

## Ways to seek help

**HK SKH Lady MacLehose Centre Services for Ethnic Minorities**  
 Address: Rm 114, 22 Wo Yi Hop Road, Kwai Chung  
 Tel: 24235062 Fax: 24947786  
 Web-site: <http://www.skhlmc.org/em2.htm>  
 Facebook: [drugfreenet@hotmail.com](http://drugfreenet@hotmail.com)

**Yang Memorial Methodist Social Service**  
**Yau Tsim Mong Integrated Centre**  
 Address: 2/F, Hoi Yan House, Hoi Fu Court, Hoi Wang Road, Mongkok West, Kowloon  
 Tel: 2332 0969 Fax: 2782 0349 E-mail: [yic@yang.org.hk](mailto:yic@yang.org.hk)

**The Society of Rehabilitation and Crime Prevention, Hong Kong**  
 Address: 2/F, No. 402-404 Shanghai Street, Yau Ma Tei, Kowloon, HK  
 Tel: 2323 3983 Fax: 2323 3934  
 Email: [idep@sracp.org.hk](mailto:idep@sracp.org.hk) / [korrosa@sracp.org.hk](mailto:korrosa@sracp.org.hk)  
 Website: [www.sracp.org.hk](http://www.sracp.org.hk)

**Hong Kong Christian Service PS33- Taimshatsui Centre**  
 Address: 33 Granville Road, Tsim Sha Tsui, Kowloon  
 Tel. No.: 2368 8269 Fax No.: 2739 6966  
 Email: [ps33tst@hkcs.org](mailto:ps33tst@hkcs.org)  
 Website: [www.hkcs.org/gcb/ps33/ps33-e.html](http://www.hkcs.org/gcb/ps33/ps33-e.html)

**Hong Kong Children & Youth Services Sane Centre**  
 Address: Units 03-04, 16/F, 99 Tai Ho Road, Tuen Mun, N.T.  
 Tel. No.: 2402 1010 Fax No.: 3013 8601  
 Email: [swsc@hkccys.org.hk](mailto:swsc@hkccys.org.hk) Website: [www.sanecentre.net](http://www.sanecentre.net)

**Caritas HUGS Centre**  
 Address: Unit 41-44, G/F, Hing Shing House, Tai Hing Estate, Tuen Mun, N.T.  
 Tel. No.: 2453 7030 Fax No.: 2453 7031  
 Email: [yes@hugs.org.hk](mailto:yes@hugs.org.hk) Website: [www.hugs.org.hk](http://www.hugs.org.hk)

**Evangelical Lutheran Church Hong Kong, Enlighten Centre**  
 Address: G/F, Tze Ping House, Tin Tze Estate, Tin Shui Wai, Yuen Long, N.T.  
 Tel. No.: 2446 9226 Fax No.: 2446 9456  
 Email: [ecpsa@elchh.org.hk](mailto:ecpsa@elchh.org.hk)  
 Website: [www.elchh.org.hk/service/Other/New\\_info/programme/teenlong.html](http://www.elchh.org.hk/service/Other/New_info/programme/teenlong.html)

The list above only shows some organization for ethnic minorities. For further information, please refer to this website <http://www.nd.gov.hk/en/treatment.htm>.

## How to identify a drug user?

- Stay in a bedroom or washroom alone for long time
- Sickly sweet smell on body, hair, and clothes
- Smelt chemicals on clothes or on the breath
- Often have a running nose, nose bleeds and a swollen nose
- Feeling discomfort in passing urine, reduced bladder volume, frequent visits to toilet
- Incontinence, renal failure
- Some white powder near nostril
- Tooth decay
- Excessive and uncontrollable laugh
- Strong mood changes and behaviors, when the person is "high" in mood
- Convulsions of muscles and uncontrollable behaviors of "shaking and dancing"
- Deep slumber
- "Wired"—sleeplessness for days and weeks
- Total loss of appetite, extreme weight loss
- Missing household products, household products out of their usual place in the house

Drug-abusing tools



Drug-abusing tools



Drug-abusing tools



*If you take drug, you will be a bondman of drugs.*

How to identify a drug user?

