

Youth Rehabilitation and Parents Supportive Scheme: Anti-drug workshop

Organized By:



循道衛理中心
Methodist Centre

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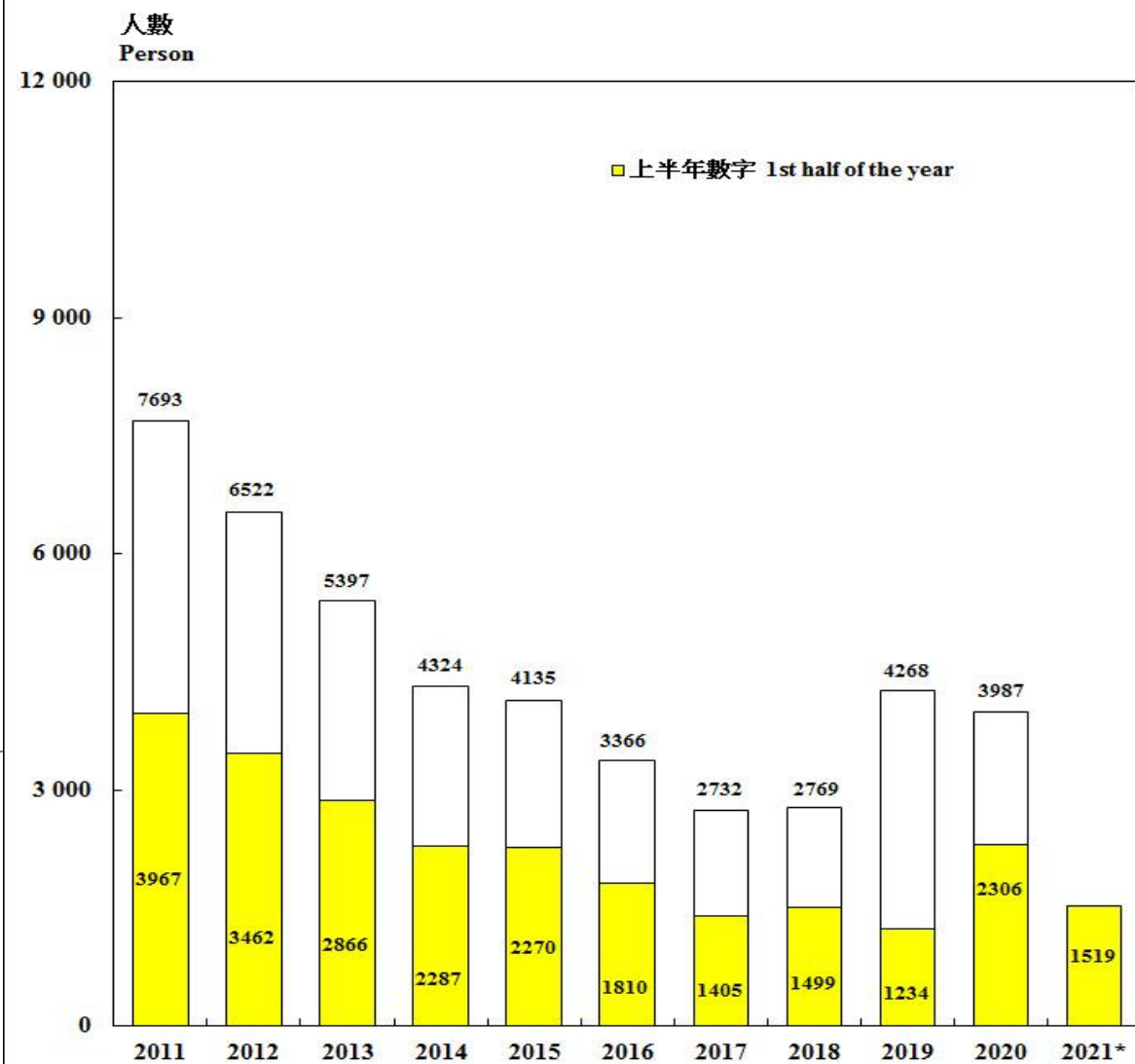
9/11/2021



Trends of arrested aged under 21?



2011年至2021年被捕的青少年罪犯 Youths Arrested for Crime, 2011 - 2021



* 2021年數字乃上半年數。
Figures of 2021 are for the first half only.



