

Understanding Drug Abuse Problem

a guide for parents,
teachers and anti-drug workers who need to know more about the drug abuse problems



Narcotics Division,
Security Bureau



Action Committee
Against Narcotics

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Introduction

A decorative graphic consisting of a series of yellow and black squares arranged in a stepped, descending pattern from the top right towards the bottom right of the page.

This brochure intends to arm parents, teachers and anti-drug workers with basic drug information so that they may be able to recognize signs of drug abuse and be better equipped to help those who have drug abuse problem.

When compared with other countries, drug abuse problem in Hong Kong is not serious. However, in recent years, the trend of psychotropic substance abuse is on the increase and the first-time usage is beginning at an early age. What concerns us most is that some youngsters, not only those who are unemployed or unable to pursue further studies, consider substance abuse as trendy and part of the rave culture. Some young abusers take drugs to escape from the problems and frustrations they encounter. In this regard, we need to educate ourselves and our young people not to take the habit.

Youths are found taking drugs not only in entertainment premises but also at schools and their residences nowadays. The Government is doing its best to disseminate the anti-drug message throughout the community, but the results achieved will be much more successful and far-reaching if the anti-drug message is reinforced by parents, teachers, student counsellors, social workers, employers, etc. We must all act as good role models for our youths by taking an unambiguous stand against drugs and institute tough, no-use policies in our homes, schools, and in our community.

Legal sanctions

One way to help deter people from drug abuse is to inform them of the legal consequences. Those who abuse drugs infrequently or in small amounts must realize that they are to be held just as accountable for the damage done by the drug trade, as the druglords who control vast drug networks.

Strict enforcement of Hong Kong's tough laws makes becoming involved with drugs undesirable. It also makes drugs more expensive and difficult to obtain, and in this way, helps to deter drug use.

The Dangerous Drugs Ordinance (Cap. 134) is the main law dealing with drug offences. Persons found in illegal possession or smoking, inhaling, ingesting or injecting dangerous drugs are liable on conviction to a maximum fine of \$1 million and imprisonment for seven years. This is a steep price to pay for experimentation, or boredom or giving in to peer pressure.

For major offences involving trafficking in or manufacturing of dangerous drugs, the maximum penalty is life imprisonment and a fine of \$5 million. All the proceeds of drug trafficking can be frozen and confiscated. The maximum penalty for opening or managing a divan is a fine of \$5 million and 15 years' imprisonment.

Drug-taking and risk-taking

Drug abuse refers to the taking of drugs without following medical advice or prescription, or the indiscreet use of dangerous drugs for non-treatment purposes.

Each drug has its own potential risks associated with it, and the risks can be potentiated by impurities or adulterants, and the unique reaction of each individual user. Drugs offered in the illicit market are not always what they are claimed to be. The buyer can rarely be sure of the content or the strength of the substance. If illicitly manufactured, the substances are likely to contain impurities or adulterants. It is also noteworthy that taking drugs with alcohol is even more dangerous and can be fatal.

Taking more than one drug all at a time is extremely dangerous because even small doses of each may prove fatal. Complex interactions can occur among various types of drugs and increase the risk of a harmful or fatal outcome.

Frequent use of psychotropic substances in high doses and for a long time is likely to distort an individual's perception of and response to environment. Even in moderate doses, most psychotropic substances impair motor control, reaction time, and the ability to maintain attention. Drug users are likely to be a hazard to themselves and to others when operating machinery or a motor vehicle, or crossing roads, etc.

Many drugs amplify mood, so if someone is angry, anxious, or depressed, drugs could make that person feel even worse. Even drugs that are thought to have a calming effect (like alcohol and tranquillizers) can release aggressive impulses. They can also weaken one's social and personal inhibitions, causing one to act in a manner he will later regret. Violent incidents, sexual offences and date rape are often involved with the taking of drugs.

Drugs not only alter behaviour, but also create physical and psychological dependence to varying degrees. Physical dependence causes withdrawal symptoms when the drug is discontinued. Psychological dependence causes a craving for the drug to ease the abuser's mind. Tolerance to drugs frequently develops so that higher doses are required to satisfy the craving or suppress the withdrawal symptoms. As a user becomes drug-dependent, he needs a constant supply of cash, and may resort to serious crimes to support his habit. Some may eventually die of overdose.

Substances liable to abuse



Heroin



Opium, morphine and heroin are all derived from the opium poppy (*Papaver somniferum*) and are therefore often called opiates.

