



啟勵扶青會
KELY
SUPPORT GROUP

KELY主網站

ENGLISH

細心解釋 你我得益

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登入

REAL DRUG FREE
THEME PARK

知識熱氣球

資料專區

與毒品競賽

時事摩天輪

網站地圖

無毒劇場

什麼是
Keeping it REAL
計劃

歡迎

你知道嗎？

2010年首三季研究顯示，

- 在首次被呈報的濫用藥物人士中，近85%是25歲或以下的青少年。

在21歲以下首次濫用藥物的群組中：

- 男性首次吸食毒品的平均年齡是15歲，而女性則為14歲。
- 青少年吸毒的主要原因是朋輩壓力的影響下。
- 女性的吸食毒品人數比男性上升趨勢更快

(資料來源: 禁毒處)

根據研究顯示及與青少年接觸的經驗，我們理解到青少年吸毒的主要原因之一是他們不懂得有效的拒絕吸食毒品技巧，特別是在朋輩壓力的影響下。

同時，我們知道對青少年來說，說“不”是有一定困難的，但你不是孤獨的。

什麼是 Keeping it REAL 計劃？

Keeping it REAL計劃可應用於不同的文化地區。這項可行的計劃在美國證實能夠幫助青少年“有效地拒絕吸食毒品及培養反吸毒的態度與信念。四招由 REAL 首字母

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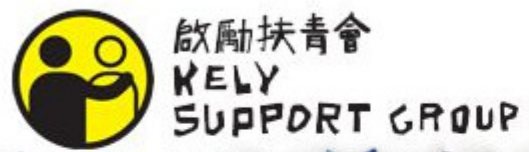
網站地圖

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禁毒基金

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- 拒絕(Refuse)：用明確但尊重的語言和非語言提示說出“不”的訊息。
- 解釋(Explain)：提供更詳細拒絕的理由，並強調非對抗性的態度與其他人進行溝通。
- 迴避(Avoid)：迴避出席一些高風險吸食毒品的場合。
- 離開(Leave)：離開提供毒品的場地，不受外來壓力影響。

為什麼啟勵扶青會設立這個反濫藥網站？

此反濫藥網站是啟勵扶青會Keeping it REAL計劃的其中一個活動內容。這個計劃在美國教育了超過7000個美國學生如何有效地對酗酒、抽煙及吸毒說“不”並且不會失去朋友。此計劃以正向發展的宗旨，讓青少年培養決策力、溝通能力及正面的朋輩關係。



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只有一個拒絕方法是不能應用於所有學生 --- 研究顯示來自不同文化背景的學生以不同的方式進行溝通。

只是簡單的說「不」是不足夠青少年作為拒絕濫藥的方法。這計劃教授青少年將自己的溝通模式結合到適當的拒絕技巧，而文化背景亦是選擇那一招拒絕技巧的考慮。

誰人建立這個網站？

啟勵扶青會採用由下而上及青年為中心的服務宗旨，因此這個網站集結了來自本地、國際學校及少數族裔學生的意見為藍本而設計。過程中青少年能表達他們對香港青少年吸毒的意見及看法，同時提供了一個廣泛的平台讓青少年發揮他們的創意天份，一展所長。



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你如何在此網站得益?

此反濫藥的遊戲網站有中、英文版本，並包括了以下的各個功能區域：

- 1 與毒品競賽**
一個由青少年創造的反濫藥遊戲，需要運用REAL的拒絕方法與毒品競賽。
- 2 無毒劇場**
由本地、國際及少數族裔學生製作的創新和正面的短片，讓學生表達對有關問題的意見及聲音。
- 3 知識熱氣球**
有關不同類型的毒品資訊，包括俗稱及這種毒品的負面影響。
- 4 時事摩天輪**
讓青少年得到更多有關濫用藥物的時事新聞，從而促進他們的討論及反思。
- 5 資料專區**
提供濫用藥物的治療及康復服務機構綜合清單，使青少年能得到適當的協助。



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歡迎你來到 無毒劇場

在此劇場你會找到一系列由本地、國際學校及少數族裔的學生所做的創新及正面的短片，讓青少年表達對濫藥問題的意見。

請選擇你喜愛的短片，好好享受內容並與你的朋友分享!



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什麼是時事摩天輪?

