

AFRO



SAY NO TO
NO!
ADDICTIONS

2022



DO

**Work
Hard**

**TO LIVE
A
HEALTHY
LIFE**

DON'T

**Get
Addicted**



This is the time that everyone starts to make his/her New Year's resolutions.

To live a healthy life,

one must find a balance between the mind and the body. If the balance is lost, one's quality of life could suffer as a result.

This may also indicate that you have developed a dependency or addiction.

There are different types of addictions, including the **Internet, Alcohol, Nicotine, Drugs, Shopping, or even Sex.**

If you have developed an uncontrollable dependence on some behaviours, you may already be suffering from an addiction.

DEPENDENCY ADDICTION

Symptoms of Addiction include:



1

Feeling anxious whenever you try to stop engaging in a behaviour



2

The need to engage in a behaviour surges



3

Denying that the addiction to the behaviour has profoundly affected your life



4

Spending more than half of your time and money on the behaviour, etc

Once addiction is formed, it can have a wide and profound impact on your quality of life. Prevention is the key. If you can develop a broad range of interests and routines in life, your chances of developing an addiction would significantly decrease.

To minimise your risk of addiction, apart from deliberately refraining from indulgences, you can also try to develop a wider range of interests in life. This would significantly decrease your risk of developing addictions.

2022

JAN

1



DO

Love Your Family

DON'T

Jeopardize the Relationship

GLOBAL FAMILY DAY



Shopping addiction is a problem facing many families. The afflicted are bombarded and consumed by the urge to shop. At the same time, their behaviours would cause disruptions to their emotion, social and work-life, as well as financial strains. In its most severe form, the afflicted may be faced with debts and lose their families' trust. These are the core issues that many families face.

When addiction moves to the severe stage, not only would it affect a person's life, it could also destroy an entire family. Once addiction develops, it fundamentally disrupts your sleep quality. When you don't have enough sleep, you become agitated and moody. If you take your agitation out on your family, it would directly cause a negative impact on your relationships with them.

2022

FEB

6



DO

**Respect Sexual
Autonomy**

**INTERNATIONAL DAY
OF ZERO TOLERANCE
FOR FEMALE GENITAL
MUTILATION**

DON'T

Exploit Others

Everyone is born with their god-given genitals. Sexual pleasure is a right that everyone is entitled to. A person's gender does not preclude one from such rights. Everyone's body has certain parts that can bring about sexual pleasure; this pleasure should be enjoyed by every single person without discrimination. Female genital mutilation is mainly practiced in African and Middle Eastern countries. The main purpose is to decrease women's sexual desire which in turn minimises women's chances of engaging in premarital sex.



This practice does not only harm for women. It can cause a range of urological problems and may even lead to death due to loss of blood and infections. There should be zero tolerance for this practice of depriving people of sensations and causing grave bodily harm.

2022

MAR



DO

**Keep a Normal
Daily Routine**



**WORLD
SLEEP DAY**



DON'T

**Use Drugs
to Get High**



Have you ever heard of Narcolepsy? Sometimes, we may see people falling asleep all of a sudden during the day. Narcolepsy is a sleeping disorder. Its age of onset is between 10 - 20 years. Sufferers would repeatedly fall asleep during the day. At night, they may suffer from auditory and visual hallucinations too. Some may even experience what is known as sleep paralysis, where one cannot move his/her body, or speak, and only the ability to breathe remains.



Meth is a drug that causes sleep disorders. A person enters a state of euphoria and manic state after ingesting the substance. A person can go as long as three days without sleep. Once the effect of the drugs subsides, however, the same person can sleep for days on end.

2022

APR

(LAST SUNDAY OF APRIL)



DO

Enjoy
Consensual Sex



**WORLDWIDE
PINHOLE
PHOTOGRAPHY
DAY**



DON'T

Force Others for
Self-satisfaction

A pinhole camera is a structurally simple camera that was created to capture everyday activities.

To our fellow sisters, a pinhole camera is a sensitive object. Many of them are recorded unknowingly at work by people who utilise digital pinhole cameras. As such, pinhole cameras are not popular among our fellow sisters.



