

(5) 香港警务处的禁毒工作

(5) The Anti-Drug Combat of the Hong Kong Police Force

青少年吸毒概况 Overview of Youth Drug Abuse

根据药物滥用资料中央档案室(CRDA)的资料，青少年吸毒的常见原因包括受同辈影响、解闷及各种压力等。吸毒的青少年通常选择在自己的家、朋友的家，或是酒吧、会所，甚至酒店房间内进行吸毒。21 岁以下的吸毒者，首次吸毒的平均年龄为 15 岁。

According to the Central Registry of Drug Abuse (CRDA), the common reasons for youth drug abuse include peer pressure, boredom and stress. Young people who use drugs typically choose to do so in their homes, friends' homes, bars, clubs or even hotel rooms. Among drug users under 21, the average age of first drug use is 15.

2025 年，依托咪酯和大麻在青少年吸食毒品中占比最高。贩毒集团以「太空油」作为糖衣包装，并以电子烟作为掩饰，将依托咪酯包装为危险药物的安全替代品，使其在青少年群体中快速流行。此外，贩毒集团利用社交媒体贩运毒品的情况亦十分常见。

In 2025, etomidate and cannabis had the highest prevalence among drugs used by adolescents. Drug traffickers sugar-coat etomidate as "Space Oil" and disguise it in e-cigarettes, falsely claiming it to be a safe alternative to dangerous drugs, which has caused it to gain popularity among young people rapidly. In addition, it is very common for drug traffickers to use social media as a platform for drug trafficking.

被捕的青少年不仅吸食毒品，还经常被诱导参与贩毒活动。曾经出现一个个案，案中最年轻的贩毒者是一名 14 岁的男孩，他在酒店房间内被警员拘捕时，发现他除了吸毒外，还参与毒品的包装工作。另一个个案中，一名 22 岁的大学二年级学生因租用一个工厂单位作为存放毒品的仓库而被捕，警方在拘捕他时搜获超过 200 公斤的毒品，包括冰毒和海洛英，涉案金额高达两亿港元。

Arrested youths not only use drugs but are often lured into drug trafficking activities. In one case, the youngest drug trafficker was a 14-year-old boy, who was arrested in a hotel room; he was found not only using drugs but also participating in drug packaging. In another case, a 22-year-old second-year university student was arrested for renting a factory unit as a warehouse for drugs. When police apprehended him, they seized more than 200 kilograms of drugs, including methamphetamine and heroin, with an estimated street value of up to HK\$200 million.

警方的数据显示青少年涉毒的个案有上升趋势。2025 年共有 522 名 21 岁以下涉毒的青少年被捕，其中 201 名人士为中學生。82% 案件，即 70 宗与藏毒有关；而贩毒案件相对较少，有 12 宗，约占 14%。警方发现，青少年在被捕时往往认为自己年轻且没有案底，便会被轻判或只是接受警司警诫了事。然而，无论是贩毒还是藏毒，青少年都必须面对所有法律程序，年轻和没有案底并不是求情的理由。此外，面对法律程序将对他们未来的外地升学、移民或职业发展造成极大的负面影响。

Police data indicate that the issue of youth's involvement in drugs shows an increasing trend. In 2025, a total of 522 youths under 21 were arrested for drug-related offenses, including 201 secondary school students. Of the cases, 82%, or 70 cases, were related to drug possession; trafficking cases were relatively fewer, with 12 cases, accounting for about 14%. Police have found that when arrested, young people often believe that because they are young and have no prior criminal record, they will receive a lighter sentence or their case will simply be disposed of by Superintendent's Discretion. However, whether it involves drug trafficking or possession, young people must go through all legal procedures, and being young with no prior record is not a valid mitigating factor. Furthermore, facing legal proceedings can have a significant negative impact on their future overseas studies, immigration prospects, or career development.

总括而言，除了打击毒品，禁毒教育对教师和警方来说都是刻不容缓的任务。警方在进行禁毒教育宣传时，需要与教师共同合作。教师需深入了解毒品的知识，教导学生有关青少年涉毒的原因，以及涉毒行为需承担的法律后果。

In summary, in addition to combating drugs, drug education is an urgent task for teachers and police. When conducting drug education campaigns, police need to collaborate with teachers. Teachers must gain a deep understanding of drug-related knowledge and teach students about the reasons behind youth drug involvement, as well as the legal consequences of drug-related behavior.