Brief summary of Hong Kong youth offender Service

Young Offender

Arrested by Police

Convicted at Trial

Police Superintendent's Discretion Scheme

- Convicted
- 10-18 Years Old
- No Crime Record before
- The attitude of Young Person

Social Welfare Department

- Protection of Children and Juveniles Ordinance
- Probation Order
- Community Service Order
- Children and Juvenile Home

Correctional Services Department

- Rehabilitation Centre
- Detention Centre
- Training Centre
- Addiction Treatment Centre
- Correctional Institution

Transferred by
Police
Project Phoenix / Other NGOs

Most common drug abused by aged under 21?

- A. Ketamine (K)
- B. Methamphetamine (Ice)
- C. Cocaine (coke)
- D. Cannabis (weed)
- E. Heroin (White powder)



Methamphetamine



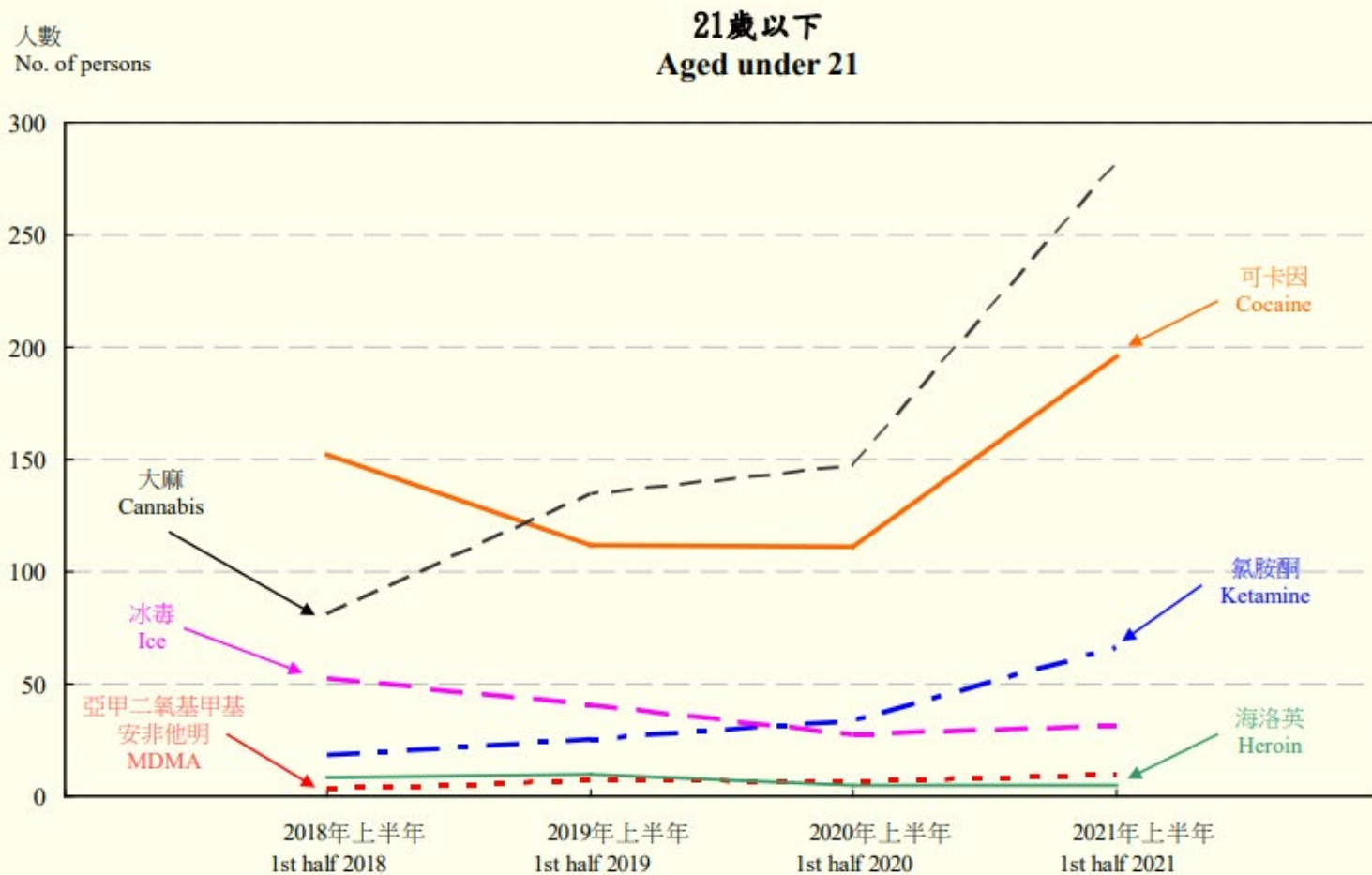
Ketamine



Cocaine

按年齡組別及常被吸食的毒品種類劃分的被呈報吸食毒品人士 (2018年上半年至2021年上半年)

