

**New Era  
Drug Prevention Programme  
for Secondary Students  
新紀元中學藥物教育課程  
BDF100022**

Sep 2010 – Aug 2012



## Introduction

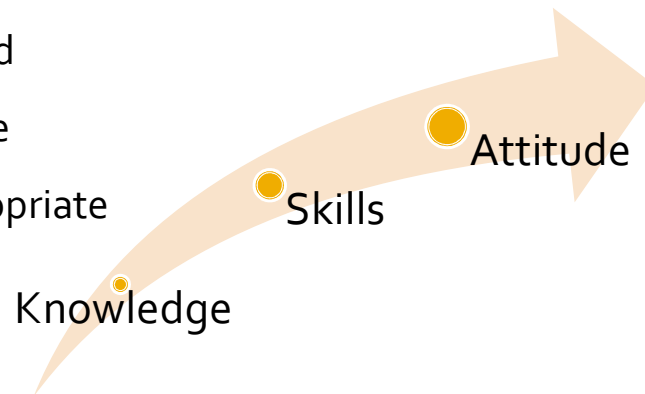
Life Education Activity Programme (LEAP)

- Provides sequential preventive education programmes for students aged 5-15
- Helps students develop healthy and drug-free lifestyle

## Introduction

LEAP's Secondary Programme

- Skill-based
- Interactive
- Age appropriate



## Project Objectives

To help students...

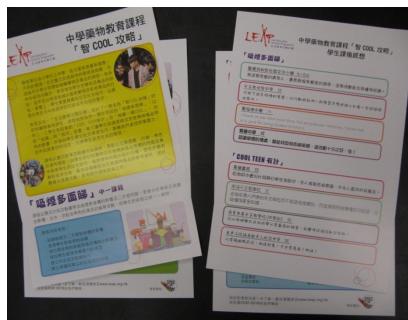
- Understand more about the physical, social and legal consequences of drug use;
- Develop essential skills in assessing risks, making decisions and refusing drugs;
- Establish correct value and self worth.

## Project Content

- Stage 1 – Production of programme materials (animations, videos)



## Project Content



Brochures –  
Programme information



Souvenirs –  
A4 files with anti-drug messages

# Project Content



Follow up –  
Teacher's manual DVD



Panel boards –  
For drug information

# Project Content

- Stage 2 – Pilot tests and programme revision
- Team-teaching
- Peer observation/evaluation
- Comments from students and teachers
- Revision of programme activities

## Project Content

- Stage 3 – Facilitation of updated programme



Watching drug animations



## Facilitation of updated programme

Watching real-life trigger videos



## Facilitation of updated programme



Group discussions

## Facilitation of updated programme



Role-plays

## Facilitation of updated programme



Display of panel boards



## Output Evaluation

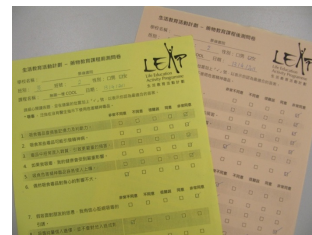
- Attendance records signed by teachers
- Target: 700 class-based workshops for 25,000 students

## Output Evaluation

	No. of classes	No. of students
Academic Year 2010-11	483	15,645
Academic Year 2011-12	381	12,372
Total (Actual/Targeted)	864/700	28,017/25,000

## Outcome Evaluation

- Pre-test (13 items) & Post-test (14 items)
- Students indicate whether they agree to the items on a 5-point scale.  
(1 = strongly disagree, 5 = strongly agree)
- Sample size: 217 students





## Outcome Evaluation

### Indicator 1: Drug knowledge

Whether participants show improvement in drug knowledge after programme

#### Pre- & Post- test (6 items)

- 吸食毒品會損害記憶力及判斷力。
- 吸食某些毒品可能引發精神病。
- 毒品中經常混入雜質，引致更嚴重的損害。
- 我認為大部分青少年沒有吸食危害精神毒品。
- 我認識與藥物有關的風險及潛在危機。
- 我清楚了解與藥物有關的法律責任。

