



社區藥物教育輔導會

Community Drug Advisory Council



Happy Learning Made Easy

Education Officer: Ms Rai Jenny

Workshop Content:

1. Understanding the **learning needs of children**
2. Learning practical tips to assist children to learn in a happy atmosphere
3. Introducing **common drug traps** in child development: such as the rising trend of cannabis
4. **Enhancing skills to support children** struggling with drug abuse



Introduction to Organization:

1. Prevent drug misuse
2. Promote healthy lifestyle



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Community Drug Advisory Council

www.cdac.org.hk

Questionnaire:



https://docs.google.com/forms/d/e/1FAIpQLSfa8AzoZoHLN3sOOV96MHwMf-hyY_luHozxmedrqUxjIVtnag/viewform



Quick Questions:

- Do you think learning is happy?
- How many parents think they were happy when they were in studying in school?
- How many parents think their children are happy while studying?

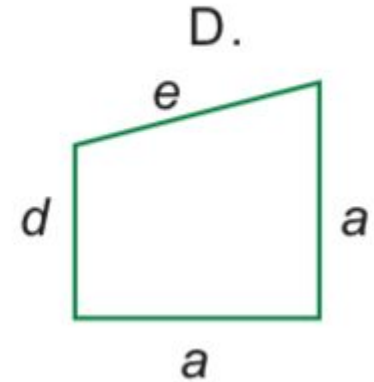
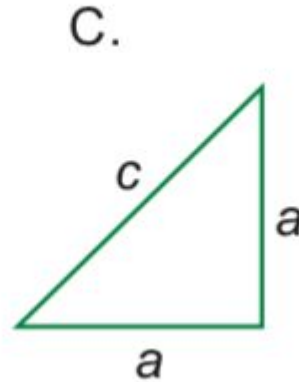
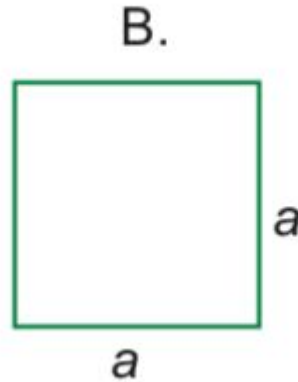
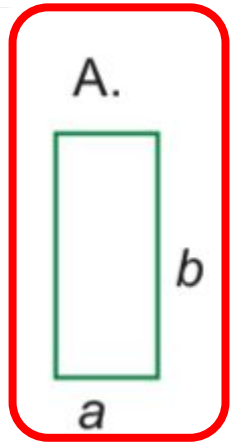


“Only good at playing games, how come it’s not the same for studying!?”



What senior primary students face...

Which of the following perimeter is the longest? (4 images are not the on the same ratio)



Primary 6



What senior primary students face...

Primary 3

A. Leo and his family are in Amsterdam in the Netherlands. They are about to travel to the Hague by train. They are listening to the announcements at the Central Station. (18/100 @3)

Good afternoon ladies and gentlemen. May I have your attention please: the intercity train service between Amsterdam and Utrecht is temporarily suspended owing to an obstruction on a key part of the track. Passengers going to Utrecht please consider using other modes of transport. There are special shuttle buses to connect passengers to the Central Bus Terminus every 10 minutes. Passengers please ask staff members for more information. We are trying our best to solve the problem and the train service will resume as soon as possible. We apologise for any inconvenience caused.

Train number IC 24 from Amsterdam to Rotterdam, originally scheduled to leave at 2:45 pm, will arrive at the Central Station 20 minutes late because of renovation work at the Schiphol Airport Station. We apologise for the inconvenience and we appreciate your patience.

Train number IC 34 from Amsterdam to the Hague, scheduled to leave at 3:05pm, is leaving on time in 10 minutes. Passengers going to the Hague please board the train at Platform 8. Thank you.

This is a special safety announcement. Passengers please take care of your personal belongings and never leave your luggage unattended. Any unattended luggage in the station will be removed without prior notice. Thank you.

Answer the following questions in complete sentences and blacken the correct circles.

1. What should the passengers going from Amsterdam to Utrecht do?



What senior primary students face...