常见毒品的知识 Knowledge of Common Drugs

大麻、可卡因、甲基安非他命（俗称「冰」）、氯胺酮（俗称「K 仔」）、海洛英以及依托咪酯（俗称「太空油」）都是香港非常普遍的毒品类型。接下来会逐一介绍各常见毒品的基本资料。

Cannabis, cocaine, methamphetamine (Commonly known as “Ice”), ketamine (Commonly known as “K”), heroin and etomidate (Commonly known as “Space Oil”) are among the most common types of drugs in Hong Kong. Each of the common drugs will be introduced below.

(1) 大麻 Cannabis

大麻有多个别名，如「草」、「牛」、「花」和「420」等。在香港，大麻的吸食越来越普遍，辨识他人是否吸食毒品可以留意该人的一些身体反应，例如吸食者的眼睛会变红，并且会无法自控地大笑等。大麻中的两种主要成分是大麻二酚（CBD）和四氢大麻酚（THC）。THC 管有及使用一直受《危险药物条例》的管制，CBD 则于 2023 年 2 月 1 日被立法管制。由于 THC 不能从 CBD 中完全分离，因此也被纳入《危险药物条例》进行管制。与其他毒品相比，大麻的不同之处在于它能够被制成多种产品，包括护肤品和食品，如巧克力、咖啡及大麻糖等，这些产品在其他国家很常见。教师们应提高警觉，留意学生及身边人士所食用的巧克力和糖果，是否带有 THC 或 CBD 的标签。

It has several aliases, such as “grass”, “hash”, “marijuana”, “420”, etc. In Hong Kong, cannabis use is becoming increasingly prevalent. To identify whether someone has taken drugs, one can observe certain physical reactions. For example, abusers may have red eyes and may laugh uncontrollably. The two main components of cannabis are cannabidiol (CBD) and tetrahydrocannabinol (THC). THC has long been regulated under the *Dangerous Drugs Ordinance*, while CBD was legislatively controlled starting February 1, 2023. Since THC cannot be eliminated completely from CBD, it is also regulated under the *Dangerous Drugs Ordinance*. Compared to other drugs, cannabis is different in that it can be made into a wide range of products, including skincare items and food products such as chocolate, coffee and cannabis candies, which are common in other countries. Teachers should remain vigilant and pay attention to whether the chocolates and candies consumed by students and those around them carry labels indicating the presence of THC or CBD.

(2) 可卡因 Cocaine

可卡因的市场价格相对较高，1 克的价钱大约在 1,000 至 1,300 港元之间。可卡因的别名包括「可乐」、「汽水」、「生野」和「熟野」等。「霹雳可卡因」则是由梳打水与可卡因粉末混合后加热燃烧而成，因燃烧时发出「霹雳」声而得名。「霹雳可卡因」的熔点相对较低，可以通过加热雾化吸入。

The market price for cocaine is relatively high, with 1 gram costing around 1,000 to 1,300 HKD. Cocaine has several nicknames, including “coke”, “soda”, “raw” and “cooked”. “Crack cocaine” is made by mixing soda water with cocaine powder and heating it, earning its name from the “crack” sound it makes when being burned. “Crack cocaine” has a relatively low melting point and can be inhaled by heating and vaporising it.

(3) 甲基安非他命 (俗称「冰」) Methamphetamine (Commonly known as “Ice”)

甲基安非他命，属强力中枢神经系统兴奋剂，能破坏神经细胞，对脑部影响最大。吸食后可能会产生幻觉和抑郁，长期滥用更会造成皮肤溃疡（冰疮）。

Methamphetamine is a potent central nervous system stimulant. It can impair our nervous system and affect the brain the most. Consumption can cause hallucinations and depression, while long-term abuse may cause skin ulcer (Meth sores).

(4) 氯胺酮 (俗称「K仔」) Ketamine (Commonly known as “K”)

氯胺酮的主要影响是导致吸食者的膀胱收缩，令其容量不断减少。长期吸食氯胺酮的人要经常上厕所，反映出毒品对吸食者的身体造成严重影响。

Ketamine causes the user’s bladder to contract, reducing its capacity over time. Long-term users of ketamine need to go to the toilet frequently, reflecting the serious physical harm the drug causes to the body.