Opiates belong to a group of drugs called narcotic analgesics. They slow down or depress the actions of the brain.

Street Names

"White powder", "No.4", "American money", "HK money"

What It Looks Like

Pure heroin is a white crystalline powder. Street varieties can be any colour from white to light grey. For the local illicit market it may be "cut" (diluted) with such materials as caffeine (a stimulant), paracetamol (an analgesic/antipyretic), chlorpheniramine (an antihistamine), theophylline (a bronchodilator), antipyrine (an antipyretic), carbetapentane (an antitussive), phenobarbitone (a sedative), midazolam (a tranquillizer) and estazolam (a tranquillizer) in various combinations.

Effects and Dangers

Heroin acts as a powerful narcotic analgesic, relieves pain and has a sedative effect. At times it gives a feeling of happiness and well-being. Heroin, after injection, rapidly reaches the brain, thus giving an immediate effect. Because of its pain relief and "happiness" effect, heroin is potentially the most addictive drug of the narcotic/analgesic type. If the body is not supplied with the drug, withdrawal symptoms occur within 8 to 12 hours of the last dose. These take the form of sweating, nervousness, inability to sleep, stomach and intestinal problems, plus severe pains and spasms in the limbs. Tolerance develops rapidly, and increasingly high doses are required to produce the same effects. A point is reached when no amount of extra drug will produce the desired effect. At this point the user carries on taking heroin solely to prevent withdrawal symptoms.

Other adverse effects may be:

- unstable moods
- reduced sexual drive
- constipation
- menstrual problems
- breathing problems

Overdose of heroin can produce:

- deep sleep which may lead to coma
- low blood pressure
- slow irregular heart rate
- lack of oxygen in the blood
- slow and shallow breathing
- cold and clammy skin

Special Dangers

Injecting oneself calls for high level of personal hygiene. Failure to maintain this may result in serious infections such as hepatitis B and acquired immune deficiency syndrome (AIDS). Furthermore, less soluble impurities such as caffeine may clot the blood vessels around the injection site, causing death of the neighbouring tissues.

Legal Aspect

Heroin is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally produce, possess or supply heroin.

Ketamine has gained popularity in recent years. It is a central nervous system depressant. It can generate a “dissociate” effect, which means that the person taking it feels as if the mind is “separated” from the body. Normally the duration will be no more than a few hours. It also blocks normal thinking and most sensory input and brings on temporary memory loss.



Street Names

“Special K”, “K”, “Kit Kat”, “Vitamin K”

What It Looks Like

While ketamine is most often manufactured as a liquid, it is commonly abused by snorting ketamine powder, or by taking tablets containing ketamine. The white crystalline powder is similar in appearance to cocaine and is produced from heating and evaporating ketamine liquid in an open container. It is usually wrapped in coloured paper packets.

Effects and Dangers

- Slurred speech
- Sedative-hypnosis
- Analgesic effect
- Hallucination
- Drowsiness
- Nausea
- Depression
- Impaired long-term memory and cognitive difficulties
- Deficiency in motor co-ordination and impairment in executive function
- Impaired motor function
- Respiratory/heart problems
- Tolerance/physiological and psychological dependence

Special Dangers

Having hallucinations and the feelings of invulnerability, abusers may unknowingly injure themselves due to anaesthetic and analgesic effects of the drug. It also lowers the heart rate and so with larger doses it can lead to oxygen starvation to the brain and muscles. Since there is no quality control in the clandestine manufacture of the drug, its content is often adulterated by various substances such as caffeine, paracetamol or methamphetamine. These substances may induce overdose and have dependence properties. Overdose of ketamine can result in unconsciousness and depressed circulatory and respiratory systems, sometimes causing death.

Legal Aspects

Ketamine is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally produce, possess or supply ketamine.

Tranquillizers



Benzodiazepines are a group of tranquillizers which are commonly abused. They have a central nervous system depressing effect, and are used medically to reduce anxiety, to help people sleep and to relax the body.

The benzodiazepines most commonly abused in Hong Kong are midazolam, estazolam, triazolam and nimetazepam.

Examples of Benzodiazepines

Midazolam and triazolam (both also known as “Blue gremlin”), nimetazepam (also known as “Give me five” or “Ng Chai”) and flunitrazepam (also known as “Cross”), etc.

What It Looks Like

Usually sold in the form of tablets. Some tranquilizers like midazolam and estazolam may be dissolved in water, mixed with heroin for injection.