- 1. Parents, how difficult do you think your child's assignments are?**
- 2. Do you think their academic pressure is high?**



Hong Kong primary students depression survey 2018

- Baptist Oi Kwan Social Service

In every 5 primary students, there is 1 who is suffering from depression

The overall average depression of the students interviewed was 49.4 (no/minor) depression
17.6% have symptoms of depression

> **12.3% of them showed symptoms of severe depression** (e.g. low mood, easily tired, excessive self-blame, etc.)

> Nearly 20% (21.2%) of students say they are often stressed

> Many students said they feel stressed because:

- "Choosing secondary schools and adapting to school life" (19.6%)

- "Freedom / less leisure time" (19.5%)

- "Academic performance is not up to satisfactory" (18.7%)



Learning needs of senior primary students:

- As the Chinese proverb goes: “ know the enemy, know yourself, and in every battle you will be win”
-> As parents, we need to understand our child’s developmental needs for them to be able to pass through challenges life throws at them.



Eight stages of growth theory

6–12 yrs/o:

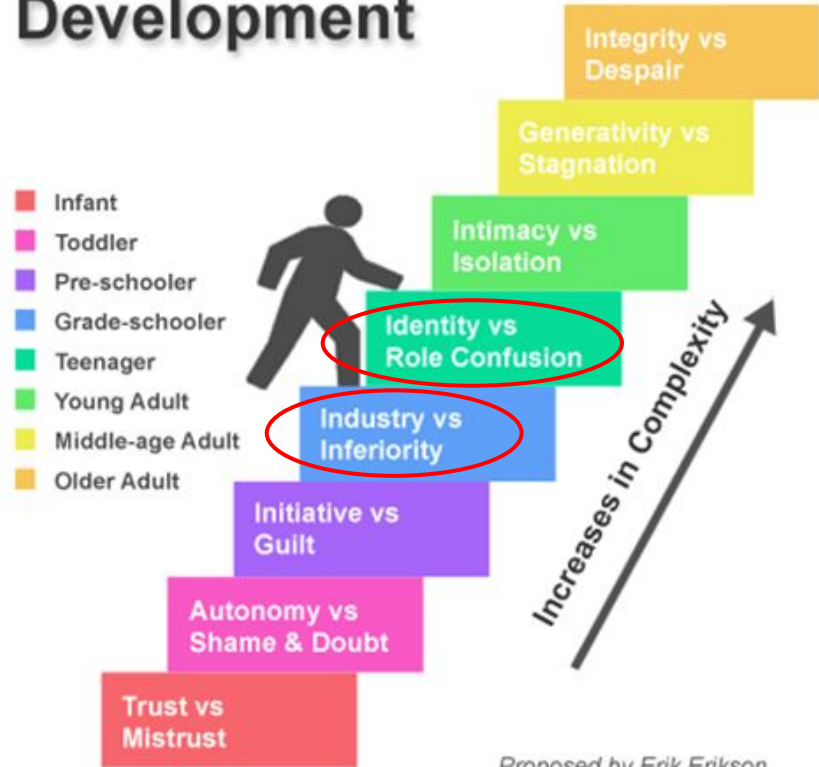
Industry vs Inferiority

12–18 yrs/o:

Identity vs Role Confusion

children **have their own psychological needs**, but they also have to fulfill the **society's expectations**.

Stages of Psychosocial Development



Proposed by Erik Erikson



INDUSTRY VS. INFERIORITY SCHOOL AGE (5-12 YEARS)



- Stage of life surrounding mastery of knowledge and intellectual skills
- **Sense of competence** and achievement leads to industry
- Feeling incompetent and unproductive leads to inferiority



IDENTITY VS. ROLE CONFUSION ADOLESCENCE (13-19 YEARS)



Developing a sense of who one is and where one is going in life.

– The adolescent's path to successful identity achievement begins with **identity crisis**.

