

Drug Prevention Workshops for Young Athletes BDF 170013



22 Aug 2018- 21 Oct 2021
KELY Support Group



Introduction

This programme targets young people (14 to 24) involved in sports and their coaches with drug prevention workshops delivered in both English and Cantonese, with the following objectives:

- Increase knowledge amongst young athletes of the risks & consequences of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine.
- Correct commonly held misconceptions that young athletes may have around drugs, especially with regards to sports and performance.
- Increase knowledge amongst coaches and other relevant adults of the risks & consequences of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine.
- Help coaches understand how to identify drug use and support young athletes who may be at risk.



Project Content

1. Research & prepare content, activities and handouts
2. Needs assessment and recruitment
3. Deliver workshops
4. Evaluate and report



Project Content

This programme reached 125 young athletes (14 to 24 years old) and 25 coaches and other associated adults with knowledge and skills around drug prevention.

The workshops focus on:

- **Drug Prevention** – to increase knowledge of the risks & consequences of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine.
- **Drug Refusal Strategies** – to increase knowledge on resisting peer influence and pressure and increase awareness of how to identify drug use amongst peers, issues needing support or referral and how to promote help seeking behaviour amongst those peers.
- **Drugs and Sports** – to increase knowledge on risks and consequences of the most commonly used drugs with a focus on the effect on sports performance, training and commitment.



Output Evaluation

	Descriptions	Target population	Expected results
1	Provide at least 5 workshops, serving a total of 100 young athletes in secondary schools	Young athletes in secondary schools	5 workshops serving a total of 105 young athletes in secondary schools
2	Provide at least 2 workshops, serving a total of 25 young athletes in tertiary education	Young athletes tertiary education	2 workshops serving a total of 25 young athletes in tertiary education
3	Provide at least 2 workshops, serving a total of 25 coaches and other associated adults	Coaches and other associated adults	2 workshops serving a total of 25 coaches and other associated adults



Outcome Evaluation

	Descriptions	Evaluation Method	Evaluation Results
1	<p>Young athletes gain knowledge about the consequence of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine</p> <p>(Statistical significant increase in knowledge as indicated by paired t-test, or 70% of participants gain knowledge about drugs)</p>	Tailor-made questionnaire (Pre-test and Post-test)	<p>63.7% of young athletes gain knowledge about the consequence of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine</p> <p>(Statistical significant improvement not found)</p>
2	<p>Young athletes gain knowledge to demystify misconceptions regarding drugs and sports performance</p> <p>(Statistical significant increase in knowledge as indicated by paired t-test, or 70% of participants gain knowledge to demystify misconceptions regarding drugs and sports performance)</p>		<p>52.2% of young athletes gain knowledge to demystify misconceptions regarding drugs and sports performance.</p> <p>(Statistical significant improvement not found)</p>



Outcome Evaluation

	Descriptions	Evaluation Method	Evaluation Results
3	<p>Coaches and associated adults gain knowledge about the consequence of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine</p> <p>(Statistical significant increase in knowledge as indicated by paired t-test, or 70% of participants gain knowledge about the consequence of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine)</p>	Tailor-made questionnaire (Pre-test and Post-test)	100% of coaches and associated adults gained knowledge about the consequence of drug use, with a focus on Methamphetamine, Ketamine, Cannabis and Cocaine
4	<p>Coaches and associated adults gain knowledge on how to identify drug use and support young athletes who may be at risk</p> <p>(Statistical significant increase in knowledge as indicated by paired t-test, or 70% of participants gain knowledge on how to identify drug use and support young athletes who may be at risk)</p>		100% of coaches and associated adults gained knowledge on how to identify drug use and support young athletes who may be at risk

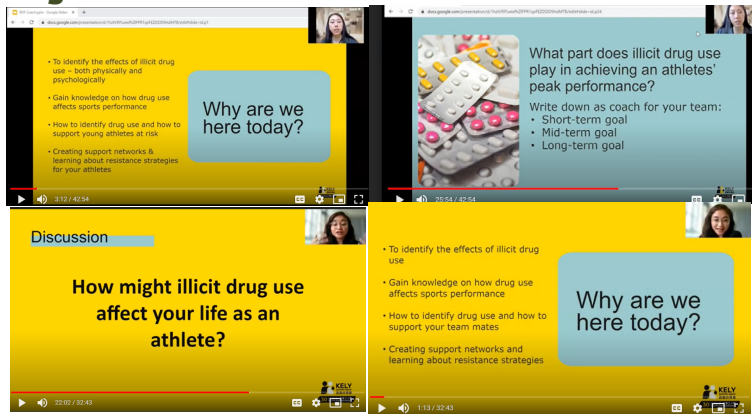


Impacts of COVID-19 onto the project

Due to the government regulations under the adverse impacts brought about by COVID-19, it was a challenge for the sports clubs, schools to commit to the workshop for their youth and coaches. After a number of rescheduling, project extension was granted and the training sessions were first recorded and disseminated to young athletes in tertiary schools and coaches and other associated adults. This provided flexibility for the youth and coaches to access to these workshop online on their own time.



Project Photos



Screen shots of the recorded video for young athletes and coaches.



Experience Gained

- It was a new approach to provide drug education to young athletes and coaches, which gave them an insight into how they can support each other on and off the sport field
- It created a discussion space for young athletes to learn that drug use can affect their sport performance and daily life



Conclusion

- This programme has brought drug prevention education with young people out of school settings and it provide them an opportunity to discuss on this topic within a different social circle
- There are opportunities to explore more on how drug prevention education can be implemented outside of schools



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