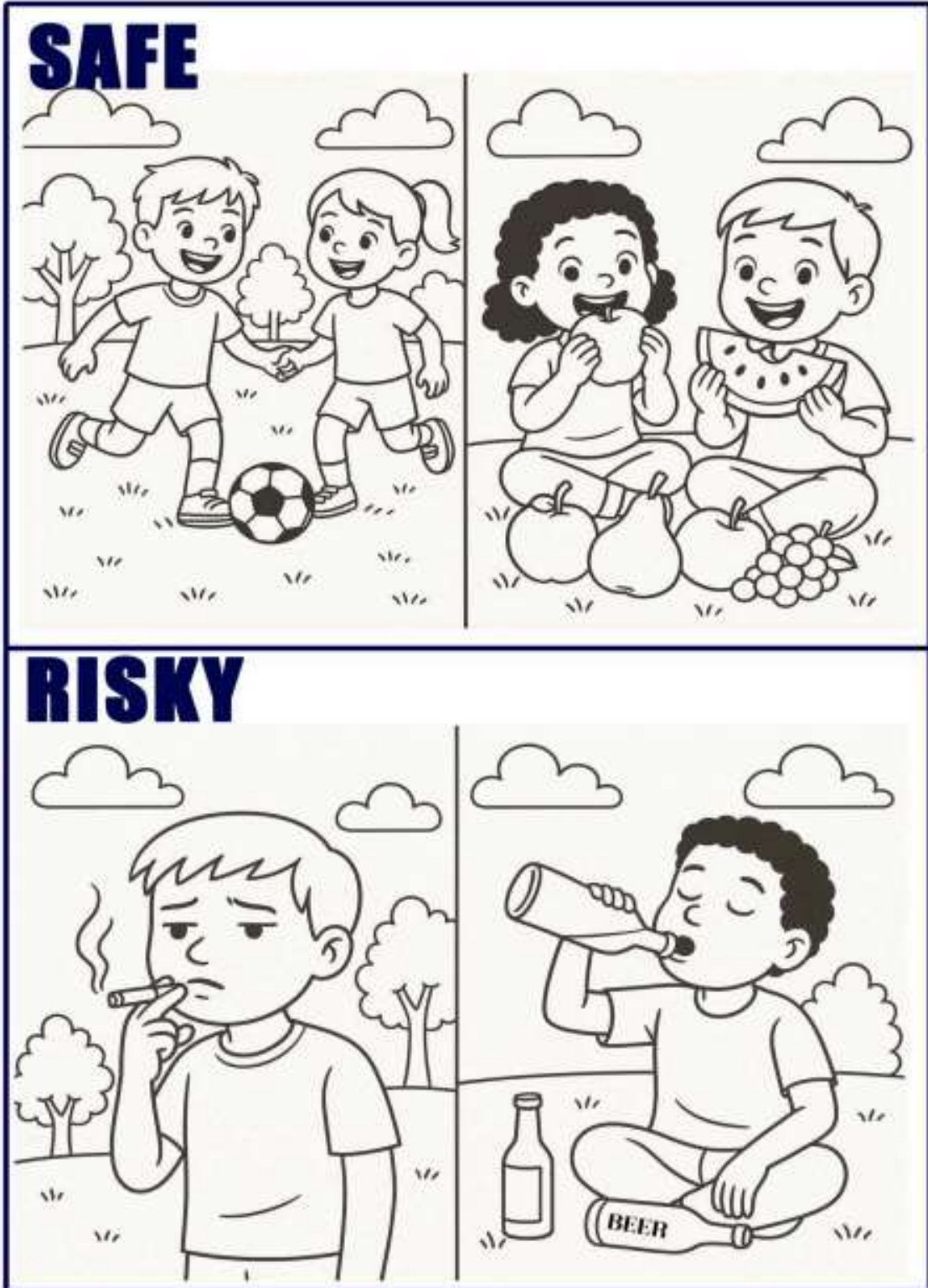
A. Sleeping late and skipping breakfast

B. Playing outside, eating veggies, and drinking water

C. Staying in bed all day with energy drinks

Colour the Scene – Safe vs. Risky

Instruction: Color the safe scene and X out anything risky in the other one.



Pledge Certificate Awards

YEEEEAAA!!!!: You Earned it!!

DRUG-FREE PLEDGE CERTIFICATE



This certificate is proudly
presented to:



I choose to stay DRUG-FREE because:



Fill in your full name, and state why you choose to stay drug-free. And yeeaaaa!! You are awarded a DRUG-FREE Pledge Certificate from the Customs Anti Narcotic Unit.

Continue being a Superhero!!!

Before you go, let's tell you about us.

What is CANU?

CANU stands for the **Customs Anti Narcotic Unit**. It's a special team in Guyana that works to **stop illegal drugs** from entering or leaving the country.



They check at airports, seaports, and borders to catch drug traffickers and keep everyone safe.