– Successful resolution leads to positive identity

• Unsuccessful resolution leads to identity confusion or a negative identity



Case Study:

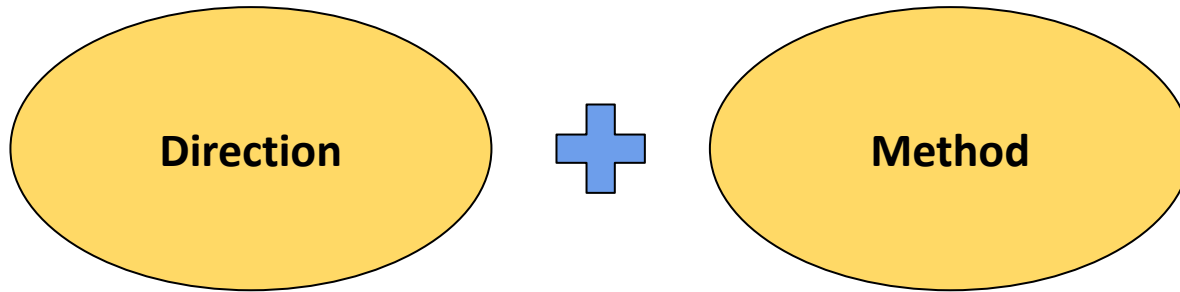
- Tommy is a primary 5 student
- His results have always been average or below
- His parents always scold at tommy, calling him: “dumb”, “useless”, “good for nothing”
- On the other hand, Tommy loves to play basketball
- He also made it to the school’s basketball team
- Schoolmates and teachers also praise Tommy’s basketball skills

How much effort do you think Tommy would put into his studies and basketball?



What is “Happy Learning”:

1. Why do we need to learn?
2. Why is it so important to have happy learning?



Direction

What does your children study for?

To make a
living

For knowledge

To Get Rich

For Fun

For a career

To uphold
social justice



**Explore with your children,
discover their potentials**



999632:

Has anyone heard of “999632”?

Subject	Weighting
Chinese	9
English	9
Math	9
General Studies	6
Visual Arts	3
Music	2



Internal Examination for the Purpose of Secondary School Places Allocations (SSPA)



Multiple Intelligences:

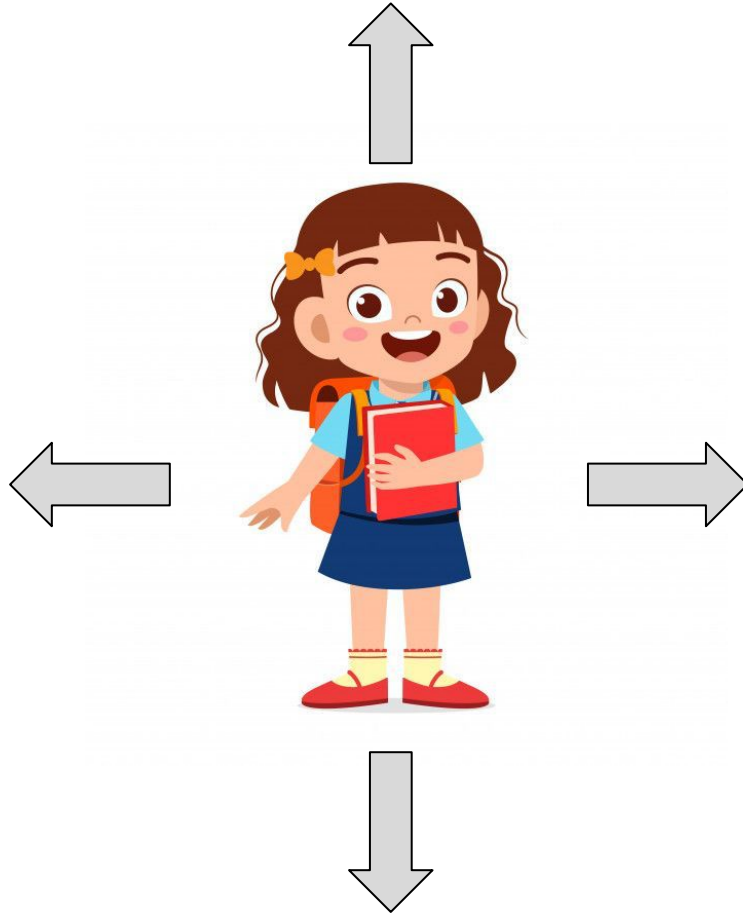
Subject	Weighting
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Music	2



Direction:

What direction should my children work towards?