Effects and Dangers

- Dependence
- Drowsiness
- Dizziness
- Sedation
- Depression
- Hostility
- In-coordination
- Foetal abnormalities
- Loss of memory
- Impaired cognitive and neuromotor functioning

Special Dangers

Benzodiazepines can cause dependence (addiction), especially when used regularly for more than a few weeks or at higher doses. Drug users develop a need to continue taking the drug at increasing doses.

Injecting dissolved tranquilizers can also cause severe damage to veins, leading to loss of limbs from poor circulation, organ damage or stroke.

Using benzodiazepines in combination with alcohol, heroin or other depressant drugs is very dangerous because the effect can be magnified by two or threefold. Such a combination can cause unconsciousness, respiratory depression (stop breathing), coma and death.

Flunitrazepam and triazolam have been implicated in rape cases, known overseas as “date rape” involving dating couples, hence the name “date rape drugs”.

Legal Aspects

Benzodiazepines are dangerous drugs controlled under the Dangerous Drugs Ordinance. It is an offence to illegally manufacture, supply or possess benzodiazepines.

The proper name of “ecstasy” is MDMA, which stands for methylenedioxymethamphetamine. Like other amphetamines, MDMA is a central nervous system stimulant and also hallucinogenic.

“Ecstasy”

On taking MDMA, abusers may have a feeling of boundless energy and thus commonly take the drugs to help them to dance for lengthy periods. The truth is, MDMA deplete the serotonin in the central nervous system, causing convulsions of muscles (usually muscles of the four limbs and the neck). Therefore, all those “shaking and dancing” are actually uncontrollable behaviour of the abusers.



Street Names

“Ecstasy”, “E”, “XTC”, “Adam”

What It Looks Like

MDMA is usually sold as round tablets of various colours (pink, white, green, etc) impressed with a multitude of logos, mostly 8mm in diameter. Many MDMA tablets are adulterated with ketamine, amphetamine or methamphetamine and some are also adulterated with caffeine, phenobarbitone or methaqualone.

Effects and Dangers

- Relate to over-exercise, which leads to dehydration, exhaustion, muscle breakdown, over-heating of the body and eventually convulsion or collapse
- Insomnia
- Lead to unpleasant and frightening experiences
- Cause sudden death from respiratory failure
- Cause renal and liver failure
- Cause depression and psychosis
- Neural cell damage

Special Dangers

"Ecstasy" is popular in rave parties because the stimulant effect of the drug enables the user to dance for extended periods. However, there are serious adverse consequences. These include psychological disorders, such as confusion, depression, sleep problem, anxiety and paranoia during, and sometimes weeks after taking the drug; and physical effects including muscle tension, involuntary teeth clenching, nausea, blurred vision, faintness, chills and sweating. Increase in heart rate and blood pressure poses a special risk, especially for people with circulatory or heart disease. A combination of the above mentioned harmful effects together with the hot crowded condition commonly found in rave parties can lead to dehydration, and heart or kidney failure.

Ecstasy also causes damage to the neurons. Recent research findings link MDMA use to long-term damage to those parts of the brain critical to thought and memory, producing chronic disorders that range from memory loss to motor disturbances.

Since the drug is only available illicitly, its strength may vary considerably and it may contain harmful impurities. Some of the purported MDMA tablets contain no MDMA but substituted with something else altogether. These substitutes may be more dependence forming (such as methamphetamine), or more prone to induce overdose (such as methaqualone at grossly elevated dosages) or having properties seemingly antagonistic to those of MDMA (such as ketamine). These variants and mixtures obviously pose serious risks for the uninformed user.

The associated reduction in inhibitions combined with a sense of invulnerability can undermine safe sex practices.

Legal Aspects

MDMA is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally produce, possess or supply MDMA.

Cannabis is a hallucinogen and comes from a plant named *Cannabis sativa*. Its active ingredient is THC (tetrahydrocannabinol). It is mostly found in the leaves and flowers of the plant.



Street Names

“Marijuana”, “pot”, “bush”, “weed”, “hash”, “ganja”, “grass”, “joint”

What it Looks Like

Commonly encountered as dried plant material (herbal cannabis and cannabis buds) or as resinous pellet (cannabis resin). Either can be mixed with tobacco in ordinary cigarettes or smoked. Herbal cannabis is also commonly placed in hand-rolled cigarettes, each of which is called a joint.