A Quick Look at CANU's History

Started in 1995: CANU began its mission to fight dangerous drugs in Guyana.



Legal Powers: They have the same powers as the police to arrest drug traffickers and stop drug crimes.



Teamwork with Other Countries: Guyana and the United States signed an agreement to stop drug smuggling at sea. CANU also works with big groups like **INTERPOL** and the **World Customs Organisation** to catch drug traffickers around the world!



CANU's Goals



- Work closely with the police and army
- Share info with other countries
- Teach kids and parents about the dangers of drugs
- Work with schools and hospitals to help people stay safe

CANU's Superpowers (Core Values)



Professionalism: Always do the right thing.

Integrity: Be honest and trustworthy.

Diversity: Respect and include everyone.

Service: Help people live safe and happy lives.

Fairness: Treat everyone equally.

Courage: Be brave, even when things are hard.

Teamwork: Work together with others.

Communication: Share ideas and listen carefully.

Why It Matters

CANU is like a superhero team that protects Guyana from the dangers of harmful drugs. They stop the bad guys, teach others how to stay safe, and help make our country a better, healthier place for all children and families.

Appendix

Activity: Drug Bust Mystery ANSWERS

1. NEICACO → COCAINE

Clue: A harmful drug made from coca plants.

Fact: This drug speeds up your body and can harm your heart and brain.

2. NAACBSI → CANNABIS

Clue: It's a plant that people smoke that affects memory.

Fact: Using this can make it hard to focus or learn in school.

3. HOLCOLA → ALCOHOL

Clue: A drink for adults that makes you feel dizzy or sleepy.

Fact: It can hurt your liver and make you do risky things.

4. TAECOIPIN/DEODE → OPIATED/CODEINE

Clue: A strong painkiller that can be very dangerous if misused.

Fact: This type of drug is very addictive and can stop you from breathing.

5. NNSGMIKO → SMOKING

Clue: It harms your lungs and can lead to cancer.

Fact: This includes cigarettes and vapes.

Activity: Truth or Trick? (Myth-Busting Game)

- "All drugs are bad."
✗ Trick!
Some drugs are medicines that help you feel better when you're sick. But misusing them is harmful.
- "Cigarettes can damage your lungs."
✓ Truth!
Smoking hurts your lungs and makes it harder to breathe.
- "Vaping is just flavored air — it's safe."
✗ Trick!
Vapes contain nicotine and other harmful chemicals. They can damage your body too.
- "If a drug is from a plant, it's natural and safe."
✗ Trick!
Not all natural things are safe. Some plant-based drugs, like marijuana, can still hurt your brain and body.
- "Energy drinks give you power and make you super focused."
✗ Trick!
They can make your heart race and cause a crash later. Too much caffeine is not healthy.
- "Taking someone else's medicine is okay if you have the same problem."
✗ Trick!
Medicine should only be taken if a doctor gives it to you. Everyone's body is different.
- "Saying no to drugs makes you strong."
✓ Truth!
Standing up for yourself and making smart choices shows real strength.
- "People only use drugs because they're weak."
✗ Trick!
People use drugs for many reasons, like stress or peer pressure. That's why support and education matter.

- "If your favorite celebrity uses drugs, that doesn't make it okay."
✔ Truth!
Famous people can make bad choices too. What's popular isn't always smart or safe.
- "You can talk to a teacher or counselor if someone offers you drugs."
✔ Truth!
Trusted adults can help and protect you.
- "Drugs can affect your memory and focus."
✔ Truth!
Some drugs mess with how your brain works, making it hard to learn or remember things.
- "If you try a drug once, nothing bad can happen."
✘ Trick!
Even one try can be dangerous or addictive, especially with today's strong drugs.
- "Medicines can become dangerous if you take too much."
✔ Truth!
Even safe medicines can hurt you if you don't follow the instructions.
- "Only adults can get addicted to drugs."
✘ Trick!
Anyone, even kids and teens, can get addicted.
- "Secondhand smoke can harm people who don't smoke."
✔ Truth!
Breathing in other people's smoke can cause lung and heart problems too.
- "You should never mix medicine with candy to make it taste better."
✔ Truth!
Medicines are not candy. Mixing can be dangerous and confusing — especially for younger kids.
- "Drugs only affect your body, not your emotions."
✘ Trick!

Drugs can mess with your mood, feelings, and even how you treat others.

- "You can always tell if a food has drugs in it just by looking."
✗ Trick!
Some drugs are hidden in things like sweets or gummies — never eat anything suspicious.
- "It's okay to take energy pills or drinks before sports to boost your game."
✗ Trick!
These can be dangerous for your heart and don't make you better at sports.