- Listen to yourself and guide your children appropriately
- **Let your children decide**



我不求孩子入Band 1或讀大學，
但意志要堅強，凡事輸得起、肯捱！

媽媽Creamy



大仔鍾情機械



細女游泳屢奪獎



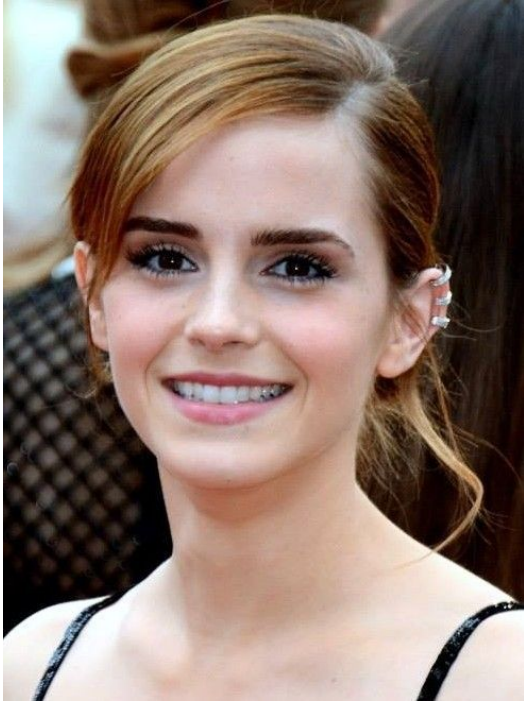
ADHD children became swimming athletics; Full time mother said is it not necessary for children to enter university

全職媽媽：孩子不一定要讀大學

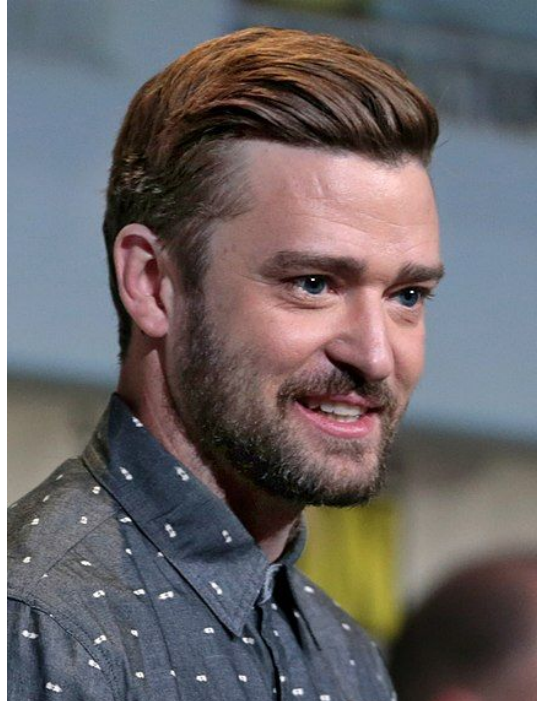
親子
專訪



Famous people with ADHD



Actress: Emma Watson



Famous musician Justin Timberlake



Olympic gymnast: Simone Biles

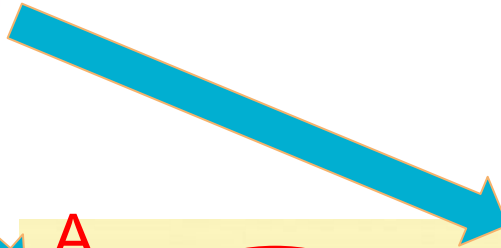


Method:

Is there a way for happy learning atmosphere?