在這個摩天輪你會找到很多有關香港青少年濫藥的新聞。目的是鼓勵青少年對這問題有真切的瞭解、多元的思考及分析能力。

選擇每一個車廂便會有一則新聞。閱讀後與你的朋友分享及討論!



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1.遊艇毒品派對 拘25迷幻青年

(綜合報道)

(星島日報報道)狡黠毒販趁炎炎夏日，舉辦「遊K河」派對斂財，昨首度被搗破。警方毒品調查科人員展開「征服者」行動，在西貢海面一艘遊艇上，拘捕二十三名青年男女、兩名疑為派對主持人及一名遊艇船主，並檢獲約五克疑「索刺」K仔(氯胺酮)。部分人疑受K毒影響神情呆滯面對警員束手就擒。

本報突發組

警方首次偵破海上毒品派對，拘捕二十六名男女。毒品調查科總督察周一鳴表示，被捕人士是通過朋友介紹、電話和電腦網絡等途徑招攬出席派對，每人繳付的「入場費」約一百五十至三百元，搞手除提供一般水上活動及食物外，還提供毒品K



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與毒品競賽



開始遊戲

遊戲玩法



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遊戲玩法

- 1.要勝出遊戲，你需要正確回答十條問題。
- 2.要正確答中問題，需要應用REAL方法
(你可在什麼是Keeping it REAL計劃中找到這個方法)
- 3.假如你答中問題，你的戰車便會超越其他對手。
- 4.假如你答錯問題，你便要重新開始遊戲。

拒絕吸食毒品及為自己人生作主! 開始遊戲吧!



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今天你的十八歲生日，你的朋友答應了帶你去慶祝。你在派對裡遇到了一個男孩，他給了你幾顆搖頭丸，跟著說：試一試吧，你會很興奮！但你猶豫了，你會.....

2/s

- A 你決定試一試，因試一次是沒事的!
- B 毫不猶豫就堅決拒絕了他的建議。
- C 我只是想玩，有可不可?



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你和你的朋友將前往不同的地方讀大學。在離開香港前，你們決定去卡拉OK。一名男子發現了你們，還願意為你們提供毒品。你會怎樣做？

2/s

- A 他為人很好而且很英俊！我試一試吧！
- B 這聽起來很有趣，我們都應該試一試的！
- C 他不是我的朋友，而且毒品是有害的！我不會試，而且他更不應該試！



歡迎



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以上哪一個是氯胺酮？

3/s



A 圖 1

B 圖 2

C 圖 3

D 圖 4



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下星期考試了，你感到壓力很大。有人跟你說吸食毒品可以釋放壓力。你會怎樣？ 3/s

- A 我壓力很大，只有食毒品才能釋放壓力。
- B 這是一種幫我釋放壓力的方法，聽起來很有趣！我應該試一試！
- C 不會做。毒品不能釋放壓力。一個良好的睡眠和飲食習慣才能會令我放鬆。

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REAL DRUG FREE

哪一種毒品是2009年最多香港二十一歲以下初次吸毒者服用?

13/s

A

海洛英

B

迷幻藥 (狂喜)

C

甲基安非他明



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你是一個很乖、很勤力的學生，不過你的同學卻要你幫他們運毒，
你會...

16/s

A

立即說不然後離開那些朋友。

B

你覺得你只有他們這些朋友，唯有試一試。

C

你屈服於他們的壓力，並幫助他們。

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假如你在商店裡做暑期工作，有同事說吸毒可以解悶，引誘你嘗試毒品，你會... 19/s

A 絕對會試！工作是非常無聊的，我想玩得開心！

B 拒絕！我父母對我的生活方式和習慣有很嚴格的規定，我不能吸毒！

C 好的，他是個很好的人，我想我應該聽他說.....

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網站地圖

你跟你的朋友在球場打籃球時，突然有一班青少年想跟你們比賽。他們還說，如果輸了的那一隊就要吃毒品「冰」，你會.....

36/s

A 你覺得要有面子，當然要接受挑戰！

B 你明白毒品的壞處，所以你不和他們比賽並離開球場。

C 你覺得你們會贏這場比賽，答應也不怕！

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有一天你在回家的途中，在公園被同學引誘你嘗試k仔，由於語言溝通不便，你覺得十分尷尬，你會.....