Effects and Dangers

When cannabis is smoked, the active ingredient (THC) rapidly enters the blood stream and is quickly carried to the brain. The effect is generally more intense and shorter than when cannabis is taken orally. After taking the drug, the gloomy depressed mood may be worsened rather than be removed.

After the first few puffs, people:

- become more relaxed and physically inactive
- become talkative, laugh easily and feel less inhibited
- Sometimes become more inward looking
- Experience changes
 - the perception of time goes slower
 - the perception of space, perspectives and distances becomes distorted
 - the senses become sharper
- have reduced concentration and impaired memory and judgement
- show reduced ability to process information or perform complicated activities like driving a car or using machinery
- show inability to balance, especially when standing
- have a more rapid heart rate, increased appetite, dryness of mouth and throat, reddening of the eyes and drowsiness
- feeling of confusion and anxiety

More severe symptoms sometimes arise with regular heavy use. These might be:

- depression and extreme suspicion of others
- nervousness, irritability and short temper
- bronchitis
- conjunctivitis
- endocrine disorder

Other Systems Affected

Immune System: While animal studies show that cannabis can affect the immune system, there is no evidence of this in human.

Brain: Concentration and memory are affected. It is not known if long-term use of cannabis damages the brain.

Hormones: Some research showed changes in sex hormones of otherwise healthy adults. In male heavy users of cannabis, lowered testosterone (male hormone) levels and sperm counts have been shown. For women, cannabis may interfere with the menstrual cycle.

Special Dangers

Some show removal of inhibitions and a freer expression of sexual urges on taking cannabis. Others show the reverse and lose interest in sex.

Those who regularly use cannabis are more likely to take alcohol and tobacco or try other illegal drugs.

Legal Aspects

Cannabis is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally cultivate, manufacture, supply or possess cannabis.

Cough Medicine



Cough medicine is mainly used as a cough suppressant. Some cough medicines contain addictive opiates, such as codeine. As it is cheap and easy to buy without medical prescription, cough medicine is often abused by people seeking for a feeling of euphoria.

Street Names

“Robo”, “DXM”

What It Looks Like

Usually in syrup form.

Effects and Dangers

- memory loss
- confusion
- heart problems
- reduced breathing rate
- cold sweats
- headaches
- brain damage
- intoxication and drug induced mental disorders

Special Dangers

Many abusers underestimate the addictiveness of cough medicine and gradually increasing the dosages, thus increasing the risks. Young people often turn to heroin to satisfy their craving for cough mixtures.

Legal Aspect

Some cough medicines contain Part I poisons such as codeine and dextromethorphan, which are controlled under the Pharmacy and Poisons Ordinance. It is an offence to illegally possess a Part I poison.

The proper name for “ice” is methylamphetamine, also known as methamphetamine, which is a kind of amphetamine. “Ice” is a potent central nervous system stimulant. It increases the activity of the brain and nerve impulses which travel to other parts of the body. It is chemically similar to adrenaline, our body’s own stimulant.

“Ice”



Street Names

“Ice”

What It Looks Like

“Ice” appears as a semi-transparent, colourless, grain-sized crystals with bitter taste. It is usually carried in plastic bags or aluminium foil packets.

Effects and Dangers

- Restlessness
- Inability to sleep
- Dizziness
- An increase or decrease in sexual desire
- Reduced appetite
- Talkativeness
- Agitation
- Sweating
- Chest pains
- Fever
- Panic and confusion
- Permanent inability to sleep
- Anxiety and tension
- Nutritional disorders owing to depressed appetite
- High blood pressure
- Rapid and irregular heart beat
- Skin rash
- Hallucination and feeling of persecution which lead to violent behaviour
- Tolerance/dependence

Special Dangers

Long-term use of “ice” will lead to tolerance as well as physical and psychological dependence. At very high doses, toxic psychosis, convulsions, coma, brain hemorrhage and death can occur.

Legal Aspects

“Ice” is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally manufacture, supply or possess “ice”.

Cocaine and its variations are stimulants derived from the leaves of the coca tree. It was first introduced as a tonic.

Cocaine



Street Names

“C”, “coke”, “flake”, “snow”, “stardust”, “charlie”, “crack”, “gold dust”, “coco”

What It Looks Like

Cocaine is an odourless, white flaky, crystalline powder with bitter taste. It is highly soluble in water or alcohol.