The Pygmalion Effect:



A



B



The Pygmalion Effect:

A



B

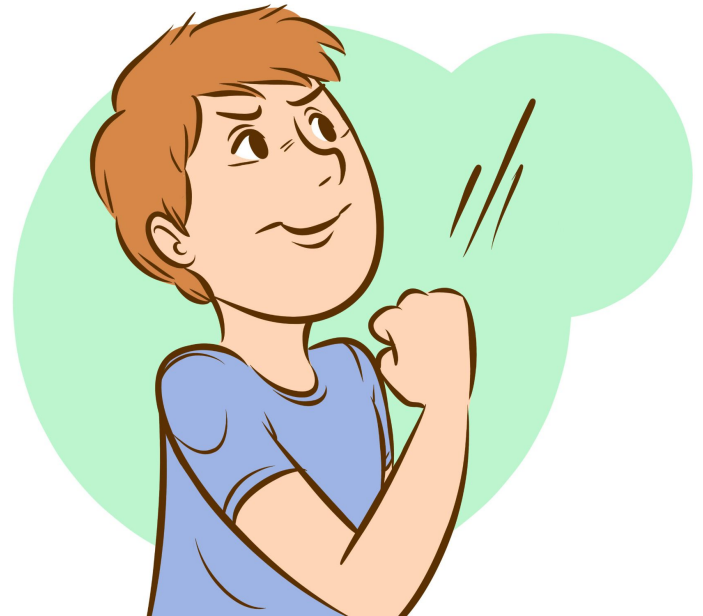


Self-Esteem:

How children see themselves:

If they are self-confident, they would:

- like/value themselves
- be able to make their own decisions
- acknowledge their strengths
- be willing to learn new things
- be willing to voice out their needs
- feel happy easily



Games inspire us:

Why can games attract children?

The visuals

“Easy-to-difficult”
Game Settings

Rewards upon
completion/winning



Reward Scheme:

- Rules should be **clear and understandable**
- There should **not be too many rules**
- Rewards should also be **appropriate**, not too much nor too less
- **Less materialistic rewards**

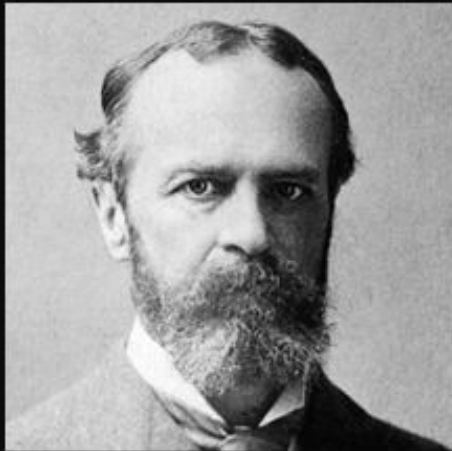


Praise/Appreciate your children:

Quick Investigation:

Parents, do you have a habit of praising/appreciating your children?





The deepest human need is the
need to be appreciated.

人類最深層的需要是被欣賞的需要。

~ William James

AZ QUOTES



Praise/Appreciate your children:

1. Emphasise the **process**, not the result
「very good」、 「very great」
2. Have a **solid reason**: “I saw you studying past midnight and you got a 100 in dictation today. I really **appreciate** your efforts.”
3. Even if your children makes mistake sometimes but the process can deserve to be praised