Reported drug abusers by age group by common type of drugs abused (1st half 2018 to 1st half 2021)



註釋：因為某一被呈報吸食毒品者可吸食多於一種毒品，所以被呈報吸食不同毒品種類的人數不應加起來。
 Note: Since a reported drug abuser may abuse one or more types of drugs, the numbers reported for abusing different drugs should not be added together.

資料來源：藥物濫用資料中央檔案室
 Source: Central Registry of Drug Abuse
 資料更新於 16.9.2021
 Updated on 16.9.2021

What are the effects of different types of drugs?



Ketamine(K)

Symptoms :

- abdominal pain (frequent urge to void, pain in voiding, blood in urine, kidney diseases)
- nasal damage due to chronic irritation (including blocked nose, runny nose, difficulty in breathing or even perforation of the wall between two nostrils)





Methamphetamine (Ice)

Symptoms :

- Inability to sleep
- An increase or decrease in sexual desire
- suppress appetite
- Panic and confusion/Anxiety and tension(sensitivity)
- loses interest to usual pleasurable activities
- Nutritional disorders owing to depressed appetite
- Rapid and irregular heart beat
- Hallucination and feeling of persecution which lead to violent behavior
- dental cares or loss of teeth



Methamphetamine (Ice)

Shape: white or colorless, crystal and powder
Usually wrapped in plastic bags or aluminum paper



熱爆娛樂
<http://hitt.blogspot.com>



Cocaine(Big C, C, Coke)

Symptoms :

- feeling of well-being or extreme pleasure
- delays of physical and mental fatigue, thus holding sleep needs at bay
- reduction in appetite
- anxiety and even panic
- increased heart rate and blood pressure
- mood swings/Aggressive
- affected memory
- sleeplessness
- exhaustion
- Debt





Cannabis(grass,weed)

Symptoms :

- Having strong smell
- Staring blankly
- Giggling without reasons
- Having red, bloodshot eyes
- Using incense and other deodorisers to cover strong body smell
- Hallucination



The myths of cannabis

- Not addicted?
- No harm?
- Refreshing?
- Medicine?



Permanent influence (Cannabis)

- Addictive
- Damage to the brain
- Cannot Refreshing!
- Not first-line treatment, more researches are being undertaken.

