

Parents' Talk on Cannabis Awareness and Prevention – 1st Nov

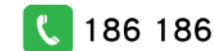


St John's Cathedral
Life Enrichment Centre
聖約翰座堂生命啟進中心



Narcotics Division, Security Bureau

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St John's Cathedral Life Enrichment Centre (LEC)

“Boredom, rooted in a fundamental discomfort with the self, is one of the least tolerable mental states.”

- Dr. Gabor Mate



Today's Agenda

1. Cannabis' effects on the teenage brain and body

2. Hong Kong's laws and regulations on cannabis

3. Guest speaker sharing – Mehek Gidwani

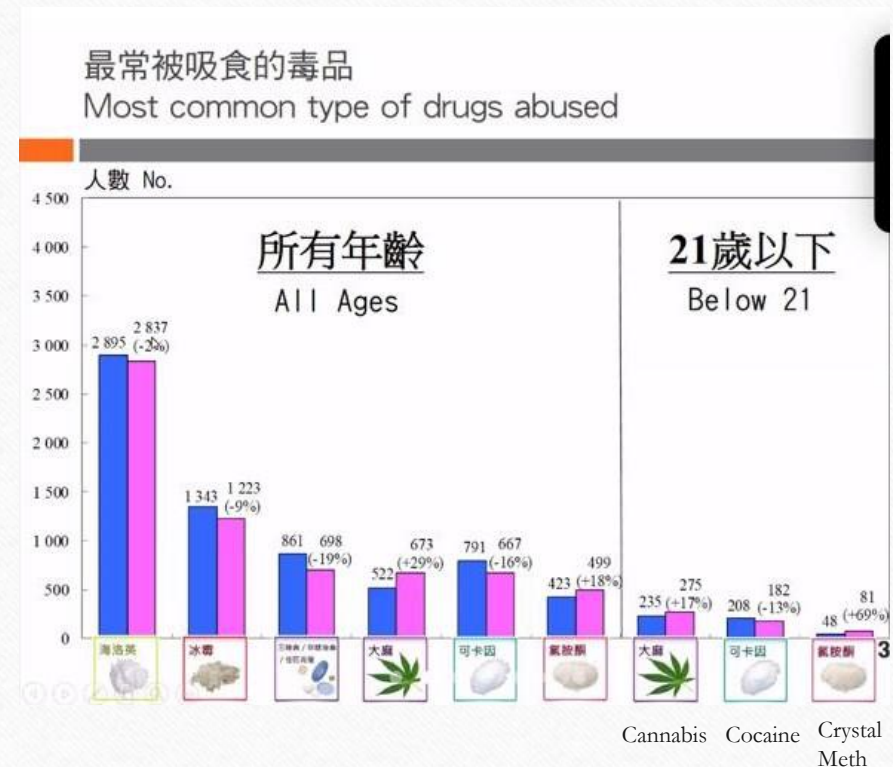
4. Parenting & Cannabis

Q&A

What is the statistics telling us?

“Amid overall decline in drug-taking in Hong Kong, **numbers of people using cannabis has increased**, fueled by a **48 percent rise** among **under-21-year-olds** from 2018 – 2019”

- Central Registry of Drug Abuse (CRDA)



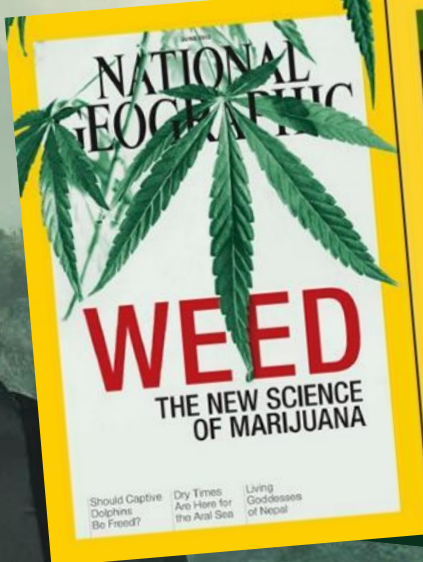


The States Where It's Legal To Smoke Marijuana

Laws on recreational and medical marijuana use in the U.S.*



* As of Nov 5, 2020. Some states not highlighted allow limited medical marijuana access
Sources: NORML, USA Today



**Which of the following is the BIGGEST reason
teens use marijuana?**

Put your answers in the chat box 😊

A) I want to know what it's like

B) Everyone else is doing it, what's the big deal?

