



Healthy School: Tips for parents



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DRUG ABUSE PREVENTION STARTS FROM HOME

Mr. Gurung Ganesh, a Nepalese living in Hong Kong, got into drugs when he was aged 16. A year later he decided to quit – but it took him more than 14 years to succeed in that mission. He is now a Peer Educator of The Society of Rehabilitation and Crime Prevention, HK. He helps reaching out to Nepalese drug users to render drug treatment referral.

According to Mr. Ganesh, drug abuse is not a common phenomenon among non-Chinese people, and it occurs only among a small proportion in their community. Through his observations, marijuana and cough syrup are the most frequently abused drugs amongst non-Chinese youths in Hong Kong. He also stated that in countries like Nepal, marijuana is considered a “festival drug” – that is, traditionally, some Nepalese deem marijuana smoking as acceptable during festive celebrations even though it is against the law. He also pointed out that cough syrup is relatively easier and cheaper to obtain than ketamine and methamphetamine.

He considered that family is the place where effective drug prevention could take place and parents should have the responsibility in helping children and youth face and solve their drug problems. Parents could ask more about how and what their children are doing and have children feel your love and care. In the end, love is the best way against drugs. Lack of familial warmth could raise young people’s risk of affiliating with deviant peers, thus increase their exposure to temptations of drugs.

He also stated that “Good communication is reciprocal. Parents and children need not hide their love for each other. Parents could and should show their feelings, emotions and respect to their children, too. Don’t be afraid to tell your children about your pressure or difficulties of life.” He added, “As for myself, no matter how exhausted I am at the end of the day, I will spend time to share all the little things that happened during the day with my son and vice versa. I want to show him that I am there to talk with him.” Additionally, Mr. Ganesh also suggested parents should engage in a variety of activities with their children. “Creating a warm home environment for your children significantly lowers their risks of drug abuse,” he said.

Source from the “Drug Education Parents’ Booklet” of the Community Drug Advisory Council (CDAC) , 2013
(This booklet is sponsored by Hong Kong Committee for UNICEF)

For drug education talk with personal sharing of rehabilitated drug users, please contact CDAC at 2521 2880 or enquiry@cdac.org.hk



GAMES

Make a guess on the proper names of the following popular drugs in Hong Kong

1. “HK money”
2. “K”
3. “Snow”
4. “Meow Meow”
5. “Marijuana”

- Hint :
- ◆ Cannabis
 - ◆ Cocaine
 - ◆ Derivatives of cathinone
 - ◆ Ketamine
 - ◆ Heroin