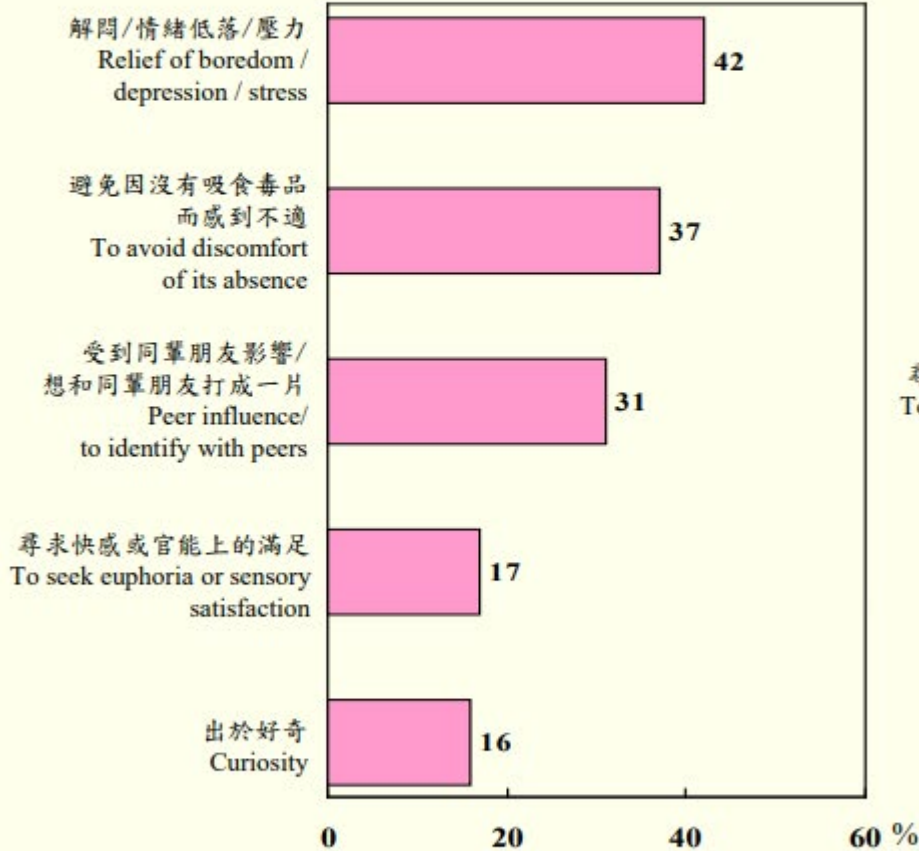
FACT

按現時吸食毒品原因劃分的2021年上半年被呈報吸食毒品人士

Reported drug abusers by age group by reason for current drug use in 1st half 2021

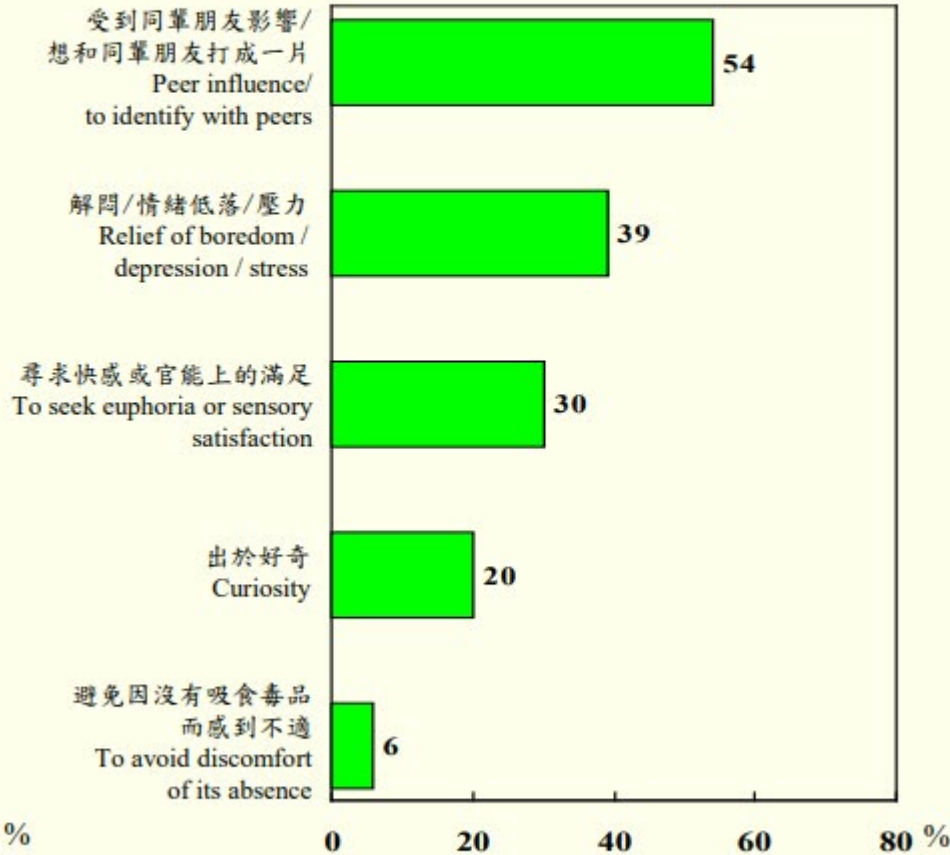
現時吸食毒品原因
Reason for current drug use

所有年齡
All ages



現時吸食毒品原因
Reason for current drug use

21歲以下
Aged under 21



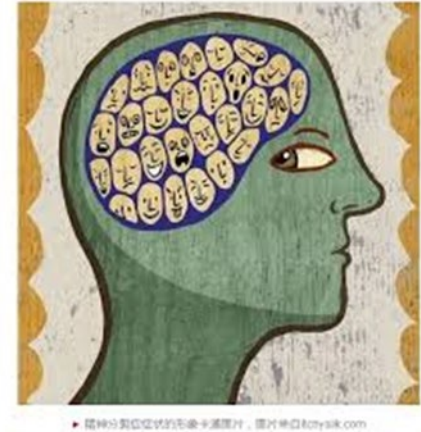
註釋：同一被呈報吸食毒品者可被呈報多於一個現時吸食毒品原因。

Note : More than one reason for current drug use may be reported for each individual reported drug abuser.

