

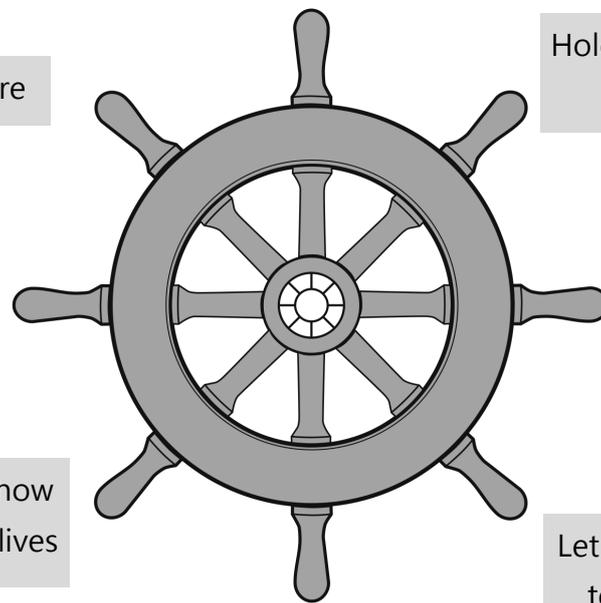


Healthy School: Tips for parents



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STEER YOUR CHILDREN AWAY FROM DRUGS!



Share your feelings with your children

Love and care

Hold reasonable expectations of your children

Seek help from the professionals when necessary

Let your children know how important they are to you

Let them know how drugs ruin their lives

Let your children learn to make decisions

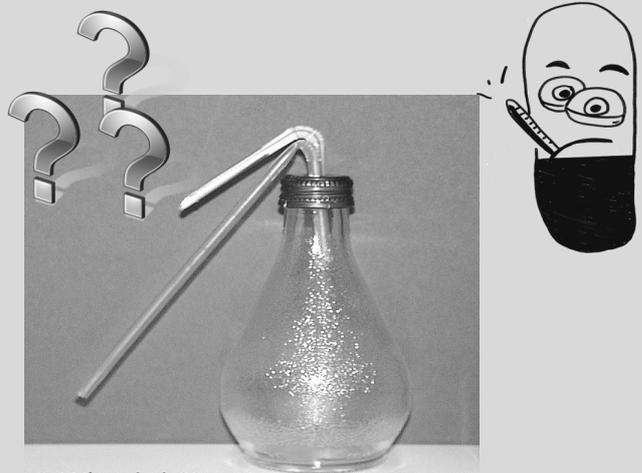
Set an example to the youth

GAMES

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

1. "American money"
2. "Special K"
3. "Grass"
4. "Coke"
5. "Glue"

- Hint :
- ◆ Cannabis
 - ◆ Cocaine
 - ◆ Organic solvents
 - ◆ Ketamine
 - ◆ Heroin