## Outcome Evaluation

### Indicator 2: Attitude towards drug use

Whether participants become more conservative towards drug use after programme

#### Pre- & Post- test (7 items)

- 如果我吸毒，我的健康會受到嚴重影響。
- 吸食危害精神毒品容易使人上癮。
- 偶然吸食毒品對身心的影響不大。
- 假若面對朋友的慫恿，我有信心拒絕吸毒的引誘。
- 吸毒純屬個人選擇，並不會對他人造成影響。
- 假若我吸毒，我有能力控制對毒品的渴求。
- 吸毒可以幫助我抒緩情緒，拋開煩惱。

## Outcome Evaluation

### Indicator 3: Refusal skills

Whether participants master different refusal skills after programme

### Post-test (1 item)

- 我認識不同的拒絕方法，向毒品說不。

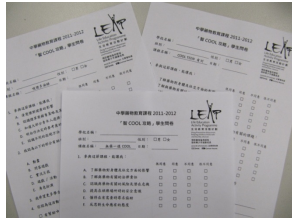
## Outcome Evaluation

Outcome Indicator	Benchmark	Result
1	80% of participants showed improvement in drug knowledge <u>OR</u> statistical significance was found using paired t-test	Statistical significance was found
2	80% of participants became more conservative towards drug use <u>OR</u> statistical significance was found using paired t-test	Statistical significance was found
3	80% of participants showed mastery of refusal skills	92.2% showed mastery

## Other Evaluation Tools

### STUDENTS' EVALUATION FORMS

- 4-point scale
- Programme effectiveness
- Teaching activities
- Usefulness (open-ended)



### TEACHERS' EVALUATION FORMS

- 6-point scale
- Programme effectiveness
- Overall mode of delivery
- Usefulness (open-ended)
- Suggestions (open-ended)

## Comments from Students (F.3)

- 可以認識到藥物對身體的壞處，更重要是知道怎樣保護自己。  
東華三院伍若瑜夫人紀念中學
- 片段中的拒絕方法幽默但又能拒絕別人，真的符合現今時代的年輕人使用，不會太死板  
順德聯誼總會胡兆熾中學
- 若別人叫我去食毒品時，我懂得怎樣有「型」地拒絕，讚好！  
景嶺書院

## Comments from Students (F.3)

- 了解藥物的風險，提醒自己要小心結識朋友，不要因面子問題就相信別人的話。  
中華基金中學
- 了解更多的藥物危險性及懂得自我愛護及懂得自身的安全。  
聖母院書院
- 深入了解藥不可亂吃，一旦走錯了一步，步步輸。  
玫瑰崗學校 (中學部)

## Reasons behind Success

- Interactive approach (class-based programme)
  - ☺ 好好玩，好有意思。  
聖公會蔡公譜中學
  - ☺ 能從多方面或利用多種方法解釋藥物對身體的影響。  
東涌天主教中學
  - ☺ 很少講座有互動遊戲，今次課程能讓我增加對藥物的認識。  
英皇書院
- Up-to-date trigger videos

## Reasons behind Success

- Flexibility (suiting needs of different students)

- Long term support from schools

這是一個很有意思的課程，內容不但帶出濫藥的成因及影響，最重要能夠讓學生反思生命的價值，與一般的禁毒課程有很大的差異。

*寶覺中學 姚老師*

## Difficulties Encountered

- Reduced awareness of drug abuse prevention among schools
- Competitions with other NGOs (e.g. mass talk)
- Getting connected with schools that are new to LEAP

## Lessons Learnt

- Prevention is essential for all students, not just so-called the “high-risk” ones.
- Student-centred delivery is a must for the programme to be impressive and effective.
- Stay true to LEAP philosophy, which regards knowledge, skill and attitude as equally important.

## Conclusion

- Interactive class-based approach is highly regarded by both teachers and students.
- Constant adjustment and modification is needed to catch up with the drug trend.
- More resources are needed to sustain the impetus for drug prevention.