## How would you handle?

Once parents discover their children to be abusing drugs, advise them to stay calm first, and consider the following methods to handle the problem:

Appropriate	Inappropriate
1. Stay calm	1. Say hurtful words out of disappointment and heartbreak that may impair the self-esteem of children
2. Tell children frankly about how one feels	2. Hold unreasonable hopes, such as expecting children to eliminate their drug addiction immediately
3. Let children know how important they are to their parents	3. Believe that children deserve to be blamed for drug abuse
4. Make reasonable demands on children, such as reducing their frequencies of returning home late in the evening	4. Impose one's thoughts on children reluctantly
5. Let children learn how to make decisions and steer away from high-risk behaviours	5. Completely restrict children from making friends
6. Parents set themselves as good models and work together towards enhancing their relationships with their children	6. Indifferent to the emotions of oneself
7. Equip parents with the knowledge of drugs	7. Father and mother adopt different parenting approaches towards prevention on drug abuse of their children
8. Raise the awareness of children on the harmful impacts of drug abuse	8. Blame one's spouse for poor parenting
9. Find out the reasons for drug abuse of children, and develop corresponding solutions	9. Give up supervising children
10. Seek assistance from social workers/ professionals	10. Decline assistance from others in order to hide family's shame

*Drugs harm your life and family.*



How would you handle?



HK SKH Lady MacLehose Centre Services for Ethnic Minorities

**Drug Free Net**

Ethnic Minorities' Anti-Drug Education Project.



Funded by  Beat Drug Fund

Contact Person :  
 Matthew Lee, Oliver On, and Bob Ghale  
 Address : Rm 114, 22 Wo Yi Hop Road, Kwai Chung  
 Tel : 2423 5062 / 6717 8894 Fax : 2494 7786

facebook [drugfreenet@hotmail.com](http://drugfreenet@hotmail.com)

## How do parents know if teen is taking drugs?



### Physical

- Exhausted
- Repeated health complaints
- Frequent flu-like episodes, chest pains, "allergy" symptoms, chronic cough
- Red and glazed eyes
- Difficult to fight off common infections
- Change in health or feel gloomy

### Emotional

- Personality change
- Sudden mood changes
- Irresponsible behavior
- Low self-esteem
- Apathy or lack of interest
- Change in personal priorities

### Family Relationships

- Negative attitude
- Verbally (or physically) mistreatment of younger siblings
- Withdrawing from family
- Secretiveness
- Lying and dishonesty
- Unexplained disappearance of possessions at home
- Increased money or poor justification of how money was spent

### School Activities

- Lack of interest
- Unexplained drop grades
- Irregular school attendance
- Skip school
- Not back home after school

### Peer Relationships

- Dropping old friends
- New group of friends
- New friends who make poor decisions and are not interested in school or family activities
- Change to a different style of dressing and music

### Personal belongings

- Possess drug-abusing tools
- Aluminum foil/ drinking straw/converted water bottles
- Drugs from unknown sources/tobacco paper/ smoking pipe/ cough medicine bottle
- Drug bags, paper bags or plastic bags that contain drugs
- Strange odour from clothes



Drugs: You use, you lose.

## What kinds of drugs that teenager abuse?

How do parents know if teen is taking drugs?

### Cannabis

#### Street Name:

Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed



### Cough Medicine

#### Street Name:

Robo, DXM, Dex, Red Devils, Triple C, Tussin, Skittles, Syrup



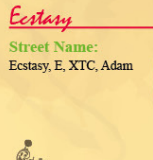
### Ketamine

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



### Heroin

**Street Name:**  
white powder, No 4, American money, HK money



### Ecstasy

#### Street Name:

Ecstasy, E, XTC, Adam



### Methamphetamine

#### Street Name:

Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed



### Cocaine

**Street Name:**  
C, coke, flake, snow, stardust, charlie, crack, gold dust, coco



### Solvents

**Street Name:**  
Whippets, Bagging, Huffing, Poppers, Snappers, Dusting

## What are the symptoms of drug abuse?

What kinds of drugs that teenager abuse?

- Body-balance problems, difficulty to walk and fall down easily
  - Change in mental status: paranoia and psychosis.
  - Change in mood: depression and anxiety
  - Change in personality or behavior: unpredictable and violent behavior
  - Diminished reflexes
  - Drowsiness or excessive energy
  - Impaired balance and coordination
  - Impaired judgment and memory
  - Impaired vision: blurred vision
  - Nausea and/or vomiting
  - Pupil size changes
  - Slurred speech; excessive talking
  - Weakened immune system: fatal heart and lung failure or ruptured blood vessels, skin disorders
- (Different drugs may have different effects)



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Drugs are retarded, so don't get started

What are the symptoms of drug abuse?