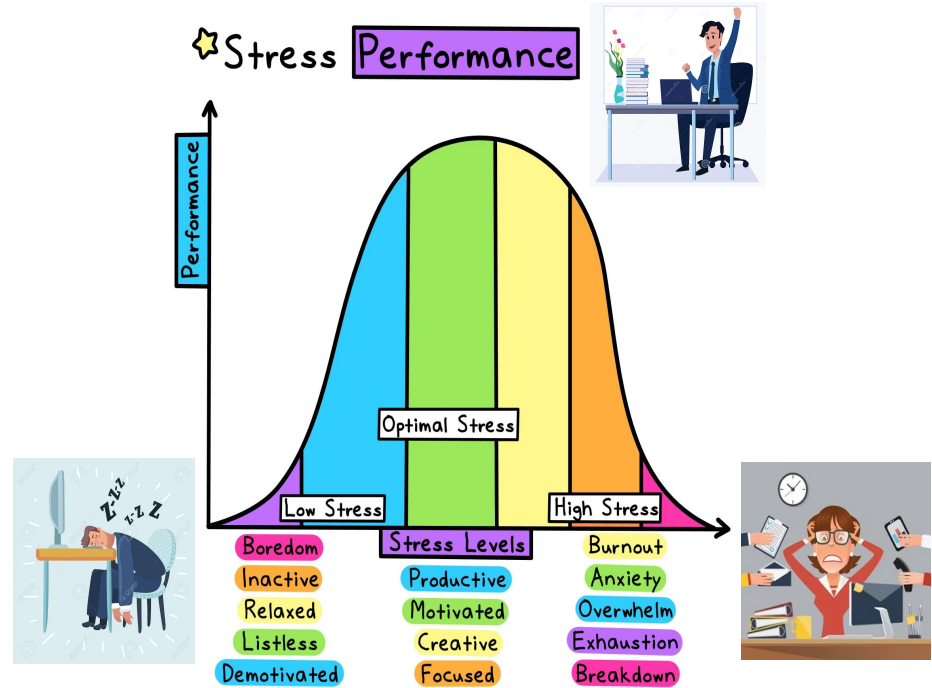
Things parents can do...

- Spend **quality time** together
- Listen to their child's needs
- Giving children more space
- Let children to try without worrying about the result



Principle:

- Avoid comparison
- Set suitable expectations:
“become a doctor in the future” 😞
- Put your children’s needs first, not results:
“how has your revision been today?” 😞



Wrong Methods:

- Over-emphasis on academic results:
"the first thing asked everyday- how are your grades?"
- Study/revision without breaks
- Substance misuse/abuse



Common reason for students to take drugs



Curiosity

(44.8%)



Pressure

(19.0%)



Peer Influence

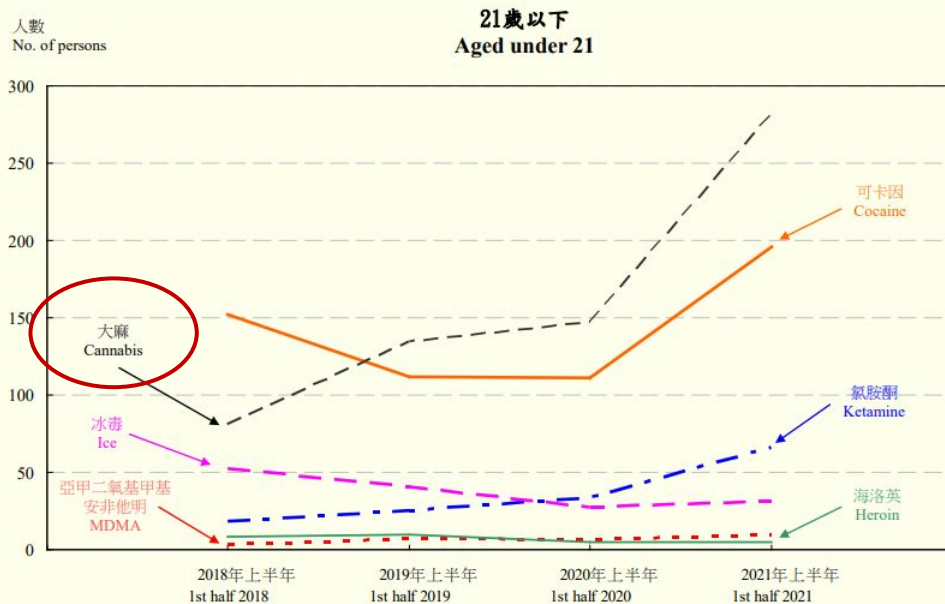
(16.9%)

Source: 2017/18 Survey of Drug Use among Students



Common type of drugs abused by primary school students:

按年齡組別及常被吸食的毒品種類劃分的被呈報吸食毒品人士
(2018年上半年至2021年上半年)
Reported drug abusers by age group by common type of drugs abused
(1st half 2018 to 1st half 2021)



註釋：因為某一被呈報吸食毒品者可吸食多於一種毒品，所以被呈報吸食不同毒品種類的人數不應加起來。
Note: Since a reported drug abuser may abuse one or more types of drugs, the numbers reported for abusing different drugs should not be added together.