(5) 海洛英 Heroin

海洛英主要通过针筒注射，由于吸食方式比较麻烦和复杂，因此在香港吸食海洛英的人数比例较低。

Heroin is mainly administered by injection with a syringe. Since the method of use is relatively troublesome and complicated, the proportion of people using heroin in Hong Kong is relatively low.

当人开始吸食毒品时，行为和性格会发生变化，可能表现出极端的性格转变，如烦躁不安、情绪不稳定等、在学校或工作环境中的表现也会出现突变，如对社交互动缺乏兴趣、兴趣爱好突然改变，以及朋友圈的变化等。这些重要特征可以帮助教师辨识学生是否已经开始吸食毒品，陷入毒海之中。

When a person begins using drugs, their behavior and personality may change. They may show extreme shifts in temperament, such as irritability and emotional instability. Their performance in school or at work may also change suddenly, for example, showing a lack of interest in social interaction, sudden changes in hobbies and interests, and changes in their circle of friends. These important signs can help teachers identify whether a student has started using drugs and has fallen into drug abuse.

(6) 依托咪酯（俗称「太空油」） Etomidate (Commonly known as “Space Oil”)

新兴毒品依托咪酯是一种受管制的短效麻醉剂。吸食依托咪酯会引发了一系列身体不良反应，包括血压下降、肌肉抽搐、恶心、头痛，甚至昏迷。急性毒性症状更包括步伐不稳，甚至失去知觉，身体影响可能持续数天至数周。自 2025 年 2 月 14 日起，依托咪酯及其三种类似物（美托咪酯、丙帕酯和异丙帕酯）已被列为香港法例第 134 章《危险药物条例》下的危险药物。2025 年 7 月 18 日，政府更将所有依托咪酯类似物列为毒品。

The emerging drug etomidate is a controlled, short-acting anaesthetic agent. Etomidate abuse triggers a series of adverse physical reactions, including a drop in blood pressure, muscle twitching, nausea, headaches and even coma. Symptoms of acute toxicity further include an unsteady gait and even loss of consciousness, with physical effects potentially lasting for days to weeks. Since 14 February 2025, etomidate and its three analogues (metomidate, propoxate and isopropoxate) have been listed as dangerous drugs under the Dangerous Drugs Ordinance (DDO). On 18 July 2025, the government further listed all analogues of etomidate as dangerous drugs.

涉毒罪行的量刑准则 Sentencing Guidelines for Drug-related Offences

一直以来，但凡涉及毒品的罪行，警方会援引香港法例第 134 章《危险药物条例》进行执法。而《危险药物条例》中最常被引用的条例是第四条「危险药物的贩运」和第八条「管有危险药物及危险药物的服用」。在这两条条例下被逮捕的人士中，青少年占比较高。

All along, for any offence involving drugs, the police enforce the Dangerous Drugs Ordinance, Chapter 134 of the Laws of Hong Kong. The provisions most frequently invoked under the Dangerous Drugs Ordinance are Section 4, “Trafficking in Dangerous Drugs” and Section 8, “Possession of Dangerous Drug and Consumption of Dangerous Drug”. Among those arrested under these two sections, a relatively high proportion are young people.

教师们应该注意毒品的量刑准则。虽然 1 克毒品的份量可能感觉很少，但若有人贩运 10 克以下的可卡因、氯胺酮或冰毒等，仍然可能面临 2 至 7 年的监禁。所以，当我们从新闻报道中看到有人管有数公斤甚至数吨的毒品时，可以想象他们将面对很长的刑期。

Teachers should be aware of the drug sentencing guidelines. Although 1 gram of drugs may seem like a very small amount, a person found trafficking in less than 10 grams of cocaine, ketamine, or methamphetamine may still face 2 to 7 years of imprisonment.

Therefore, when we read in news reports about someone possessing several kilograms or even tonnes of drugs, we can imagine that they will be facing a very lengthy prison sentence.