6. What is it??

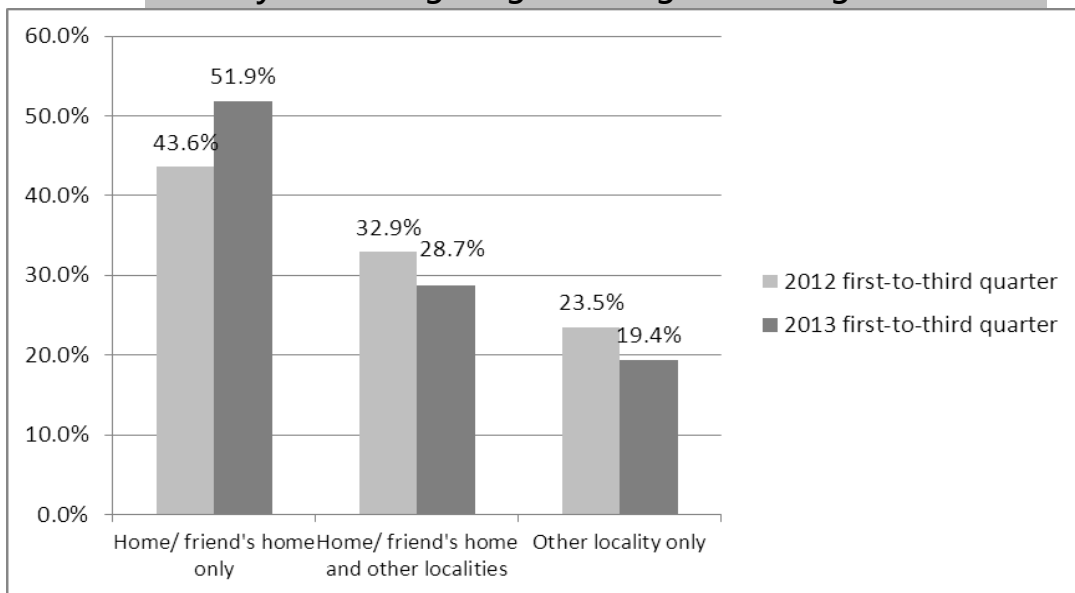


See answers on page 4

Latest situation of youth drug abuse

Source: Central Registry of Drug Abuse, Narcotics Division of the Security Bureau (Statistics for the first-to-third quarter 2013)

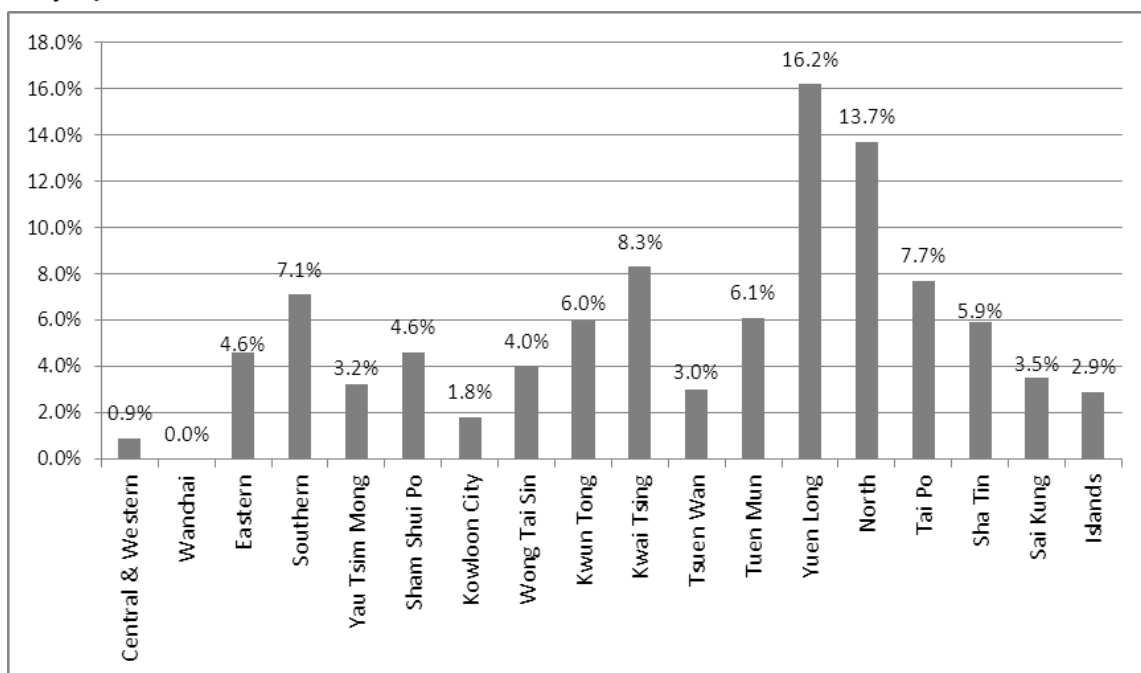
Locality of abusing drugs for drug abusers aged under 21