資料來源：藥物濫用資料中央檔案庫
Source: Central Registry of Drug Abuse
資料更新於 16.9.2021
Updated on 16.9.2021



Ice:

- Crystal methamphetamine aka Ice, is a stimulant drug, which means it speeds up the messages travelling between the brain and the body
- Other names: crystal meth, shabu, crystal, glass, shard
- In some countries, it's used to treat narcolepsy and ADHD



Cannabis

Category: Hallucinogens

Street: Weed, Marijuana, Grass, 420

How is it used:

- Smoked as a cigarette or in pipe or bong
- Smoked in blunts (cigar emptied of tobacco and filled with marijuana, and sometimes mixed with additional drugs)
- Mixed with food (edibles)



Cannabis



Weed chocolate



Weed candies



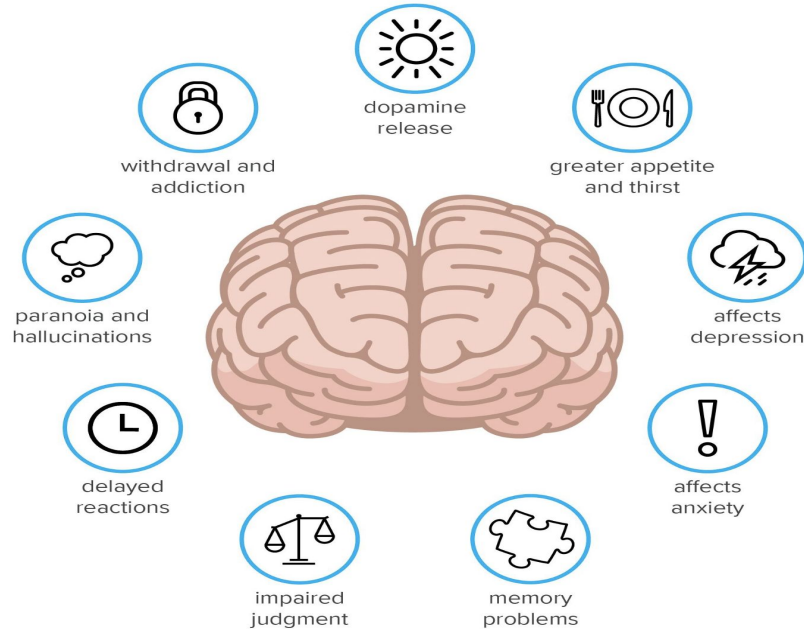
Weed cake



Effects after taking cannabis

MEDICALNEWS TODAY

Effects on the Brain Marijuana



- Effect memory and learning
- Hallucinations
- **Impaired judgement**
- Distorted perception
- Increased heart rate
- Dizziness



CBD & THC



- CBD and THC are active ingredients in Cannabis
- CBD: cannabidiol, does not have abusive potential, NOT controlled under the Dangerous Drug Ordinance (Cap.134)
- THC: tetrahydrocannabinol, controlled under DDO.



	CBD	THC
Produce a “high”	NO	YES
Illegal	No regulation by far	YES*
Side effects	Almost none	Psychoactive side effects
Shows on drug test	YES**	YES
Pain reliever	YES	YES
Reduces nausea	YES	YES
Eases migraines	YES	YES
Reduces anxiety	YES	YES
Increases appetite	NO	YES
Decreases seizures	YES	NO
Anti-inflammatory	YES	YES

***Need more research



Hong Kong's first CBD-focused bar to open in Lan Kwai Fong

The city's busiest nightlife district is welcoming a CBD bar addition to its drinking scene



Written by [Tatum Ancheta](#) Friday 22 October 2021



Source: Time out



Cannabis

A 17 years old tripped and died after taking cannabis – reported by The Daily Mail

Killed by cannabis: Boy, 17, dies falling down stairs while high on skunk ... and proves Sir Richard Branson is wrong about drugs