Effects and Dangers

Cocaine is a powerful central nervous system stimulant and can cause:

- changes in behaviour
- feeling of well-being
- delays of physical and mental fatigue, thus holding sleep needs at bay
- reduction in appetite
- talkativeness or meditative mood
- a feeling of extreme pleasure
- strong feelings of self-confidence and mastery
- anxiety and even panic
- quick completion of some simple task. However, if the user is over-anxious or over-confident, performance can be impaired
- narrowing of the blood vessels
- increased heart rate and blood pressure

The effects of the drug generally begin to diminish within 30-40 minutes.

At higher doses, these additional effects may occur:

- tremors
- vertigo
- muscle twitches
- severe agitation
- feeling of persecution
- headaches
- cold sweats
- pallor
- a weak, rapid pulse
- nausea and vomiting
- coma

There is a long list of adverse effects associated with long-term use.

These include:

- nervousness
- excitability
- agitation
- feelings of persecution
- extra sensitivity, especially to noise
- mood swings
- affected memory
- sleeplessness
- impotence
- exaggerated reflexes
- loss appetite
- confusion
- exhaustion

In some chronic cocaine sniffers, the sensory tissues of the nose are destroyed.

Extremely high doses of cocaine severely depress the breathing centres of the brain causing delirium; rapid, irregular and shallow breathing; convulsions; and unconsciousness which could lead to death. The effects of the drug is unpredictable, there have been reports of susceptible persons died from doses as small as 30mg.

Both physical and psychological dependence occur when cocaine is taken. The potential for dependence is very high because the feelings of well-being produced are very intense.

Legal Aspect

Cocaine is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally manufacture, supply or possess cocaine.

GHB



GHB stands for gamma hydroxybutyric acid which is a central nervous system depressant and generates feeling of euphoria. It can cause drowsiness even at low doses and may lead to unconsciousness or even death on high dosages.

Street Names

“GHB”, “Liquid Ecstasy”, “Liquid X”, “Liquid E”, “G”

What It Looks Like

GHB is a colourless liquid and is commonly encountered as its sodium salt (known as sodium gamma hydroxybutyrate or sodium oxybate) which is a white powder. Sodium GHB is often dissolved in a liquid (mainly water) to form GHB solution for illicit usage.

Effects and Dangers

- fatal poisoning
- sweating
- breathing difficulties
- loss of consciousness
- anxiety
- convulsions
- tremors
- seizures
- nausea
- coma
- dependence

Special Dangers

This clear, odourless liquid is often used as “date rape” drug and added to flavoured drinks to mask its salty taste. It can be put into a person’s drink when they are not aware, making them vulnerable to sexual assault or rape.

Legal Aspect

GHB is a dangerous drug controlled under the Dangerous Drugs Ordinance. It is an offence to illegally manufacture, supply or possess GHB.

Organic Solvents



Solvents act as depressants and are in liquid or aerosol form. They are usually sniffed or inhaled by abusers.

Street Names

“Glue”, “thinner”

What It Looks Like

Compressed gases or clear liquids in a variety of containers.

Effects and Dangers

The main short-term dangers arise from:

- tipsy and light-headed (a similar effect to alcohol)
- injury or death from accident
- suffocation as a result of inhaling vomit or not being able to breathe properly
- sudden sniffing death – occurs as a result of heart failure

Solvents are absorbed through the lungs, rapidly enter the blood stream and are quickly carried to the brain. The effects can start within minutes if not seconds.

If inhalation continues:

- dizziness increases
- hallucinations may occur
- judgement and self control are lost
- awareness of pain is reduced
- drowsiness occurs and unconsciousness may result

Other effects are:

- increased and irregular heart rate
- severe headaches at times
- depressed breathing
- nausea, vomiting and diarrhoea
- irritation of the eyes and lining of the nose
- nose bleeds in some users
- chest pains
- general aches in the muscles and joints
- sleep disorders
- fatigue
- persistent thirst
- loss of appetite

Psychological dependence is fairly common. Solvent abusers are often amongst the most difficult to help and show high rates of relapse.

Special Dangers

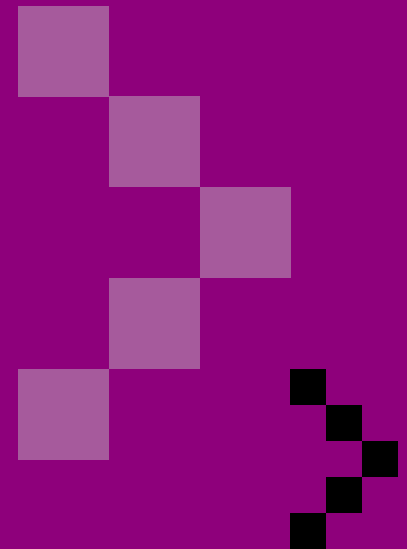
Several volatile abuse substances, especially aerosols, have been linked with sudden sniffing deaths. In these cases, severely irregular heartbeats bring about heart failure, followed by death. The risk of death is increased if one is very active after inhaling or if one is severely startled.