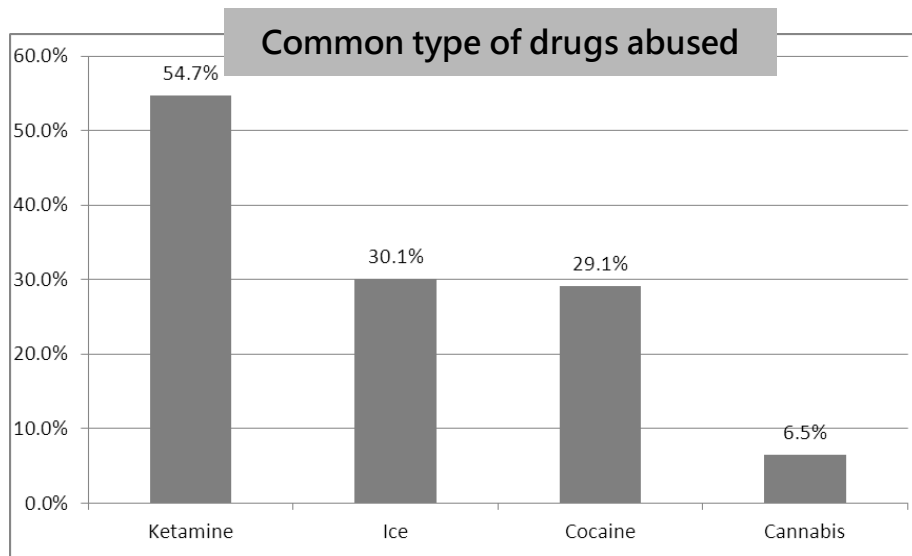


- The statistics revealed the growing problem of hidden drug abuse. Most youth drug abusers chose to take drugs at home
- The time of abusing drugs by newly reported abusers increased from 1.9 years in 2008 to 4.6 years in the first-to-third quarter of 2013



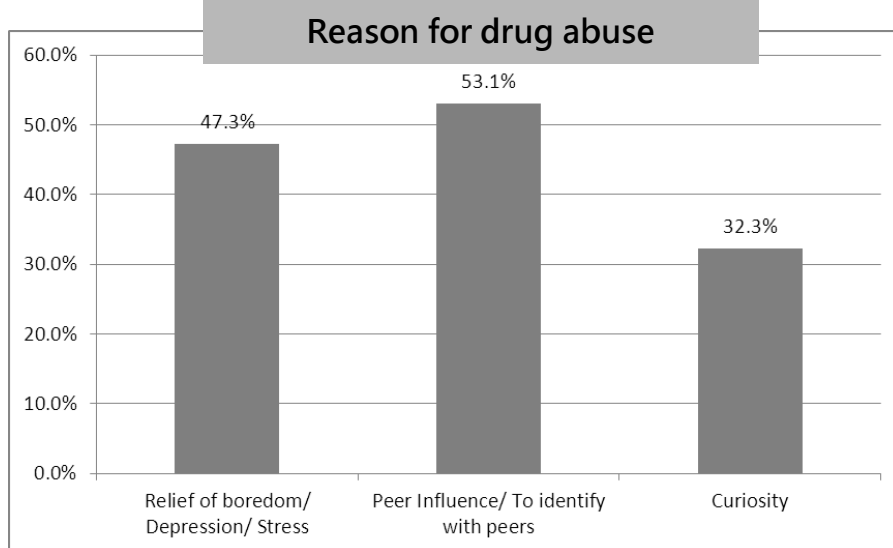
Percentage of drug abusers aged under 21 by district of residence





Mean age of first abuse

Male	15 years old
Female	14 years old



- Ketamine remains the most popular type of drug abused
- Most teenagers aged 14 - 15 are studying in Secondary 2 to 3. Parents should play a pivotal role in the up-bringing of their children, especially when they are in junior secondary level, and provide appropriate guidance to them
- The most common reason for taking drugs is peer influence



Anti-drug education guide for parents



**If you find your children taking drugs, remember to stay calm
Avoid criticizing, better listen to them first and seek help from professionals**