By [ELEANOR HARDING FOR THE DAILY MAIL](#)
UPDATED: 01:59 GMT, 25 January 2012



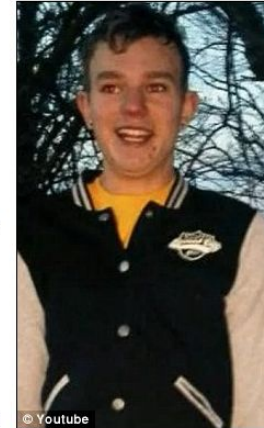
A teenage boy died of head injuries after he fell down a flight of stairs while high on super-strength cannabis.

Yesterday the coroner at his inquest hit out at those who seek to trivialise drug use.

David Norkett, 17, bought the cannabis from dealers loitering outside a shop.

These are the kind of small-time criminals who could escape a jail sentence under the Government's controversial new sentencing guidelines.

Coroner Peter Bedford said cannabis was the most likely cause of David's death and



© Youtube
David Norkett: He died from brain injuries after falling down seven steps while smoking cannabis in Reading



Symptoms of people taking cannabis :

- Mood changes: dull stares, laughing for no reason, **red eyes**
- Might use deodorants to **cover strong smell** of cannabis
- Staying in the toilet for a long period of time
- Storing **drug related tools at home**: grinders, pipes, weed rolling paper etc



Ritalin (Methylphenidate):

- a central nervous system stimulant
- used to treat children with Attention Deficit Hyperactivity Disorder (ADHD) and narcolepsy
- some people misuse methylphenidate outside of prescription guidelines to boost focus



The Observer
Drugs

Students used to take drugs to get high. Now they take them to get higher grades

The use of so-called 'smart drugs', bought on the internet, to boost mental performance is rife in British universities. So can we all benefit from 'having an edge', or is it just a form of cheating that should be banned?



Carole Cadwalladr

@carolecadwalla

Sun 15 Feb 2015 00.05 GMT



395



Smart drugs: a stupid move for society? Photograph: Alamy

Source: The guardian





服藥後客觀上集中力會變好，
但成績進步與否，其實
是本身能力問題。



精神科專科醫生
黎志杰

考試亂服**聰明藥**致發育遲緩

誤信「聰明藥」有助提

醫生：無專注力不足

這種所謂的「聰明藥」，
真正的用途，本來就不是
用來補腦的！



藥劑師 麥志偉



People without ADHD taking the
medicine will slow down growth

註：「聰明藥」用於治療兒童專注力不足及過度活躍症

Guidelines for using Psychotropic Drugs:

1. Follow doctor's advice/prescription
2. Use only for medical treatment purposes
3. Do not use without medical consultation



Conclusion:

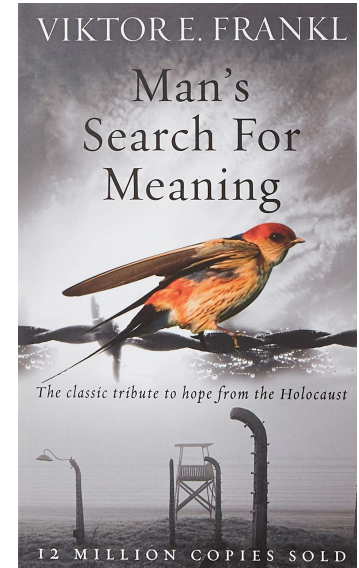
- Understand the academic pressure of your children
- Understand the growth needs of your children
- Discussion the direction/goals of their lives with your children
- Develop a happy learning atmosphere
- Use drugs correctly and wisely, beware of drug traps



Conclusion:

He who has a **Why** to live for can bear almost any **How**.

Everything can be taken from a man but one thing: the last of the **human freedoms** — to choose **one's attitude** in any given set of circumstances, to choose **one's own way**.



Q & A:
Questionnaire



<https://docs.google.com/forms/d/e/1FAIpQLSdXmdXOBsZEJZFRHdHo482PTyR6b1af0UOKx-2iObxsUiEvJw/viewform>



Thank you

