

(5) 香港警務處的禁毒工作

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

青少年吸毒概況 Overview of Youth Drug Abuse

根據藥物濫用資料中央檔案室(CRDA)的資料，青少年吸毒的常見原因包括受同輩影響、解悶及各種壓力等。吸毒的青少年通常選擇在自己的家、朋友的家，或是酒吧、會所，甚至酒店房間內進行吸毒。21 歲以下的吸毒者，首次吸毒的平均年齡為 15 歲。

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的毒品中佔比最高。販毒集團以「太空油」作為糖衣包裝，並以電子煙作為掩飾，將依托咪酯包裝為危險藥物的安全替代品，使其在青少年群體中快速流行。此外，販毒集團利用社交媒體販運毒品的情況亦十分常見。

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.

被捕的青少年不僅吸食毒品，還經常被誘導參與販毒活動。曾經出現一個個案，案中最年輕的販毒者是一名 14 歲的男孩，他在酒店房間內被警員拘捕時，發現他除了吸毒外，還參與毒品的包裝工作。另一個個案中，一名 22 歲的大學二年級學生因租用一個工廠單位作為存放毒品的倉庫而被捕，警方在拘捕他時搜獲超過 200 公斤的毒品，包括冰毒和海洛英，涉案金額高達兩億港元。

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.

警方的數據顯示青少年涉毒的個案有上升趨勢。2025 年共有 522 名 21 歲以下涉毒的青少年被捕，其中 201 名人士為中學生。82% 案件，即 70 宗與藏毒有關；而販毒案件相對較少，有 12 宗，約佔 14%。警方發現，青少年在被捕時往往認為自己年輕且沒有案底，便會被輕判或只是接受警司警誡了事。然而，無論是販毒還是藏毒，青少年都必須面對所有法律程序，年輕和沒有案底並不是求情的理由。此外，面對法律程序將對他們未來的外地升學、移民或職業發展造成極大的負面影響。

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.

總括而言，除了打擊毒品，禁毒教育對教師和警方來說都是刻不容緩的任務。警方在進行禁毒教育宣傳時，需要與教師共同合作。教師需深入了解毒品的知識，教導學生有關青少年涉毒的原因，以及涉毒行為需承擔的法律後果。

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.

常見毒品的知識 Knowledge of Common Drugs

大麻、可卡因、甲基安非他命（俗稱「冰」）、氯胺酮（俗稱「K 仔」）、海洛英以及依托咪酯（俗稱「太空油」）都是香港非常普遍的毒品類型。接下來會逐一介紹各常見毒品的基本資料。

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

大麻有多個別名，如「草」、「牛」、「花」和「420」等。在香港，大麻的吸食越來越普遍，辨識他人是否吸食毒品可以留意該人的一些身體反應，例如吸食者的眼睛會變紅，並且會無法自控地大笑等。大麻中的兩種主要成分是大麻二酚（CBD）和四氫大麻酚（THC）。THC 管有及使用一直受《危險藥物條例》的管制，CBD 則於 2023 年 2 月 1 日被立法管制。由於 THC 不能從 CBD 中完全分離，因此也被納入《危險藥物條例》進行管制。與其他毒品相比，大麻的不同之處在於它能夠被製成多種產品，包括護膚品和食品，如巧克力、咖啡及大麻糖等，這些產品在其他國家很常見。教師們應提高警覺，留意學生及身邊人士所食用的巧克力和糖果，是否帶有 THC 或 CBD 的標籤。

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

可卡因的市場價格相對較高，1 克的價錢大約在 1,000 至 1,300 港元之間。可卡因的別名包括「可樂」、「汽水」、「生野」和「熟野」等。「霹靂可卡因」則是由梳打水與可卡因粉末混合後加熱燃燒而成，因燃燒時發出「霹靂」聲而得名。「霹靂可卡因」的熔點相對較低，可以通過加熱霧化吸入。

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 (俗稱「冰」) Methamphetamine (Commonly known as “Ice”)

甲基安非他命，屬強力中樞神經系統興奮劑，能破壞神經細胞，對腦部影響最大。吸食後可能會產生幻覺和抑鬱，長期濫用更會造成皮膚潰瘍（冰瘡）。

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 (俗稱「K仔」) Ketamine (Commonly known as “K”)

氯胺酮的主要影響是導致吸食者的膀胱收縮，令其容量不斷減少。長期吸食氯胺酮的人要經常上廁所，反映出毒品對吸食者的身體造成嚴重影響。

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

海洛英主要通過針筒注射，由於吸食方式比較麻煩和複雜，因此在香港吸食海洛英的人數比例較低。

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.