- A** 立刻離開。
- B** 覺得他們的態度友善，所以決定試一試。
- C** 屈服於他們的強迫下。



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你的男朋友叫你幫他運氣胺酮 (K 仔) 給一些同學，你會...

46 /s

- A** 他相信我才會派我為他做一些危險的事。我一定會為他做的！
- B** 拒絕他的要求！我雖然愛他，但我不會做任何有害於我自己前途的事來表達我對他的愛！
- C** 如果我不做，他會跟我分手的。我一定要做！

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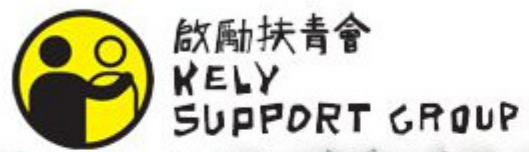
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48 /s

你是學校的朋輩輔導組的成員，學校來了幾個新移民的同學。你要協助他們適應生活。有一天，他們跟你說有同學在學校後園叫他們嘗試吸毒，你會.....

- A 鼓勵他們嘗試新事物。
- B 不置可否，如果他們喜歡就試吧，我不會負責的。
- C 立刻決斷的阻止他們，還會跟他們說出毒品的禍害，例如記憶力衰退、集中力降低或膀胱失靈。

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如果你回家的路上經過公共廁所，發現一些青少年吸毒，你該怎樣做呢？ 72/s

- A 不理會他們，直接回家。
- B 加入他們，一起玩吧！
- C 找成年人幫忙，或者設法打電話給警方。



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在畢業舞會結束後，你和同學們去了酒店舉行一個小型派對。你的朋友全都在吸食毒品，他們都叫你試一試，你會..... 81 /s

- A** 我的朋友都在吸食毒品，如果我不跟從的話，他們便不會跟我做朋友。
- B** 試一試也不壞吧！
- C** 我不應該吸毒，也會跟他們解釋毒品的禍害。例如，很多使用者會變得精神憂鬱，出現妄想和焦慮的狀態，所以他們都不應該吸毒的！



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以下哪一個是香港二十一歲以下初次吸毒者吸毒的主要原因？

83%

- A 朋輩影響
- B 精神受壓
- C 避免沒有毒品的不適

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REAL DRUG FREE

香港哪一個地區的濫用藥物人數最高？

88 /s

- A 元朗
- B 北區
- C 屯門

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INFORMATIO



香港提供戒毒治療及康復服務機構一覽表

濫用精神藥物者輔導中心：

東華三院越峰成長中心

香港島及離島：

- 中西區
- 灣仔
- 東區
- 南區
- 離島區

地址：香港筲箕灣寶文街六號方樹泉社會服務大樓九樓

電話號碼：2884 0282

傳真號碼：2884 3262

電郵地址：csdcross@tungwah.org.hk

網址：crosscentre.tungwahcsd.org/

香港路德會社會服務處路德會青怡中心

東九龍：

- 黃大仙
- 西貢



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氯胺酮
甲基安非他明
亞甲二氧基甲
基安非他明



大麻
硝甲西洋



可卡因
咳藥

七種最常被21歲或以下青少年吸食毒品 (2009)



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1, 氯胺酮

俗稱: K 仔、K、茄

濫用後果:

- 1.說話含糊
- 2.長期記憶力衰退及認知能力受損
- 3.行動機能受損
- 4.動作協調神經系統受損
- 5.呼吸/心臟機能受損
- 6.形成耐藥性/心理依賴
- 7.小便赤痛、膀胱容量減少、尿頻、腎臟嚴重受損、失禁

七種最常被21歲或以下青少年吸食毒品 (2009)



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2, 甲基安非他明

俗稱: 冰

濫用後果:

- 1.失眠
- 2.抑鬱
- 3.中毒性精神病
- 4.食慾不振
- 5.心臟和腎臟衰竭

七種最常被21歲或以下青少年吸食的毒品 (2009)



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KELY主網站

ENGLISH

細心解釋 你我得益

到此一遊留名

登入

3, 亞甲二氧基甲基安非他明

俗稱: 搖頭丸、狂喜、忘我、E仔

濫用後果:

- 1. 脫水
- 2. 筋疲力盡
- 3. 肌肉衰弱
- 4. 身體過熱
- 5. 抽搐
- 6. 崩潰

七種最常被21歲或以下青少年吸食的毒品 (2009)



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學會拒絕 變得卓越

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登入

4, 大麻

- 俗稱: 草
- 濫用後果:
 - 1.舉止失常
 - 2.判斷力失準
 - 3.支氣管炎
 - 4.結膜炎
 - 5.內分泌紊亂

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5. 硝甲西洋

俗稱: 五仔、黃飛鴻

濫用後果:

1. 成癮
2. 昏睡
3. 暈眩
4. 鎮靜神經
5. 抑鬱
6. 敵意
7. 動作不協調
8. 運動失調
9. 胎兒不正常
10. 失憶
11. 認知和神經訊息傳遞功能受損

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6, 可卡因

俗稱: 可可精

濫用後果:

- 1. 激動不安
- 2. 被迫害感覺
- 3. 敏感度加強，特別對聲音敏感
- 4. 情緒波動
- 5. 影響記憶力
- 6. 破壞鼻腔組織
- 7. 性無能
- 8. 精神錯亂
- 9. 死亡

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離開現場 表示你強

到此一遊留名

登入

7, 咳藥

俗稱: 高甸、止咳水、囉囉藥

濫用後果:

- 1. 成癮
- 2. 壓抑呼吸
- 3. 中毒性精神病
- 4. 便秘
- 5. 食慾不振
- 6. 暈眩

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CHOOSING TO LEAVE IS NO BIG DEAL, JUST KEEPING IT REAL

BE A PARK VISITOR LOGIN

REAL DRUG FREE
THEME PARK

Knowing your
Drugs Fact
Balloon Ride

Information
Land

Drug Free
Formula 1
Racing Game


Site Map

The REAL
News Wheel

Drug Free
Theatre

What is
Keeping It
REAL

WELCOME



DID YOU KNOW?

In the third quarter of 2010:

- Of all newly reported cases of drug use, 85% were under the age of 25

For those under 21:

- First time users started around the age of 15 for boys, and 14 for girls.
- The leading reason for using drugs was peer influence.
- An increasing number of young girls are taking drugs compared to boys.

(Central Registry of Drug Abuse (CRDA) of Hong Kong)

From research and practical experience, we know that many young people experience difficulties in refusing drugs, especially under the influence of their peers. We also know that it is difficult to just say "No" - you are not alone...

WHAT IS KEEPING IT REAL?

Keeping it REAL is a culturally grounded drug prevention curriculum that originated from the United States and has proven to be "effective for reducing drug use and establishing drug-



將書籤放置在書籤列上，即可快速前往各個網頁。立即匯入書籤...

此功能表用來自訂及控制 Google 瀏覽器



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REFUSE TO ABUSE, THAT WOULD BE GOOD NEWS

BE A PARK VISITOR

LOGIN

WHAT IS KEEPING IT REAL?

Keeping it REAL is a culturally grounded drug prevention curriculum that originated from the United States and has proven to be "effective for reducing drug use and establishing drug-free attitudes and beliefs". The drug resistance strategies represented by the acronym REAL – Refuse, Explain, Avoid & Leave include:

Refuse: Using both verbal and non-verbal signals to send a clear but respectable "No".

Explain: Giving more elaborate reasons for refusal and emphasizing the importance of communicating with others in a non-confrontational attitude.

Avoid: Avoiding risky situations where drugs may be used and offered.

Leave: Getting out of risky situations and walking away from peer pressure.

WHY DID KELY DEVELOP THIS DRUG FREE GAME SITE?

This drug free game site is part of KELY Support Group's Keeping it REAL programme aimed at curbing the current young drug abuse rate in Hong Kong. This programme has been taught to over 7,000 American students on HOW to say "no" to alcohol, tobacco and other drugs without losing friendships. Using a positive approach, the programme enhances life skills such





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WHY DID KELY DEVELOP THIS DRUG FREE GAME SITE?

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Universal messages don't always work for all students and research has shown that students from diverse cultures communicate in different ways.

Simply saying 'No' is not good enough for refusing drugs. With the REAL method, young people can choose the strategies that work best for them - based on their own cultural backgrounds.

WHO DEVELOPED THIS WEBSITE?