毒品调查科的预防教育及宣传

Preventive Education and Publicity undertaken by the Narcotics Bureau

(1) 禁毒领袖学院 Leadership Institute on Narcotics

香港警务处一向致力打击毒品活动，一方面继续加强执法，以打击毒品供应，同时亦深化预防教育及宣传，让更多人抗拒毒品，以遏制毒品的市场需求。于 2021 年，在社会各界支持下，香港警务处毒品调查科成立了禁毒领袖学院，并每年于全港挑选 100 名中学及大学生成为学员。来自不同专业领域的顾问提供整年的系统化训练，课程涵盖领袖训练、毒品相关法律及医学知识、宣传和应对传媒技巧、历奇训练，以及生成式人工智能培训。

The Hong Kong Police Force is always committed to fighting illicit drug activities, intensifying enforcement to combat drug supply while enhancing preventive education and publicity measures to build resistance and curb market demand. In 2021, the Narcotics Bureau of the Hong Kong Police Force founded the “Leadership Institute on Narcotics” (L.I.O.N.) with the support of various sectors of the community and recruits 100 secondary and university students from across the territory as mentees each year. Expertise from different professions provides systematic training throughout the year, which covers leadership skills, drug-related legal and medical knowledge, publicity and media response techniques, adventure-based training, as well as generative artificial intelligence training.

学员完成训练后，将透过小组导师带领，策划及举办创意禁毒活动，以朋辈力量于校园推行无毒文化。学员亦需在大型禁毒嘉年华中，以摊位的形式向市民分享自己所学到的禁毒知识及展示由他们制作的创意禁毒活动，以崭新手法向大众及青少年推广禁毒信息。学院希望激发学员的社会责任感，栽培每一位学员成为优秀的青年禁毒领袖。表现杰出的学员将有机会获得奖学金及海外交流机会。

Upon completion of the training, the mentees will work under the guidance of their mentors to plan and implement creative anti-drug activities, utilizing the power of peer influence to promote a drug-free culture on campuses. The mentees will also be required to set up booths at the large-scale anti-drug carnival, where they will share their anti-drug knowledge and showcase their creative anti-drug activities. Through these innovative approaches, they will deliver anti-drug messages to the public and youth. L.I.O.N. aims to foster mentees’ sense of social responsibility and nurture them into outstanding young anti-

drug leaders. Outstanding mentees will also have the opportunity to receive scholarships and participate in an overseas trip.

踏入 2026 年，禁毒领袖学院正式迎来五周年。学院将推出一系列大型庆祝及推广活动，包括禁毒教育车「禁毒领袖移动学院」、禁毒短视频比赛，以及年度大型禁毒嘉年华「Love Our Life – LOL Party」等，期望汇聚五年来的成果，将无毒的健康文化带入社区每个角落。

Entering 2026, L.I.O.N. marks its fifth anniversary. L.I.O.N. will launch a series of large-scale celebration and promotional activities, including the anti-drug educational truck “L.I.O.N. Mobile”, an anti-drug short video competition and the large-scale annual anti-drug carnival “Love Our Life – LOL Party”, etc., to showcase the achievements over the past five years and bring the healthy, drug-free culture to every corner of the community.

(2) 互动禁毒剧场 Interactive Anti-Drug Theatre

互动禁毒剧场为香港警务处针对高年级小学生的预防教育及宣传项目。自 2023 年起，香港警务处共举办超过 120 场互动禁毒剧场，以生动有趣、寓教于乐的方式，向超过 18 000 名高小学生传递禁毒信息，有助他们建立正确的价值观和坚定的拒毒决心。

The Interactive Anti-Drug Theatre (the Theatre) is a preventive education and publicity initiative by the Hong Kong Police Force targeting upper primary students. Since 2023, the Hong Kong Police Force has organised over 120 interactive anti-drug drama performances. Through a lively, engaging and educational approach, the drama conveyed anti-drug messages to more than 18 000 upper primary students, helping them build proper values and a firm determination to reject drugs.

为进一步提升大众对防范依托咪酯等新兴毒品的警觉性，香港警务处在 2026 年推出全新剧目《迷之马戏团—互动禁毒剧场》，探讨青少年如何于网上平台误堕毒品陷阱，让同学们在互动过程中，学懂识破毒犯的「糖衣陷阱」，坚决向毒品说「不」，同时建立数码素养，加强于网上世界的自我保护能力。

To further enhance public awareness of emerging drugs such as etomidate, the Hong Kong Police Force in 2026 produced a brand new series of plays, “The Mysterious Circus – Interactive Anti-drug Theatre”, aiming to explore how youths may fall into drug traps on online platforms. Through the interactive sessions, students learn to spot drug offenders’

“sugar-coated traps”, firmly say “no” to drugs, and build digital literacy for stronger self-protection online.