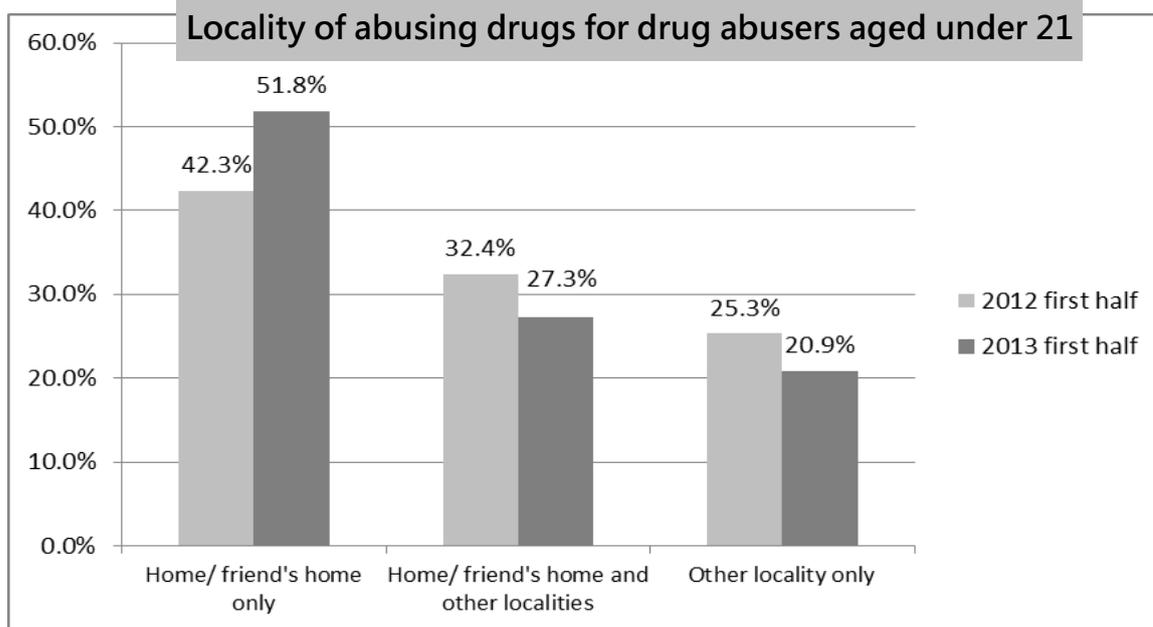


6. What is it??

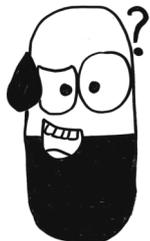
See answers on page 4

Latest situation of youth drug abuse

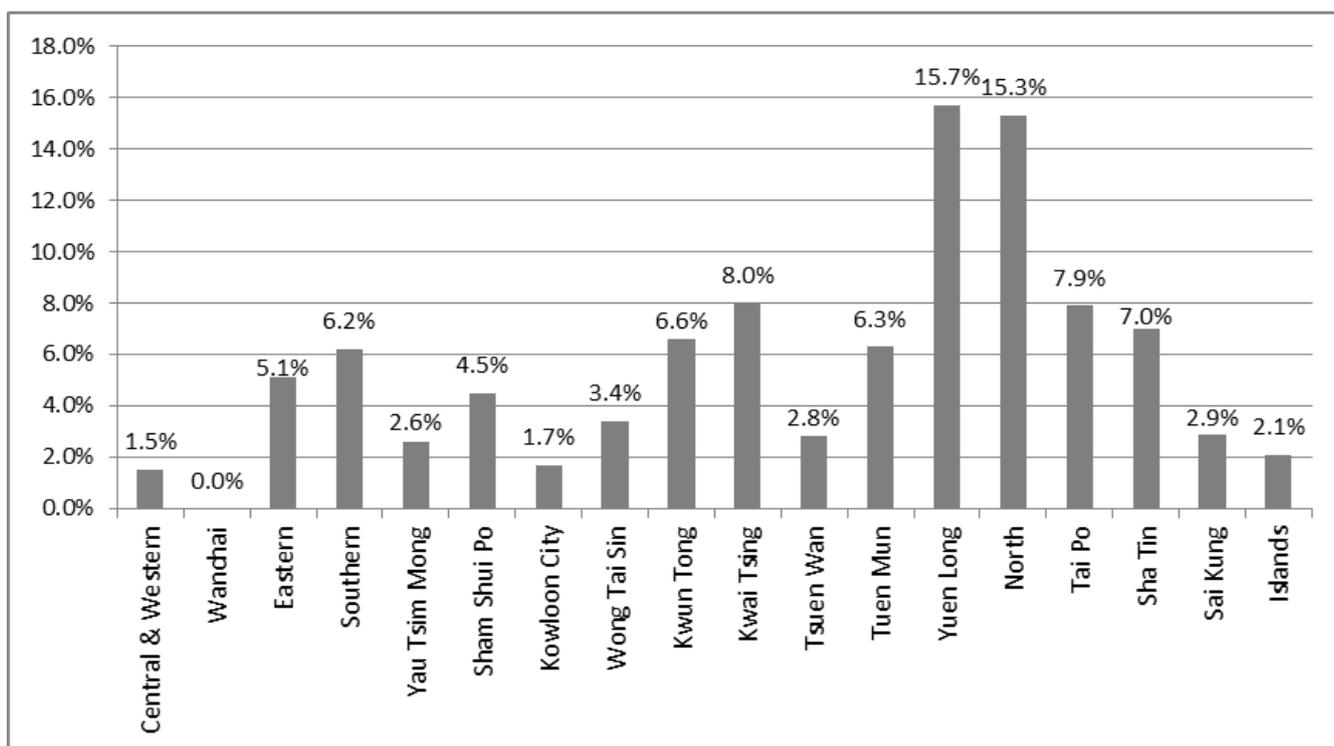
Source: Central Registry of Drug Abuse, Narcotics Division of the Security Bureau (Statistics for the first half 2013)