Using a "bottoms-up" and "youth-centred" approach, KELY engaged young people from local, international and ethnic minority schools to design and edit the layout and content of this website. During the process, young people were encouraged to explore and express their views on the young drug abuse situation in Hong Kong, as well as showcase their various gifts and talent.





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HOW CAN YOU BENEFIT FROM THIS WEBSITE?

This website comes in both Chinese and English versions. It includes the following functions:

- 1 Drug Free Formula 1 Racing Game**
- A drug-free game created by young people to apply the REAL methodology to win a race car competition.
- 2 Drug Free Theatre**
- An innovative and positive video made by local, international and ethnic minority secondary school students to voice their opinions about drug issues.
- 3 Knowing Your Drug Facts Balloon Ride**
- A set of useful information about the different types of drugs including their street names and the negative effects of each drug.
- 4 The REAL News Wheel**
- A series of current news clippings related to drug abuse amongst young people in Hong Kong.
- 5 Information Land**
- A comprehensive list of organizations which provide treatment and rehabilitation services to young people in Hong Kong.





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EXPLAIN WHAT YOU WANT, TROUBLE WILL BE GONE

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WELCOME TO THE DRUG FREE THEATRE

HERE YOU WILL FIND A SERIES OF INNOVATIVE AND POSITIVE VIDEOS CREATED BY LOCAL, INTERNATIONAL AND ETHNIC MINORITY SECONDARY SCHOOL STUDENTS TO VOICE THEIR OPINIONS ABOUT YOUNG DRUG ABUSE.

CLICK ONTO YOUR VIDEO OF PREFERENCE, ENJOY THE SHOW AND HAVE A DISCUSSION WITH YOUR PEERS!



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WHAT IS THE REAL NEWS WHEEL?

HERE YOU WILL FIND A COLLECTION OF RECENT NEWS RELATED TO DRUG ISSUES IN HONG KONG. YOU WILL BE ABLE TO UNDERSTAND THE ISSUE FROM DIFFERENT PERSPECTIVES AND DEVELOP GREATER ANALYTICAL SKILLS.

CLICK ON THE FERRIS WHEEL CART TO READ THE NEWS.





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1. Addict caged for stab robberies

A drug addict was jailed for eight years after stabbing two women in separate robberies.

Yau Ying-keung, 38, pleaded guilty at the Court of First Instance to two counts of robbery.

One of the victims sustained a 13-centimeter cut to her face, which almost reached the bone, the court was told.

In passing sentence, Justice Colin Mackintosh described Yau as an extremely dangerous man with a high degree of recklessness.

.....





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Drug Free Formula 1 Racing Game



Start Game

How to Play



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How to play

1. Your goal is to reach the finish line by answering all 10 questions correctly.
2. In order provide correct answers you will need to apply the REAL methodology (this information can be found under: "What is Keeping it REAL?").
3. Answer each question correctly you will proceed forward.
4. Answer a question incorrectly, the game will be over.

Beat Drugs and take control of your life! Let's get started!



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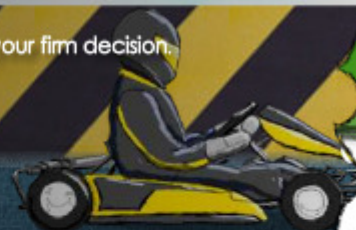
You are turning 18 tonight and your friends promised to take you to a house party to celebrate your big day. While you're there, a friend approaches you. "First time?" he shouts. You nod and he gives you an ecstasy pill. He then says, "Try this! You will have lot's of fun!" Do you...

2/s

A Decide to try it since it's no harm to try it once.

B Say 'no' firmly and wave your hand strongly to show your firm decision.

C Definitely try it, otherwise it will be a boring night.





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LOGIN

DEAL DRUG FREE

What is the main reason for newly reported people under the age of 21 to take drugs? 2/s

- A Peer influence/to identify with peers
- B Depression
- C Curiosity
- D Avoid discomfort of its absence



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BE A PARK VISITOR LOGIN

7 / s

You are dating a guy at your school. You really like him and listen to most of the things he says. One day, he says to you, 'Hey baby, if you really like me, do something for me!' He takes a few packs of Ketamine out of his pocket and passes them to you. 'Help me keep them till the end of the school day and pass

A He trusts me to do something dangerous for him. This is what love is all about. I will definitely do it for him!