Voyeuristic disorder is the official medical term used to describe people who have an addiction to spying on unsuspected people during private activities. It refers to for at least 6 months, having recurrent and intense sexually arousing fantasies, sexual urges, or behaviours involving the act of observing an unsuspecting person who is naked, in the process of disrobing, or engaging in sexual activity, and these actions bring suffering to others.

2022

MAY



DO

**Get Regular
Check-up**

**WORLD
HYPERTENSION
DAY**

DON'T

**Hide from
Your Doctor**



Hypertension is a long-term illness. Many people don't experience any symptoms in the beginning. This is why it is often overlooked.

Symptoms of Hypertension include headache, dizziness, palpitation tinnitus, nose bleed, shoulder pain; in the severe form it can cause nausea, vomiting, fainting, and sudden cardiac problems, etc.



MDMA is a stimulant that can cause palpitation, acute hypertension, and sudden cardiac arrest. It can also cause irreversible brain damage.

2022

JUN



DO

Seek Appropriate Treatment

**INTERNATIONAL DAY
AGAINST DRUGS
ABUSE AND
ILLICIT TRAFFICKING**

DON'T

Take Medications without a Doctor's Advice



Consumption of illicit drugs is highly addictive. It can also lead to premature deaths. Everyone may come into contact with illicit drugs, such as cough syrups or analgesics. They can be easily purchased over the counter, which leads many to believe that these are non-addictive medications.

This is a misconception. If you take any medications without the advice of a doctor, it is already considered drug abuse. It could cost you your life.



Detoxification is a very painful process. One experiences many ups and downs, cycles of relapses and cessations. Pain that is caused to the body and mind cannot be easily described with words. Never let yourself fall into the trap of drug abuse.

2022

JUL



DO

Develop an Interest

INTERNATIONAL KISSING DAY

DON'T

Take Drugs for Short-term Pleasure



Fellow sisters' sexual service very often excludes "kissing". On many levels, this is due to hygienic concerns. Infections can be transmitted through saliva and oral specimens.

At the same time, research has pointed to the fact that kissing between close sexual partners is a healthy activity. Kissing decreases the release of adrenaline, leading to a sense of safety. Concurrently, the brain releases the same neurotransmitters that are usually released after exercises or when we inject certain stimulants, which cause palpitation and deep breathing.



Cocaine is an anesthetic and a stimulant, which can cause manic moods and even schizophrenia. More importantly, it is a highly addictive substance. If you wish to experience a positive mood, seek activities that are beneficial to your health, such as eating favourite foods you like, or finding someone to talk to.

2022

AUG



DO

**Fight for
Equal Work
Rights**

**INTERNATIONAL DAY
FOR THE REMEMBRANCE
OF THE SLAVE TRADE
AND ITS ABOLITION**

DON'T

**Accept Forced
Labour**



In Hong Kong, most sexual services are provided by fellow sisters voluntarily. However, human trafficking continues to be a problem in some corners of the world. In some poor countries, people risk their lives going to other countries to work illegally in the hopes of a better life. Some of them are then trafficked to different parts of the world and are subjected to work for free with the use of violence, sexual abuse, or forced drug use.



In some sectors of the sex industry in Hong Kong, some workers came to Hong Kong without knowing they were hired for sex work. They were misled to believe they were going to become dancers or waitresses. Some people who work in bars or nightclubs may come into contact with illicit drugs at work. Mostly these drugs are marijuana or cocaine. Due to the fact that they had to pay a large number of intermediary fees to come here, they have no choice but to stay and work. They may even consume drugs under the requests of their customers, in exchange for more income to pay off their debts.

2022

SEP

10



DO

**Exercise to
Reduce Stress**

**WORLD
SUICIDE
PREVENTION DAY**

DON'T

**Deny
Yourself**

The World Health Organization (WHO) pointed out that 800,000 people die from suicide each year. Everyone experiences mood swings and varies in abilities to deal with stress. It is normal to experience fluctuation in mood. Sometimes, when negative moods and thoughts are not resolved in a prolonged period, it can result in suicidal ideation. Suicide is preventable by building a positive mind.