資料來源：藥物濫用資料中央檔案室
Source : Central Registry of Drug Abuse
資料更新於 16.9.2021
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Affect to your body...

- Hallucination
- Impaired coordination
- Addiction
- Heightened risk of cancer
- Reduced concentration and impaired memory and judgment
- Depression and extreme suspicion of others
- Irritability and short temper
- Respiratory disease
- Regular users of cannabis are more likely to try other illicit drugs





nabis(Weed) is becoming a trend....

DANK MASTER



INSTANTARIS



WWW.MASTERDANK.COM





Cannabis(Weed)


Learning about weed

https://www.youtube.com/watch?v=kHM6Gray_MA



FACT:
YOU MAY BE AT A HIGHER RISK FOR:

SKIPPING CLASSES
DROPPING OUT



LOWER GRADES
UNEMPLOYMENT



WHEN YOU INHALE WEED,
YOU CAN INCREASE YOUR
RISK OF DEVELOPING
LUNG PROBLEMS.



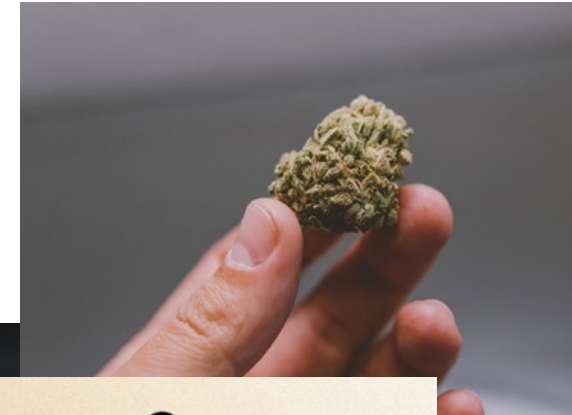


Cannabis (Weed)

THC (tetrahydrocannabinol) is the major cannabinoid in cannabis plants causing psychoactive ("high"), harmful effects and addiction.

Significant Harm to YOU

- Addiction
- Hallucination
- IQ loss
- Anxiety
- Depression





Cannabis (Weed)

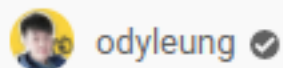
Cannabidiol (CBD) (Legal)	Tetrahydrocannabinol (THC) (Illegal)
<p>CBD is used to help with other various conditions, such as:</p> <ul style="list-style-type: none">seizuresinflammationpainpsychosis or mental disordersinflammatory bowel diseasenauseamigrainedepressionanxiety	<p>THC causes side effects, such as:</p> <ul style="list-style-type: none">increased heart ratecoordination problemsdry mouthred eyesslower reaction timesmemory lossanxiety <p>Important element to decide whether the substance legal or not</p>





上環大麻CAFE☕?! Weed420🍀? THC? CBD咖啡?!★

觀看次數：3.6萬次 · 2個月前



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字幕



強效舒緩修護保濕乳液 500mg





CBD強效止痛配方 Extra Strength



CBD寵物用止痛配方 Pet Formula 700mg



Different countries legislation to the content standard of THC



美國

<0.3% THC



歐盟

<0.2% THC



香港

0% THC

禁毒基金
BEAT DRUGS
FUND

Why do teenagers use drugs?

Curiosity

- Want to know what it really feels like
- Some may believe that drugs won't/couldn't harm them or addicted



Peer Pressure

- Desire to fit in their social circles
- Avoid isolation from their peers



Why do teenagers use drugs?

Relief of Boredom

- Lack of interests and feel bored
- Looking for a thrill and an intensified feeling



Mental health problems

- Mental or behavioral disorders: Teens who suffer from depression, anxiety or another disorder are more likely to self-medicate and use drugs as a way to escape emotional pain.

