



**Project P.T.U.: Prevention Today  
Starts with You Part 2**  
**健康生活由你開始2**  
**BDF170011**

22 Aug 2018 - 31 Dec 2020  
KELY Support Group Limited



## **Introduction**

- This programme is a series of workshops, one for parents and a different one for teachers and other trusted adults within the non-Chinese speaking school community. It aims to increase knowledge of the risks & consequences of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine, including correcting commonly held misconceptions parents and teachers may have around drugs, increasing awareness of how to identify drug use amongst young people and promoting help seeking behaviour.



## Project Content

- **Series of workshops for parents, with the objective to:**
  - Increase parent's knowledge of substance misuse issues around the most common drugs in Hong Kong and awareness of communication strategies with teenagers. Workshops will include: knowledge of cannabis, ketamine, methamphetamine & cocaine plus early identification, misconceptions and family involvement and parent-child communication skills that are conducive to developing a home environment that supports protective factors against drug use.
- **Series of workshops for teachers and other trusted adults, with the objective to:**
  - Increase teacher's & trusted adult's knowledge of substance misuse issues around the most common drugs in Hong Kong. Workshops will include: knowledge of cannabis, ketamine, methamphetamine & cocaine plus early identification, misconceptions and developing a school environment that supports protective factors against drug use.

## Output Indicators

	Output Indicators	Evaluation Method	Evaluation Results
1	Engage 11 teachers employed at English medium of instruction (EMI) schools and 2 other trusted adults through the workshops for teachers and trusted adults	Data retrieved from participant's enrolment / registration record	11 teachers (100%) and 2 trusted adults (100%)
2	Engage 53 parents whose children attend EMI schools through the workshops for parents at schools and workplaces		53 parents (100%)
3	Provide no less than 3 workshops (2 for parents and 1 for teachers / trusted adults)		3 workshops (2 for parents and 1 for teachers / trusted adults) (100%)

## Outcome Indicators

	Outcome Indicators	Evaluation Method	Evaluation Results
1	80% of teachers and trusted adults rate the workshops as satisfactory	Beat Drugs Fund Question Set No. 21 (Post-test survey)	13 valid cases evaluated 84.6% of teachers and trusted adults rated the workshops as satisfactory
2	80% of parents agree that the workshop increase their knowledge of substance misuse issue and give them strategies for communicating with teenagers	Beat Drugs Fund Question Set No. 10(a) (Post-test survey)	53 valid cases evaluated 96.2% of parents agreed that the workshop increase their knowledge of substance misuse issue and give them strategies for communicating with teenagers
3	Parent participants show improvement in their skills for early identification of drug abusing children  (Statistical significant improvement as indicated by paired t-test or 80% of parent participants show improvement in their skills for early identification of drug abusing children after attending the workshops)	Beat Drugs Fund Question Set No. 19 (Pre-test and Post-test survey)	53 valid cases evaluated 90.6% of parent participants showed improvement in their skills for early identification of drug abusing children after attending the workshops

## Experience Gained

- Teachers and parents enjoy discussion on the topics where they were able to share insights and engage with each other
- Both teachers and parents seldom have the opportunity to learn about drug misuse amongst young people and this project allow them to ask in depth questions
- It was challenging to schedule 2 hours with teachers and parents due to their busy schedules, it might work better to have pre-recorded/printout resources for them to take home after the workshop

## Conclusion

- It was a valuable experience to facilitate workshop with teachers, other trusted adults and parents within the non-Chinese speaking school community as they lack of the opportunity to receive information in this area. It provided a platform for them to discuss and engage in conversation where they learnt from us and each other to help prevent young people using drugs. The effort of drug prevention should not only come from NGO but also with the support from teachers and parents, young people would have a better support network. It would be good to have more of these discussion directly with teachers and parents, as well as updated resources for them to refer to when needed.

End