當人開始吸食毒品時，行為和性格會發生變化，可能表現出極端的性格轉變，如煩躁不安、情緒不穩定等、在學校或工作環境中的表現也會出現突變，如對社交互動缺乏興趣、興趣愛好突然改變，以及朋友圈的變化等。這些重要特徵可以幫助教師辨識學生是否已經開始吸食毒品，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（俗稱「太空油」） Etomidate (Commonly known as “Space Oil”)

新興毒品依托咪酯是一種受管制的短效麻醉劑。吸食依托咪酯會引發了一系列身體不良反應，包括血壓下降、肌肉抽搐、噁心、頭痛，甚至昏迷。急性毒性症狀更包括步伐不穩，甚至失去知覺，身體影響可能持續數天至數週。自 2025 年 2 月 14 日起，依托咪酯及其三種類似物（美托咪酯、丙帕酯和異丙帕酯）已被列為香港法例第 134 章《危險藥物條例》下的危險藥物。2025 年 7 月 18 日，政府更將所有依托咪酯類似物列為毒品。

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.

涉毒罪行的量刑準則 Sentencing Guidelines for Drug-related Offences

一直以來，但凡涉及毒品的罪行，警方會援引香港法例第 134 章《危險藥物條例》進行執法。而《危險藥物條例》中最常被引用的條例是第四條「危險藥物的販運」和第八條「管有危險藥物及危險藥物的服用」。在這兩條條例下被逮捕的人士中，青少年佔比較高。

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.

教師們應該注意毒品的量刑準則。雖然 1 克毒品的份量可能感覺很少，但若有人販運 10 克以下的可卡因、氫胺酮或冰毒等，仍然可能面臨 2 至 7 年的監禁。所以，當我們從新聞報道中看到有人管有數公斤甚至數噸的毒品時，可以想像他們將面對很長的刑期。

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.

毒品調查科的預防教育及宣傳

Preventive Education and Publicity undertaken by the Narcotics Bureau

(1) 禁毒領袖學院 Leadership Institute on Narcotics

香港警務處一向致力打擊毒品活動，一方面繼續加強執法，以打擊毒品供應，同時亦深化預防教育及宣傳，讓更多人抗拒毒品，以遏制毒品的市場需求。於 2021 年，在社會各界支持下，香港警務處毒品調查科成立了禁毒領袖學院，並每年於全港挑選 100 名中學及大學生成為學員。來自不同專業領域的顧問提供整年的系統化訓練，課程涵蓋領袖訓練、毒品相關法律及醫學知識、宣傳和應對傳媒技巧、歷奇訓練，以及生成式人工智能培訓。

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.

學員完成訓練後，將透過小組導師帶領，策劃及舉辦創意禁毒活動，以朋輩力量於校園推行無毒文化。學員亦需在大型禁毒嘉年華中，以攤位的形式向市民分享自己所學到的禁毒知識及展示由他們製作的創意禁毒活動，以嶄新手法向大眾及青少年推廣禁毒信息。學院希望激發學員的社會責任感，栽培每一位學員成為優秀的青年禁毒領袖。表現傑出的學員將有機會獲得獎學金及海外交流機會。

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，禁毒領袖學院正式迎來五周年。學院將推出一系列大型慶祝及推廣活動，包括禁毒教育車「禁毒領袖移動學院」、禁毒短視頻比賽，以及年度大型禁毒嘉年華「Love Our Life – LOL Party」等，期望匯聚五年來的成果，將無毒的健康文化帶入社區每個角落。

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) 互動禁毒劇場 Interactive Anti-Drug Theatre

互動禁毒劇場為香港警務處針對高年級小學生的預防教育及宣傳項目。自 2023 年起，香港警務處共舉辦超過 120 場互動禁毒劇場，以生動有趣、寓教於樂的方式，向超過 18 000 名高小學生傳遞禁毒信息，有助他們建立正確的價值觀和堅定的拒毒決心。

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.

為進一步提升大眾對防範依托咪酯等新興毒品的警覺性，香港警務處在 2026 年推出全新劇目《迷之馬戲團—互動禁毒劇場》，探討青少年如何於網上平台誤墮毒品陷阱，讓同學們在互動過程中，學懂識破毒犯的「糖衣陷阱」，堅決向毒品說「不」，同時建立數碼素養，加強於網上世界的自我保護能力。

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.