Why do teenagers use drugs?

Low self-esteem

- To compare themselves to others
- Use drugs or alcohol may help them feel confident

Performance-enhancing substances

- To boost their fitness, e.g. “ Taking drugs can help to me lose my appetite so that I would be slim and good-looking!”

What are the factors that prevent the teens from using drug?

Protective factors

- Personal attributes
- family
- school
- peers
- community



Protective factors peers/school

Protective factors

- Friends on conventional behavior (NO Drug taking or supplies)
- Proper behavior in school
- academic performance
- sense of belongings/attachment to school



Protective factors personal attributes

Protective factors

- self-efficacy/self-esteem
- realistic appraisal of environment
- good social problem solving skills
- empathy
- prosocial activity



Protective factors community

Protective factors

- perceived sanction against drug abuse
- religious activities (emotional & social support)/(positively like-minded people, religious affiliation)
- disable accessibility of drugs



Protective factors family

Protective factors

- good parenting skills (communication/firm family boundaries/supervision)
- orderly daily life of family
- traditional family events
- positive family environment (show interest in their life/attachment)
- high but realistic expectations of parents (“You can do it”)
- helping in developing child’s potentials
- involving positively in child’s decision (instill prosocial norms, esp key turning points in life)



How should I prevent teens from committing drug-related crimes?

“Should I talk to my teen about drugs? “

“ The more they know about drug, the more they are interested in taking drugs? “

Do you agree?



How should I prevent teens from committing drug-related crimes?

It's better for you to do early prevention and teach them the right values!



How should I prevent teens from committing drug-related crimes?

1. Having an open conversation about drug with your teens

- Instead of lecturing, ask your teen's views first
- Listen to your teen's opinions and question about drugs by asking open-ended questions e.g.
 - “What are some of the reasons you think those kids were drinking?”

1. Discuss the reasons not take drugs

- Let your child know about the health and safety risks of teen drug e.g. legal consequences.



How should I prevent teens from committing drug-related crimes?

2. Encourage your teens to take part in healthy hobbies

- e.g. hiking, running, art and music
- Being healthy and active makes them easier to cope with the stress. This, in turn, reduces the temptation to rely on drugs and alcohol for emotional relief



P.S. You may also join them to take part in their hobbies, which serves as a form of support to them ^o^



How should I prevent teens from committing drug-related crimes?

3. Discuss ways to resist peer pressure

- Brainstorm with your teen about how to turn down offers of drugs



How should I prevent teens from committing drug-related crimes?

★ Refusal Skills of drugs for youth

a. Simply “No “

- Use a **strong and assertive tone** while saying no; be polite
- *“I don't use alcohol or other drugs.”*

a. Give a Reason, Fact or Excuse.

- The excuse should be strong enough to get you away from the person, or out of the situation.
- *“My mom just called. Sorry..I gotta go. Something's going on at home”*



How should I prevent teens from committing drug-related crimes?

c. Change the Subject to divert their attention from that topic

- Try changing the subject by suggesting alternatives like
- e.g. *“You want to go watch a movie?” “I think you look cool today!”*



How should I prevent teens from committing drug-related crimes?

4. Monitor them regularly

- Know where your child is at all times.
- Be aware of your teen's activities, especially during the after-school period, which is a high-risk period for teen drug use.
- Know who your child is hanging out with.
- Be present during some recreational events e.g. simply being home when your child has friends come over and starting conversations with his or her friends is better than constantly interrupting their time together



How should I prevent teens from committing drug-related crimes?

5. Make your values and your rules clear

- Firmly establish a rule that any drug or alcohol use will not be tolerated.
- Parents use vague phrases like “be smart,” → have very different meanings to different people.
 - e.g. a parent says, “be smart” may think he is asking his child not to use drug while the child may interpret the instructions as, “Not taking too much drug is smart.”
 - So, be specific. “You can go out with your friends as long as you can assure me you will not use weed,”



How should I prevent teens from committing drug-related crimes?

6. Get educated!!

- Parents should be well informed and up-to-date about the types of addictive substances their teens might encounter.



How should I prevent teens from committing drug-related crimes?

7. Build a warm and supportive relationship with your child

- Spend time with your child
- Staying involved in your child's activities
- They may not want to disappoint you because you are important to them → reduce the negative peer influence.