B No way! I love him but I won't do anything harmful to myself to express my love for him!

C If I don't do it, he will dump me. I have to do it.





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REAL DRUG FREE

Which one of the pictures below, is the drug ketamine?

21 /s



A Image 1

B Image 2

C Image 3

D Image 4

WELCOME



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DEAL DRUG FREE

Site Map



You and your friends are playing basketball in a street court at night. Suddenly, a group of guys approach you. They want to play against you and your friends. They said if you lose, you have to take drugs as a punishment. What do you do? **25/s**

- A** You think it's bold to accept the offer, so you do.
- B** You understand the harmful effects of drugs, so you choose not to play against them and leave the basketball court immediately.
- C** You will definitely win the match, so why not take the offer?

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LOGIN

REAL DRUG FREE

On your way home after school, you are suddenly stopped at a park by classmates. One of them tempts you to try ketamine. As you are not a native Cantonese speaker, due to the language barrier, you feel extremely uneasy. What do you do? 27 /s

A

Leave the place immediately.

B

You think they are trying to be friendly, so you choose to try the drug.

C

You felt intimidated so you surrender to their pressure.

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LOGIN

DEAL DRUG FREE

You are a student working in a shop as a summer intern and your 39 /s
coworker offers you drugs one night after work. He said it will
make you become less bored from work. What do you do?

- A Definitely try it! Work is so boring, I want to have fun!
- B No! My parents are very strict about my living style and habits; I cannot go against them and take drugs!
- C Hmm, he's a great person, I think I should listen to him.





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LOGIN

REAL DRUG FREE

47 /s

You are a lower secondary school student. You look up to the popular seniors in your school as your role models and you soon find out that some 'hippy' and 'cool' seniors at your school take drugs. You are invited to join their party but you know that there will be drugs supplied there. You...

- A Will go to the party since it's the only way to be popular!
- B Will not go to the party since drugs are supplied and you understand that it's better to be safe than to take risks.
- C Go to the party but try to stay away from drugs.

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You are a student passing by a public toilet on your way home. 58 /s
 You spotted some teenagers taking drugs, what do you do?

- A** Ignore them and carry on walking home.
- B** Join them and have some fun!
- C** Try to ask some adults for help. If possible, try to call the police.

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LOGIN

What is the most common type of drug abused by newly reported people under the age of 21?

65/s

- A Heroin
- B Ecstasy
- C Ketamine
- D Methyl amphetamine

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LOGIN

DEAL DRUG FREE

Site Map

There are a few students in your school who are new migrants. You are responsible to be their peer supporter at school. They told you they were given drugs to try out at the backyard of the school. What do you do?

74/s

A

Encourage them to try something out of their comfort zone.

B

Well, I don't know, maybe I should let them take drugs, after all I am not responsible for their lives.

C

Without hesitation, stop them and tell them it's illegal and harmful to take drugs, as taking drugs may lead to weakened memory, lowered concentration and malfunctioned bladder.

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LOGIN

DEAL DRUG FREE

It's graduation night, and all of you will be heading to different places for university. You and your friends decide to go to a karaoke for the night. A guy spotted your group of friends and came over to offer you and your friends some drugs. What do you do?

92/s

A

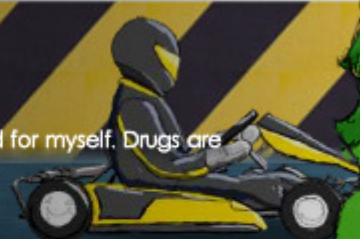
He's nice and handsome! I will just give it a try!

B

It sounds cool and fun, all of us should have a try!

C

Yes, they are my friends but I do need to take a stand for myself. Drugs are harmful! I won't take it and they shouldn't either!





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BE A PARK VISITOR

LOGIN

DEAL DRUG FREE

It is prom night and after the party all of you decide to go to a hotel room for an after-prom party. Your friends start taking ketamine. All of them ask you to give it a shot. What do you do?

97 /s

- A** All my friends are taking ketamine, if I don't take it they will not accept me in the party.
- B** I don't know. I mean it's kind of exciting to try it out, right?
- C** I shouldn't take drugs, and I will explain to them the harmful effects of ketamine - this drug combines a hallucinogenic with a stimulant effect, making all emotions, negative and positive, much more intense. Moreover, many users also experience depression, paranoia, anxiety, and confusion.