Activity: Activity: True or False? (Myth-Busting Game)

- Drug trafficking is when someone illegally moves drugs across countries.
True – That’s exactly what drug trafficking means.
- You can go to jail for selling drugs.
True – Selling drugs is against the law and comes with serious consequences.
- If you are caught with drugs, but you’re just holding them for a friend, you can’t get in trouble.
False – You can still get in trouble. Having drugs, even if they’re not yours, is illegal.
- Only big criminals get caught for drug trafficking.
False – Anyone can get caught, even kids or teens who are used by others.

The penalty for drug trafficking can be up to life in prison.

True – In Guyana, the law is very serious about drug crimes, and the punishment can be life in prison.

- If someone asks you to carry a package for them, and you don’t know what’s inside, you can’t get in trouble.
False – If the package has drugs, you can still get into trouble, even if you didn’t know.
- It’s okay to try drugs once, even if you’re curious.
False – Even trying drugs once can be dangerous or lead to addiction.
- If you see someone using drugs, it’s important to tell an adult or call the police.
True – Telling a trusted adult or the police helps keep everyone safe.
- If someone pressures you to do something illegal, it’s okay to give in just to fit in.
False – Doing something illegal, even to “fit in,” is never okay. Real friends won’t put you in danger.
- You can go to jail for selling drugs.
True – Selling drugs is against the law and can lead to serious punishment, even jail.

- You are never too young to make smart choices and stay out of trouble with the law.
True – Making good choices starts young. You have the power to stay safe and do what's right.
- Only big criminals get caught for drug trafficking.
False – Anyone involved, even young people, can be caught and punished.
- If you get caught with drugs, the law might only punish the person who sold it to you.
False – You can still get in trouble just for having drugs, no matter where they came from.
- It's okay to hold onto something illegal if a friend asks you to, just to be helpful.
False – If it's illegal, it can get **you** in trouble — even if you're trying to help a friend.
- Saying "no" to drugs can help you stay healthy, make good choices, and stay out of trouble.
True – Saying "no" is a strong and smart choice. It keeps you safe and on the right path.

Activity: Fill-in-the-Blanks: Understanding the Law

1. Drug trafficking is a serious crime and can lead to _____ .

Answer: jail time or big fines

2. If someone is caught with illegal drugs, they may face a

_____ .

Answer: court case and serious punishment

3. The police and customs officers are trained to stop

_____ at

borders and airports.

Answer: drugs from being smuggled

4. If you know someone is involved in drug trafficking, you should _____ an adult or law enforcement.

Answer: tell

Activity: Fill in the Blanks: Drug Facts Story

"Tom felt tired, so his friend gave him drugs. But Tom said NO because he knew better. Instead, he drank water and went to play soccer. He felt proud."

Activity: Brain Booster Quiz

1. Which of these is healthy for your brain?

A. B. A banana

Bananas give your brain natural energy, vitamins, and potassium. Mystery pills or smoking can harm your brain and body.

2. What should you drink after playing outside in the sun?

A. Water

Water helps your body stay cool and hydrated. Soda and strange energy drinks have too much sugar or unknown ingredients that can be harmful.

3. Which of these is a smart way to relax?

A. Playing with friends

Playing safely helps your brain and body feel happy. Pills or smoking can lead to health problems and make you feel worse in the long run.

4. What should you do if someone offers you a vape?

A. Say "No thanks!" and walk away

Vaping is harmful and addictive. Saying no shows strength and keeps you safe from chemicals that can hurt your lungs and brain.

5. Which snack gives your body energy and keeps you strong?

C. Fruits and nuts

Fruits and nuts are packed with natural nutrients and help your body grow strong. Chips and candy give a quick sugar rush—but leave you feeling tired and unhealthy.

6. What happens when you smoke or vape?

C. Harmful chemicals damage your body

Smoking and vaping fill your lungs with dangerous chemicals that can cause diseases like cancer or asthma. It's not cool—it's risky.

7. What should you do if you feel stressed or sad?

A. Talk to someone you trust

B.

Sharing your feelings with a parent, teacher, or friend helps you feel better. Bottling it up or turning to pills can make things worse.

8. Which of these helps your brain grow stronger?
A. Reading a book

Reading builds knowledge and imagination. Strange drinks or too much screen time don't help your brain grow, they slow it down.

9. What should you do if a friend says, "Just try it once"?
A. Say, "I'm good!" and change the subject

True friends don't pressure you. Saying no protects your health and shows that you're confident and in control.

10. Which of these choices helps you stay healthy and strong?
B. Playing outside, eating veggies, and drinking water

Good food, exercise, and hydration keep your body fit and your mind focused. Skipping meals or drinking energy drinks just messes with your health.

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STAY SMART, STAY SAFE SAY NO TO DRUGS



CREATED BY: CUSTOMS ANTI NARCOTIC UNIT
MINISTRY OF HOME AFFAIRS

CANU PUBLIC EDUCATION AND OUTREACH TEAM IN CONJUNCTION WITH THE
GUYANA DRUG INFORMATION NETWORK (GUYDIN)

WEBSITE: www.canu.gov.gy

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