Some solvents greatly increase the sensitivity of the heart muscles to adrenaline, and thus the heart races uncontrollably and a heart attack may follow.

Legal Aspect

It is not an offence to abuse solvents or volatile substances, but the Police can intervene if the practice results in, or is likely to lead to personal harm or a criminal act.

Advice to parents and teachers



Causes of drug abuse

- Peer group pressure
- Search for social acceptance
- Curiosity
- Desire for fun
- Seek for pleasure and satisfaction from taking drugs
- Escape from boredom or harsh reality
- Lack of parental guidance
- Mistaken belief that occasional abuse will not lead to addiction
- Unaware of the long term damage of drugs to one's health
- Having pressure from study or work

Say NO to drugs!

It is usually friends or classmates who offer drugs in the first place. Parents and teachers should let children understand that these are not real friends who care them. If they are brave enough to say no to drugs, they are real smart and cool.

Refusal Skill (1): To say NO directly

Refusing drugs firmly and directly, e.g., "These pills are addictive. No, thanks!"

Refusal Skill (2): To say NO using an excuse

Getting away from a situation where you are being lured to take drug, e.g. "Sorry, I have to go now!" and "Drugs are not for me. Thanks!"

Refusal Skill (3): To say NO with a counter proposal

Changing the subject by suggesting some other activities, e.g., "These drugs will ruin your life. Why don't we go to the cinema?"

Some signs to watch out for

- Unexplained absences from school and drop in academic performance
- Staying out till very late frequently
- Stealing small items from home and school or persistently asking for more pocket money
- Withdrawal into their own room or away from the family for unusually long periods
- Possessing drugs or drug paraphernalia (pills, cough syrup bottles, syringes, tin foil, spoons, pipes)
- Wearing sunglasses at inappropriate times to hide dilated or constricted pupils
- Wearing long-sleeved shirts to hide needle marks
- Loss of appetite
- Mood instability, unusual flare-ups or outbreak of temper, restlessness
- Prolonged or frequent absence from home
- Acting suspiciously

How to steer the children away from drugs?

Try to maintain mutual communication with children and build up a good relationship with them. Children who are close to their parents and teachers tend to seek proper guidance when in trouble.

➤ Share your feelings with your children

It is natural for parents to be saddened or even angered when children make a mistake or fall short of your expectations. In sharing such feelings with your children, you should, however, exercise some skills to avoid hurting their self-esteem. You may express your concern in a straightforward manner. For instance, you may say, "I saw you taking those pills. You look terrible these days. You are out of spirits in your studies and the things you do. I'm really worried about your health."

➤ Hold reasonable expectations of your children

You should tell your children your expectations of them. Your expectations should be reasonable having regard to their present circumstances, personality and aspirations. You will have a higher chance of success if you discuss your expectations with them. For instance, you may say, "I hope you can lead a happy and healthy life. I believe you can kick the habit and do something wholesome instead."

➤ Let your children know how important they are to you

You should spend more time in communicating with your children, pay attention to their everyday lives and their friends, listen carefully to what they say and help them cope with the many challenges in life in a sympathetic and understanding manner. Children brought up with the loving care of their parents will be more motivated to lead a healthy life.

➤ Let your children learn to make decisions

Children will grow up and become independent. In the meantime, they have to learn to make decisions. If there is sufficient parental guidance during the process, children will have more self-confidence and a more positive outlook of life. They will also stay firm to peer influence. If you, out of love and acceptance, allow them to raise different views, you will help foster their emotional development as well. Children who have their own thinking are more likely to say no to drugs.

➤ Set an example to the youth

Youngsters usually learn from their parents and teachers. Therefore, you should set a good example and should not abuse drugs or indulge in drinking, smoking, etc.