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LOGIN

REAL DRUG FREE

You are a studious and hardworking student, and yet some of your school students are trying to force you to traffic drugs for them. What do you do?

127 /s

A

You say no immediately and leave that group of people.

B

You think it's the only way to be friends with people in your school, so you try it out.

C

You forfeit to their pressure and help them with drug trafficking.

WELCOME



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LOGIN

You are a student in a local secondary school and you would come across times when you feel isolated or different from other students due to language differences. You are depressed by that mentality and thinking of turning to drugs. What do you do? 173/s

- A** Turn to drugs as people said that it makes you happy.
- B** Try to talk to people whom you trust or the social worker and ask for advice and help.
- C** Take drugs, it makes you fit in!



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BE A PARK VISITOR

LOGIN

INFORMATION



LIST OF ORGANISATIONS PROVIDING TREATMENT AND REHABILITATION SERVICES IN HONG KONG

Counselling Centres for Psychotropic Substance Abusers:

Name of Centre / Agency	Tung Wah Group of Hospitals CROSS Centre
Serving Region / District	Hong Kong Island: • Central & Western • Wan Chai • Eastern • Southern • Islands
Address / Tel No. / Fax No. / Email / Website	Address: 9/F, TWGHs Fong Shu Chuen Social Service Building, 6 Po Man Street, Shau Kei Wan, Hong Kong Tel. No.: 2884 0282 Fax. No.: 2884 3262 Email: csdcross@tungwah.org.hk Website: crosscentre.tungwahcsd.org/
Name of Centre / Agency	Hong Kong Lutheran Social Service Evergreen Lutheran Centre
Serving Region / District	East Kowloon: • Wong Tai Sin • Sai Kung • Tseung Kwan O • Kwun Tong



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LOGIN



KETAMINE
METHYLAMPHETAMINE
MDMA(ECSTASY)



CANNABIS
NIMETAZEPAM



COCAINE
COUGH MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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LOGIN

1, KETAMINE

Street Name: "Special K", "K", "Kit Kat", "Vitamin K"

Effect of abuse:

1. Slurred speech
2. Impaired long-term memory & cognitive difficulties
3. Impaired motor function
4. Deficiency in motor coordination and impairment in executive function
5. Respiratory/ heart problems
6. Tolerance/ dependence
7. Marked discomfort in passing urine, reduced bladder volume, frequent visits to toilet, incontinence, renal failure

NE
MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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2, METHYLAMPHETAMINE

Street Name: "Ice"

Effect of abuse:

1. Insomnia
2. Depression
3. Toxic psychosis
4. Loss of appetite
5. Heart and kidney failure

NE
MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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3, MDMA(ECSTASY)

Street Name: "Ecstasy", "E", "XTC", "Adam"

Effect of abuse:

- 1. Dehydration
- 2. Exhaustion
- 3. Muscle breakdown
- 4. Overheating
- 5. Convulsion
- 6. Collapse

NE
MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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LOGIN

4, CANNABIS

Street Name: ""Marijuana", "pot", "grass", "hash", "joint"

Effect of abuse:

- 1. Disoriented behaviour
- 2. Impaired judgment
- 3. Bronchitis
- 4. Conjunctivitis

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MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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LOGIN

5, NIMETAZEPAM

Street Name: "Give me five", "Ng Chai"

Effect of abuse:

- 1. Dependence
- 2. Drowsiness
- 3. Dizziness
- 4. Sedation
- 5. Depression
- 6. Hostility
- 7. In-coordination
- 8. Ataxia
- 9. Fetal abnormalities
- 10. Loss of memory
- 11. Impaired cognitive and neuromotor functioning



TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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6, COCAINE

Street Name: "Coke", "crack", "flake", "snow", "stardust

Effect of abuse:

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

NE
MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009



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BE A PARK VISITOR

LOGIN

7. COUGH MEDICINE

Street Name: "Robo", "DXM"

Effect of abuse:

1. Dependence
2. Respiratory depression
3. Toxic psychosis
4. Constipation
5. Loss of appetite
6. Dizziness

NE
MEDICINE

TOP SEVEN OF DRUGS ABUSED WITH AGED UNDER 21 IN 2009