C) I am bored

D) It helps me feel better

E) Getting high is fun

Macro-level

Legalization & Normalization
of Cannabis, Media, Culture

Family attitudes

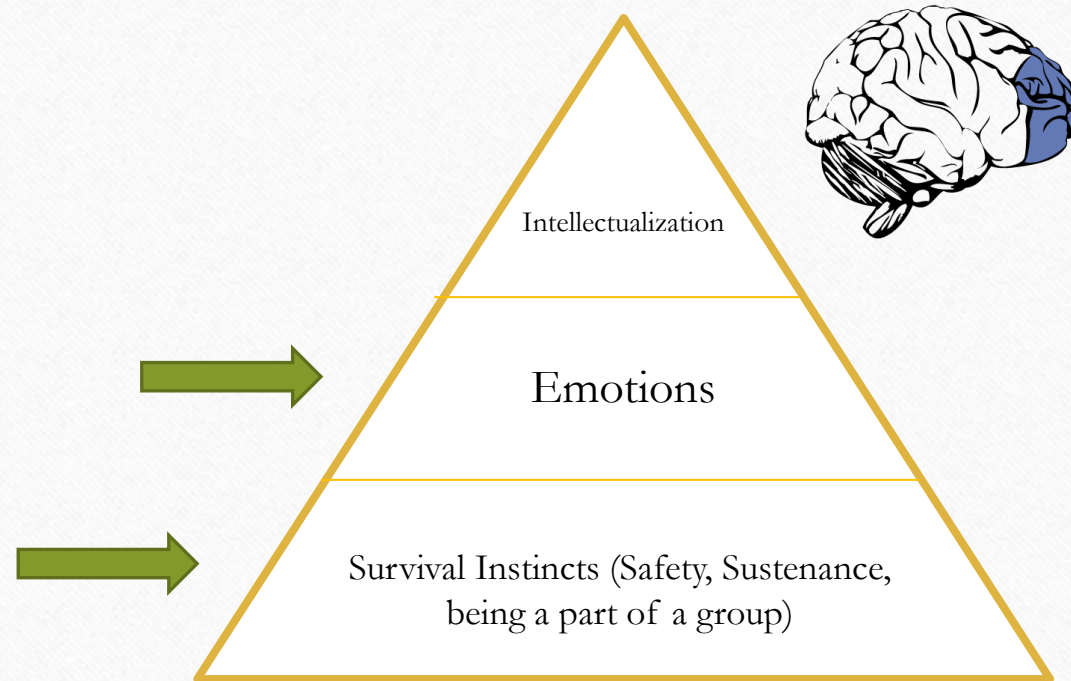
Peer influence

Micro-level

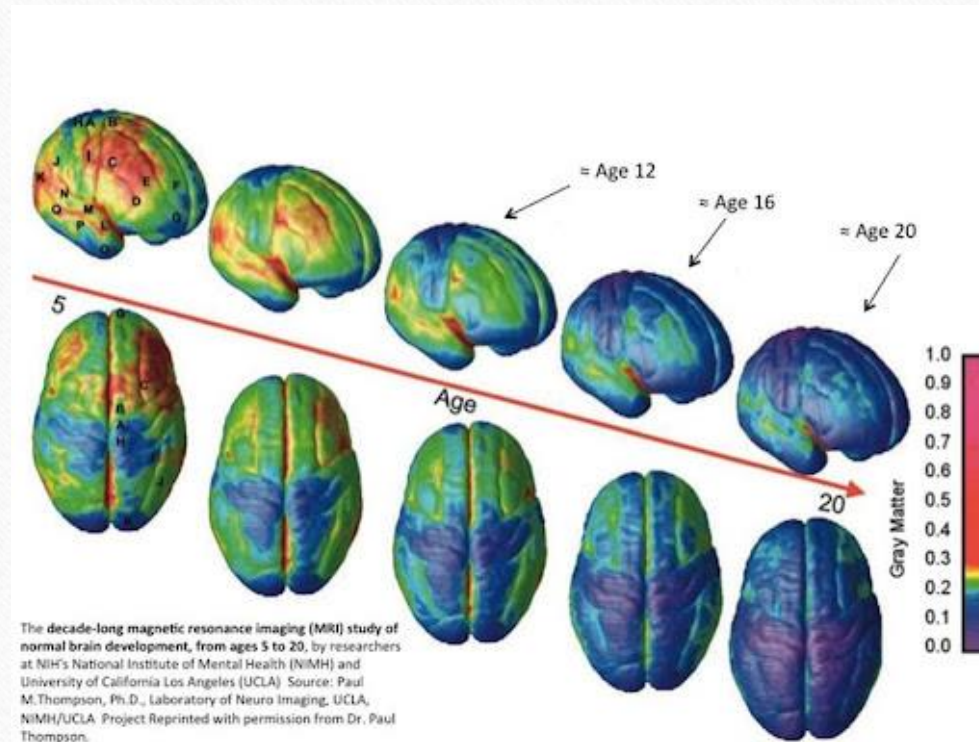


**Other reasons: boredom,
curiosity, self-medication,
escape,
identity formation**

Our teenagers' brains are “Under Construction”