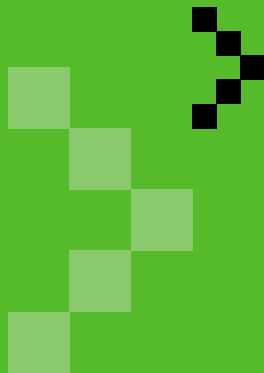
➤ Let them know how drugs ruin their lives

There are many chances that teenagers may be tempted with drugs. The best way to ensure that they know when to say no is to equip them with information on how drugs will ruin their lives and hurt their families. Hong Kong Jockey Club Drug InfoCentre at Queensway Government Offices presents the harm of drugs and method of prevention in an innovative and interactive way. Parents and teachers are encouraged to visit the Centre with their children or students.

➤ Seek help from the professionals when necessary

On discovering children's taking drugs, parents should stay calm and control your emotions. Try to understand whether drug abuse is just a reflection of other problems behind and address these problems together with your children. You may seek help from teachers and social workers or turn to the drug treatment agencies for way to get rid of the habit. Parents should talk to your children sympathetically and let them know you care. It is only through love and care that you can help them quit drug and turn over a new leaf. Even they may not mention it, your support to and love for them play a vital role in helping them quit using drugs and stay away from drugs in future.

Organisations providing counselling, treatment and rehabilitation assistance for drug abusers in Hong Kong



Voluntary Residential Treatment and Rehabilitation Programme

The Society for the Aid and Rehabilitation of Drug Abusers (SARDA)

2574 3300

www.sarda.org.hk

Barnabas Charitable Service Association

2640 1683

www.barnabas.com.hk

Caritas Wong Yiu Nam Centre

2335 5088

family.caritas.org.hk

Christian New Being Fellowship

2329 6077

www.newbeing.org.hk / www.freshu.com.hk

Christian Zheng Sheng Association

9027 2547

www.drugrehab.com.hk

Drug Addict Counselling and Rehabilitation Services (DACARS)

2673 8272 / 8104 2188

Finnish Evangelical Lutheran Mission - Ling Oi Centre

2612 1342

www.lingoi.org

Operation Dawn

2714 2434

www.opdawn.org

Perfect Fellowship

9200 8546

St. Stephen's Society

2720 0179

Wu Oi Christian Centre

2782 2779

www.wuoi.org

Hong Kong Christian Service Jockey Club Lodge of the Rising Sun

2468 0044

www.hkcs.org/gcb/jclrs/jclrs.htm

The Society of Rehabilitation and Crime Prevention, Hong Kong

2527 1322

www.sracp.org.hk

Glorious Praise Fellowship

2450 6439 / 9667 9423

Mission Ark

2397 6618

www.missionark.org

Christian New Life Association

2397 6618

www.hknewlife.com

Remar Association Hong Kong

3193 4919

www.remar.org

Counselling Programme for Psychotropic Substance Abuse

Caritas HUGS Centre

2466 3132

www.hugs.org.hk

Hong Kong Christian Service PS33

2368 8269

www.hkcs.org/gcb/ps33/ps33.htm

Hong Kong Lutheran Social Service

Cheer Lutheran Centre

2660 0400

Evergreen Lutheran Centre

2712 0097

Tung Wah Group of Hospitals – CROSS Centre

2884 1234

crosscentre.tungwahcsd.org

Counselling and Multiple Integrated Service Programme

Caritas Lok Heep Club

2893 8060

family.caritas.org.hk

Pui Hong Self-Help Association

2576 2356

Kely Support Group

help@kely.org

www.kely.org

Substance Abuse Clinic of Hospital Authority

Kowloon Hospital

3129 6710

Pamela Youde Nethersole Eastern Hospital

2595 7608

Prince of Wales Hospital

2632 2584

Queen Mary Hospital

2855 3067

Kwai Chung Hospital

2959 8082

Castle Peak Hospital

2456 8260

You may also get more drug-related information through the following web site, telephone enquiry service and exhibition centre:

Narcotics Division's web site

www.nd.gov.hk

Anti-drug Telephone Enquiry Service

2366 8822

Hong Kong Jockey Club Drug InfoCentre

Address : Roof Floor, Low Block, Queensway Government Offices,
66 Queensway, Hong Kong
(Admiralty MTR Station - Exit C1)

Tel : 2867 2831

Opening Hours : 10am - 6pm

(Closed on Wednesdays and first two days
of the Lunar New Year)



For reporting drug offences, you can call the following hotlines:

Police Narcotics Bureau

2527 1234

Customs & Excise Department







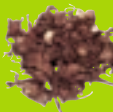






2545 6182




Department of Health

2572 2068

Summary of substances liable to abuse

This list of drugs is not exhaustive. Proprietary names (in brackets) are examples only. Generic or other brand name versions may be available. Use of substance under medical guidance does not constitute abuse. Some photographs are provided by Government Laboratory.