Due to the COVID-19, we are working and studying from home more. Addiction to video games can worsen for both adults and teenagers. Cases of suicide related to video games addiction have surged as a result. Video games are exciting, mystifying, and some are even violent. Overindulgence can make it hard for people to detach themselves from the world they have created in video games, morphing the boundaries between reality and virtual space. Not only does it affect your ability to concentrate, but it can also cause strains in the social relationships and violent tendencies.

2022

OCT



DO

Trust Yourself



**GLOBAL
HAND
WASHING DAY**



DON'T

Despise Yourself



Handwashing is a habit, which is good for preventing diseases. However, have you ever heard of a condition called Obsessive-Compulsive Disorder (OCD)? OCD sufferers often repeatedly engage in some activities, such as repeated and excessive cleaning and inspecting.

Some people pay great attention to details and pursue order and high standards for everything they do in life. However, when these behaviours are uncontrollable and excessive, they will turn into OCD. Physiologically, serotonin imbalances may be one of the causes of OCD. On the other hand, there may also be a genetic component.



Consumption of Meth could lead to repetitive behaviours, such as typing on your phone, handwashing, etc. These behaviours cease upon discontinuation of the drug, which is different from what OCD sufferers experience.

2022

NOV

25



DO

Be Independent

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

DON'T

Put Up With Nonsense

The United Nations estimates that 35% of women globally suffer from different forms of physical and sexual violence. In the last month, we talked about Obsessive and Compulsive Disorder (OCD). OCD not only refers to excessively storing foods and cleaning, it also includes violent behaviours.

OCD sufferers with violent tendencies may derive pleasure from hurting or seeing someone else get hurt. This gratification can be psychological, visual, or sensual. Some sufferers may only fantasise about these incidents which Don't cause any harm to anyone. However, actions often begin as fantasies, which is why it is important to prevent these fantasies from even developing.

Certainly, some abusers are only pursuing instant gratification.



Some drugs, such as Meth can cause persecutory delusions and hallucinations, which trigger violent tendencies and motivate people to harm others. In large doses, Meth can lead to death.

2022

DEC



DO

**Get Regular
Check-up to
Protect Yourself**

**WORLD
AIDS DAY**

DON'T

Take Risks

World AIDS Day was established to increase the public's awareness of AIDS, which is caused by the Human Immunodeficiency Viruses (HIV), and as a remembrance for those who have succumbed to their illness.

Many people still have misconceptions about how the virus is transmitted. For example, they may think that the viruses can be transmitted via social interactions, such as using the same bathroom, swimming in the same pool, and sharing foods at the same tables. Some even believe that HIV carriers die in a short period. In actual fact, HIV is transmitted via blood, mother-to-child, and unsafe sex. It cannot be transmitted via regular social interactions.



Society still stigmatises people living with HIV. Stigmatisation and discrimination directly influence people's motivation to get tested, which in turn leads to greater risk of transmission. Discrimination is rooted in misconceptions. We will only be able to build trust and understanding by opening up our hearts and minds.

SAY NO TO ADDICTIONS

People who suffer from addictions may deny that they have a problem at the beginning. They believe that it is just a hobby. However, the biggest distinctions between a hobby and an addiction are whether one has control over that behaviour, whether the hobby has caused disruptions to one's life, and whether one is consumed by that behaviour.

Don't be afraid to seek help. If you are willing to take this step, you will find a way out.

Contact Hotline :

AFRO Addiction Counselling Hotline (MON-FRI 9-5pm)	62039656
AFRO 24-Hour Hotline	27701002
Tung Wah Group of Hospitals (TWGHs) Integrated Centre on Addiction Prevention and Treatment	28271000
Hong Kong Christian Service - Online New Page Online Addiction Counselling Centre	25610363
Narcotics Division Enquiry Hotline	186186
Narcotics Division Whatsapp/Wechat	98186186
Caritas Addiction Counselling Service	31617777

AFRO :

MON-FRI · 09:00-22:00

 9669 8108

 9669 8108

 AFRO 27701002

 AFRO 27701002

“Stand Firm, Knock Drugs Out”