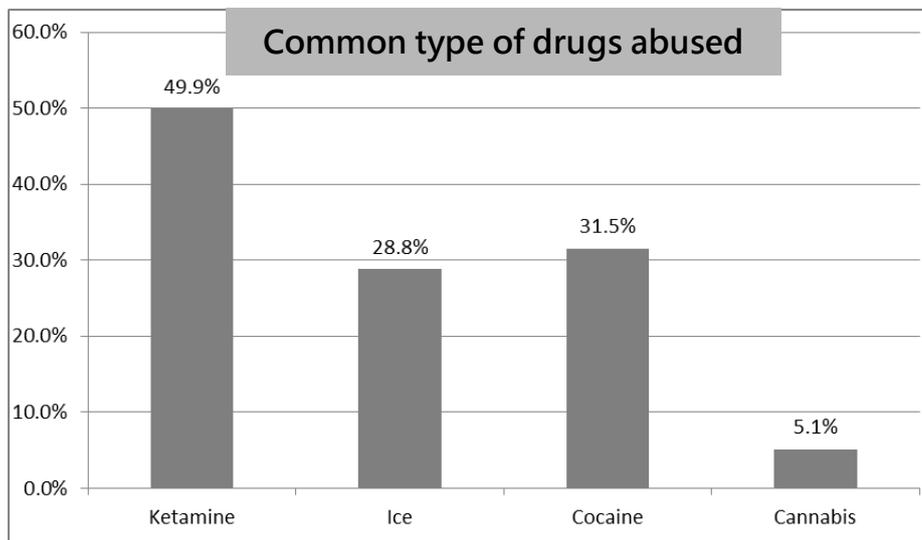


- The statistics revealed the growing problem of hidden drug abuse. Most youth drug abusers chose to take drugs at home
- The median time of abusing drugs by newly reported abusers increased from 1.9 years in 2008 to 4 years in 2012



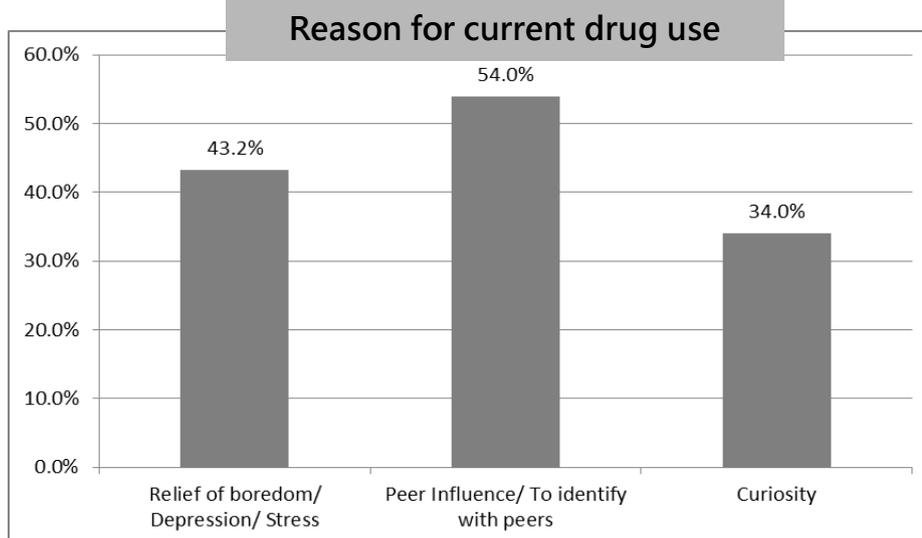
Percentage of drug abusers aged under 21 by district of residence





Mean age of first abuse

Male	15 years old
Female	14 years old



- Ketamine remained 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 was peer influence



Is my child taking drugs?



Remember to stay calm, be a good listener and avoid criticizing your child. Seek help from professionals.

* If parents recognize any signs of troubles, please talk to your child calmly and remember to seek help from professionals

- ◆ Unexplained absences from school and drop behind in academic performance
- ◆ Staying out till very late frequently
- ◆ Prolonged or frequent absence from home
- ◆ Persistently asking for more pocket money with poor justifications on how money was spent
- ◆ Stealing from home and school
- ◆ Withdrawal into their own room / toilet for unusually long period of time
- ◆ Loss of appetite and acting suspiciously
- ◆ Sudden mood changes, irritability, anger, hostility, feelings of loneliness, paranoia or depression
- ◆ Not interested in school or family activities
- ◆ Possession of drug paraphernalia (pills, cough syrup bottles, syringes, tin foil, spoons, pipes, etc)

Common drugs in Hong Kong

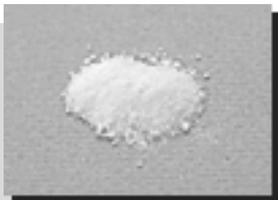


Ketamine

Street names: "Special K", "K", "Kit Kat"
Forms: powder

Effects and dangers:

- ◆ Memory loss
- ◆ Affects muscle control
- ◆ Addiction
- ◆ Heart problems
- ◆ Loss of consciousness
- ◆ Hallucination
- ◆ Frequent urination and bladder malfunctioning

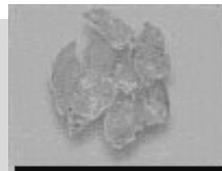


Ice

Forms: Semi-transparent, grain-sized crystals

Effects and dangers:

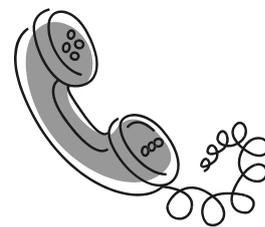
- ◆ Insomnia
- ◆ Agitation
- ◆ Skin sores
- ◆ Hallucination and feeling of persecution which may lead to violent behaviour



Seeking help

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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, their parents and neighbours.



11 Counselling Centres 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. American money (Heroin)
2. Special K (Ketamine)
3. Grass (Cannabis)
4. Coke (Cocaine)
5. Glue (Organic solvents)
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>