* Parents should provide guidance and seek help from professionals timely if you recognise the following signs in your children:

- ◆ Unexplained absence from school and dropping behind in academic performance suddenly
- ◆ Staying out till very late frequently and prolonged or frequent absence from home
- ◆ Persistently asking for more pocket money or stealing from home
- ◆ Withdrawal into their own room / toilet for unusually long period of time or stay away from other family members
- ◆ Sudden mood changes, unusual excitement, poor memory, auditory and visual hallucinations, short temper, restlessness and disordered sleeping patterns
- ◆ Loss of appetite, fatigue, slurred speech, slow reaction
- ◆ Their friends appear to be sneaky and they speak impliedly with special codes
- ◆ Unpleasant body odor
- ◆ Possession of pills and powder from unknown source, drug paraphernalia like cough syrup bottles, tin foil, plastic bottle or juice boxes with two straws, short straws, etc



How much do you know about drugs?

Cocaine

Street names: "C", "Coke", "Crack", "Flake", "Snow", "Coco"

Effects and dangers:

- ◆ Addiction
- ◆ Respiratory damage
- ◆ Mania
- ◆ Paranoid delusion
- ◆ Impaired memory
- ◆ Delirium



- ◆ Hallucination
- ◆ Heart disease

Cannabis



Street names: "Marijuana", "hash", "grass"

Effects and dangers:

- ◆ Hallucination
- ◆ Impaired co-ordination
- ◆ Heightened risk of cancer
- ◆ Reduced concentration and impaired memory and judgment
- ◆ Depression and extreme suspicion of others
- ◆ Irritability
- ◆ Short temper
- ◆ Respiratory disease

Seeking help



Cannabis Candies

Recently, the police has noticed shops selling attractively packaged cannabis candies while in fact contains no drugs. However, according to the Dangerous Drugs Ordinance (Cap 134), trafficking in purported dangerous drugs is a criminal offence. Upon conviction, offenders will be liable to a maximum fine of \$500,000 and imprisonment for seven years.

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**Anti-drug Telephone
Enquiry Service**

A 24-hour anti-drug telephone service hotline manned by professional social workers. It provides an alternative channel to seek help for the drug abusers and their parents.

11 Counselling Centers for Psychotropic Substance Abusers

Tung Wah Group of Hospitals - CROSS Centre

Central Western, Southern and Islands Office (Central Western, Southern and Islands districts) Tel. : 2884 0282

Eastern and Wanchai Office (Eastern and Wan Chai districts) Tel. : 2884 0282

Hong Kong Lutheran Social Service

Evergreen Lutheran Centre (Kwun Tong district) Tel. : 2712 0097

Rainbow Lutheran Centre (Wong Tai Sin and Sai Kung districts) Tel. : 2330 8004

Cheer Lutheran Centre (Tai Po and North districts) Tel. : 2660 0400

Hong Kong Christian Service

PS33 - Tsimshatsui Centre (Kowloon City and Yau Tsim Mong districts) Tel. : 2368 8269

PS33 - Sham Shui Po Centre (Sham Shui Po district) Tel. : 3572 0673

Hong Kong Children and Youth Services Sane Centre (Tsuen Wan and Kwai Tsing districts) Tel. : 2402 1010

Caritas HUGS Centre (Tuen Mun district) Tel. : 2453 7030

Evangelical Lutheran Church Hong Kong, Enlighten Centre (Yuen Long district) Tel. : 2446 9226

Hong Kong Sheng Kung Hui Welfare Council Neo-Horizon (Sha Tin district) Tel. : 8202 1313



Answer :

1. HK money (Heroin)
2. K (Ketamine)
3. Snow (Cocaine)
4. Meow Meow (Derivatives of cathinone)
5. Marijuana (Cannabis)
6. A home-made apparatus for taking Ice

For web version, please browse the Healthy School Policy webpage, EDB:

<http://www.edb.gov.hk/hsp>