Category	Substance	Street Names	Medical Use	Effects of Abuse	
Narcotics Analgesics		Heroin	"white powder", "No.4", "American money", "HK money"	None	1. Dependence 2. Drowsiness 3. Respiratory depression 4. Nausea 5. Withdrawal syndrome: watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills, sweating, cramps
		Dipipanone (Wellconal)	None	Pain relief, prevent narcotic drug withdrawal discomfort	
		Methadone	None	Treatment of narcotic drug addiction	
		Physeptone	None		
		Morphine Ampoules	None	Pain relief	
		Opium	None	None	
Hallucinogens		Cannabis	"Marijuana", "pot", "grass", "hash", "joint"	None	1. Disoriented behaviour 2. Impaired judgement 3. Bronchitis 4. Conjunctivitis 5. Endocrine disorders
		Cannabis resin	None	None	
		LSD	"Black Sesame", "Fing Ba"	None	1. Disoriented behaviour 2. Impaired judgement 3. Nausea and vomiting 4. Increased pulse rate and elevated blood pressure
Depressants	Barbiturates :				1. Dependence 2. Slurred speech 3. Disorientation 4. Impaired memory and thinking 5. Depression or mood swings 6. Toxic psychosis 7. Sleep disorder 8. Liver and kidney damage
		Amylobarbitone	None	Sedative, hypnotic, anti-convulsant	
		Butobarbitone (Soneryl)	None		
		Quinalbarbitone (Secobarbital)	None		
		Methaqualone (Mandrax)	None	None	

Category	Substance	Street Names	Medical Use	Effects of Abuse	Category	Substance	Street Names	Medical Use	Effects of Abuse						
Depressants		Gamma Hydroxybutyric Acid (GHB)	"GHB", "Liquid Ecstasy", "Liquid X", "Liquid E", "G"	None	1. Drowsiness 2. Nausea 3. Visual disturbance 4. Unconsciousness 5. Seizures 6. Severe respiratory depression 7. Coma	Tranquillizers	 Chlordiazepoxide (Librium, Librax)	None	Hypnotic	1. Dependence 2. Drowsiness 3. Dizziness 4. Sedation 5. Depression 6. Hostility 7. In-coordination 8. Ataxia 9. Foetal abnormalities 10. Loss of memory 11. Impaired cognitive and neuromotor functioning					
	 Diazepam (Valium)	None													
 Estazolam	None														
 Flunitrazepam (Rohypnol)	"Cross"														
 Midazolam (Dormicum)	"Blue Gremlin"														
 Nimetazepam (Erimin)	"Give me five", "Ng Chai"														
 Triazolam	None														
 Triazolam (Halcion)	"Blue Gremlin"														
 Zopiclone (Imovane, Genclone)	None														
Stimulants		Amphetamines : Methylamphetamine	"Ice"	Appetite suppressant, stimulant, treatment of narcolepsy	1. Insomnia 2. Depression 3. Toxic psychosis 4. Loss of appetite 5. Heart and kidney failure	Others		Phentermine (Duromine, Redusa, Mirapront)	None	Surgical anaesthetic	1. Slurred speech 2. Impaired long-term memory & cognitive difficulties 3. Impaired motor function 4. Deficiency in motor co-ordination and impairment in executive function 5. Respiratory/heart problems 6. Tolerance / dependence				
		Cocaine	"Coke", "crack", "flake", "snow", "stardust"				Local or topical anaesthetic	1. Agitation 2. Feelings of persecution 3. Extra sensibility, especially to noise 4. Mood swings 5. Affected memory 6. Damage to sensory tissues of nose 7. Impotence 8. Delirium 9. Death							
		MDMA (Ecstasy)	"Ecstasy", "E", "XTC", "Adam"	None	1. Dehydration 2. Exhaustion 3. Muscle breakdown 4. Overheating 5. Convulsion 6. Collapse			Dextromethorphan	None			Cough suppressant	1. Dependence 2. Respiratory depression 3. Toxic psychosis 4. Constipation 5. Loss of appetite 6. Dizziness		
							Dextromethorphan	None							
							Alcohol	None	None					None	1. Dependence 2. Liver damage 3. Toxic neurologic damage
							Tobacco	None	None						
	Organic Solvents	"Glue", "thinner"	None	None	1. Impaired perception 2. Loss of coordination and judgement 3. Respiratory depression and brain damage										