The warning signs of teen drug abuse

- Sudden or extreme change in:
 - Friends (e.g. hanging out very frequently)
 - Eating habits (e.g. Loss of appetite)
 - Sleeping patterns (e.g. Sleep for a few days)
 - Physical appearance (e.g. bloodshot eyes, runny nose and rapid weight loss, widely dilated pupils even in bright light.)
 - School performance (e.g. fail to attend to school)
- Breaking rules or withdrawing from the family
- The presence of medicine containers, despite a lack of illness



When your children taking drugs...

“Teens may develop intentions to use drugs despite parental involvement. If this happens, please know that it is not a sign of failure.”

When your children taking drugs...

As the teens may feel uncomfortable → possible reactions of a teen being discovered of taking drugs:

- Deny and tell lies → “No, I am just hiding them for my friends.”
- Being defensive → “It’s none of your business.”
- Accusing of your distrust



Thus, be prepared for all these reactions before you start the conversation with them.

- Resolve to remain calm, no matter what your child says.

How do Social Services prevent youth from drug related crimes?

- Positive social activities e.g. sports and music
 - To build up positive social network and healthy hobbies
- Equip them with drug knowledge
 - The negative effect of taking/ trafficking of drugs
 - Drug refusal skills
- Counseling services
 - Encourage positive problem solving skills
 - Emotional support (Acceptance and empathy)



Referral Services for young drug abusers

Voluntary Residential Drug Treatment and Rehabilitation Programmes

e.g. Jockey Club Lodge of Rising Sun



Community-based counselling services

e.g. Hong Kong Christian Service PS33 - Tsimshatsui Centre



Teenage drug mule who smuggled HK\$20 million of cocaine into Hong Kong jailed for nearly 18 years

A teenage drug mule who smuggled more than HK\$20 million (US\$2.6 million) worth of cocaine into Hong Kong in return for cash to support her mother was jailed for 17 years and six months by a court on Wednesday.

Mr Justice Alex Lee Wan-tang said the girl, who was 15 years old at the time of the offence and whose name has been withheld by the *Post* because of her age, had committed extremely serious offences that warranted a starting point of sentence at no less than 30 years.

But he decided to grant a 45 per cent sentencing discount to give her a chance to turn over a new leaf, considering her age and guilty plea, as well as the useful information she had offered to investigators.

Officers opened her suitcase to find 20 packages, containing 16.79kg (47lbs) of cocaine with an estimated street value of HK\$20.32 million.

She later admitted she had delivered similar packages from Shenzhen to Kwun Tong on four other occasions since June 11 that year, after a guy friend nicknamed “Frog” suddenly called to ask for her help.

Each time she was paid between HK\$10,000 and HK\$15,000 (US\$1,281 to US\$1,921).

When she was later reunited with her mother, she found her parent living a difficult life so she agreed to the offer to make money, foolishly believing it was a job, Leung said.

Hong Kong Legislation: Chapter 134 The Dangerous Drugs Ordinance

	Maximum penalty of a fine (HK\$)	Maximum penalty of imprisonment
Trafficking (selling or giving away)	5,000,000	For life
Manufacturing	5,000,000	For life
Having in his possession; or smokes, inhales, ingest or injects a dangerous drug	1,000,000	7 years
Having in his possession any pipe, equipment or apparatus	10,000	3 years

Cannabis (Weed)	Sentencing guidelines
2000g以下	16 months (1.4years)
> 2000g	16 to 24 months (1.4 to 2 years)
> 3000g	24 to 36 months (2 to 3 years)
> 6000g	36 to 48 months (3 to 4 years)
> 9000g	More than 4 years

Cocaine	Sentencing guidelines
< 10g	2-5 years
10-50 g	5-8 years
50-200 g	8-12 years
200-400 g	12-15 years
400-600 g	15-20 years
600-1,200 g	20-23 years
1,200-4000 g	23-26 years
4,000-15,000 g	26-30 years
> 15,000 g	More than 30 years(With Discretion of the Court)

Ice	Sentencing guidelines
< 10g	3-7 years
10-70 g	7-11 years
70-300 g	11-15 years
300-600 g	15-20 years
600-1,200 g	20-23 years
1,200-4000 g	23-26 years
4,000-15,000 g	26-30 years
15,000克以上	More than 30 years (With Discretion of the Court)