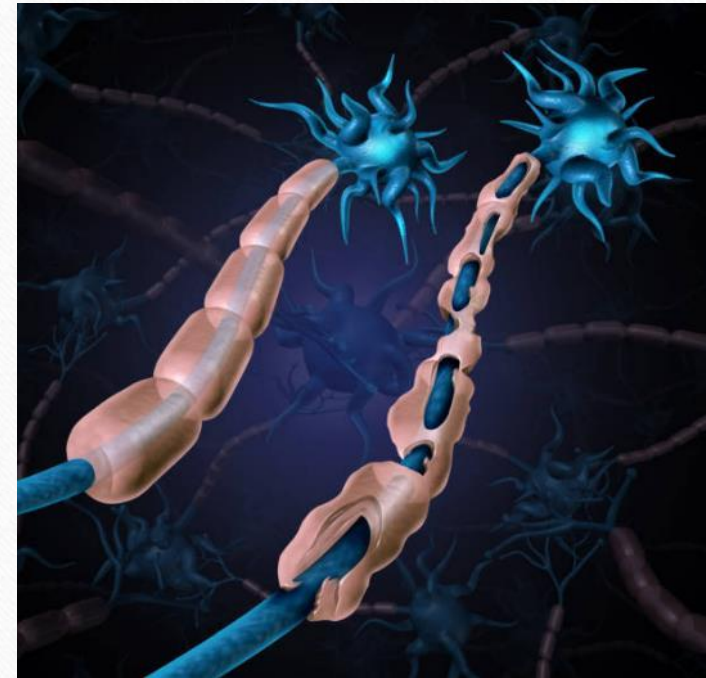
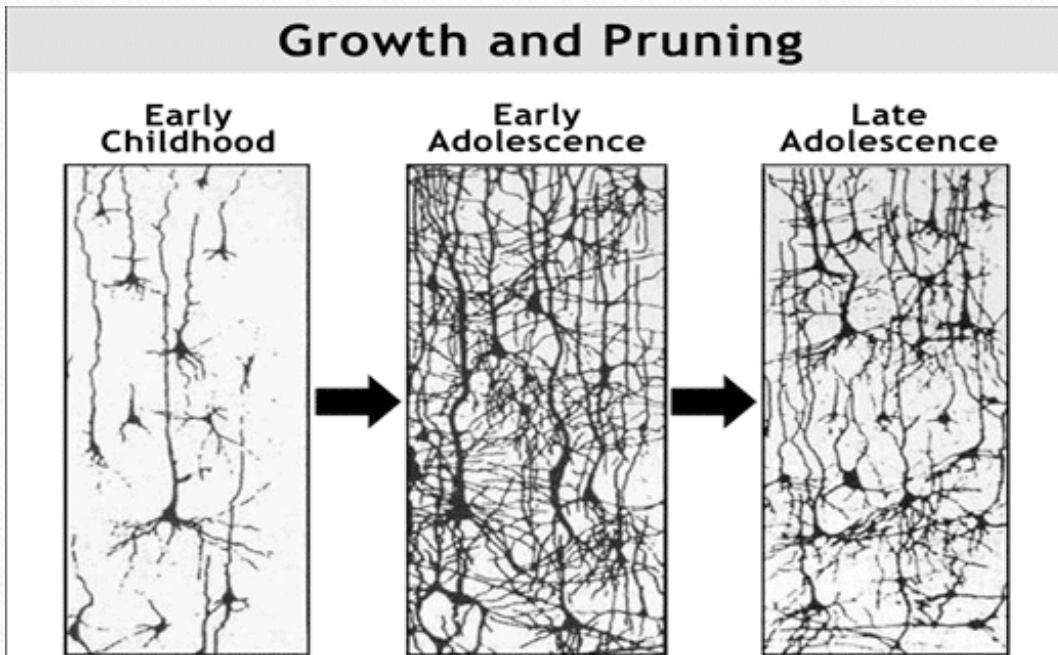


Cannabis' Effects on the Teenage Brain



The decade-long magnetic resonance imaging (MRI) study of normal brain development, from ages 5 to 20, by researchers at NIH's National Institute of Mental Health (NIMH) and University of California Los Angeles (UCLA) Source: Paul M. Thompson, Ph.D., Laboratory of Neuro Imaging, UCLA, NIMH/UCLA Project. Reprinted with permission from Dr. Paul Thompson.

Synaptic Refinement & Myelination



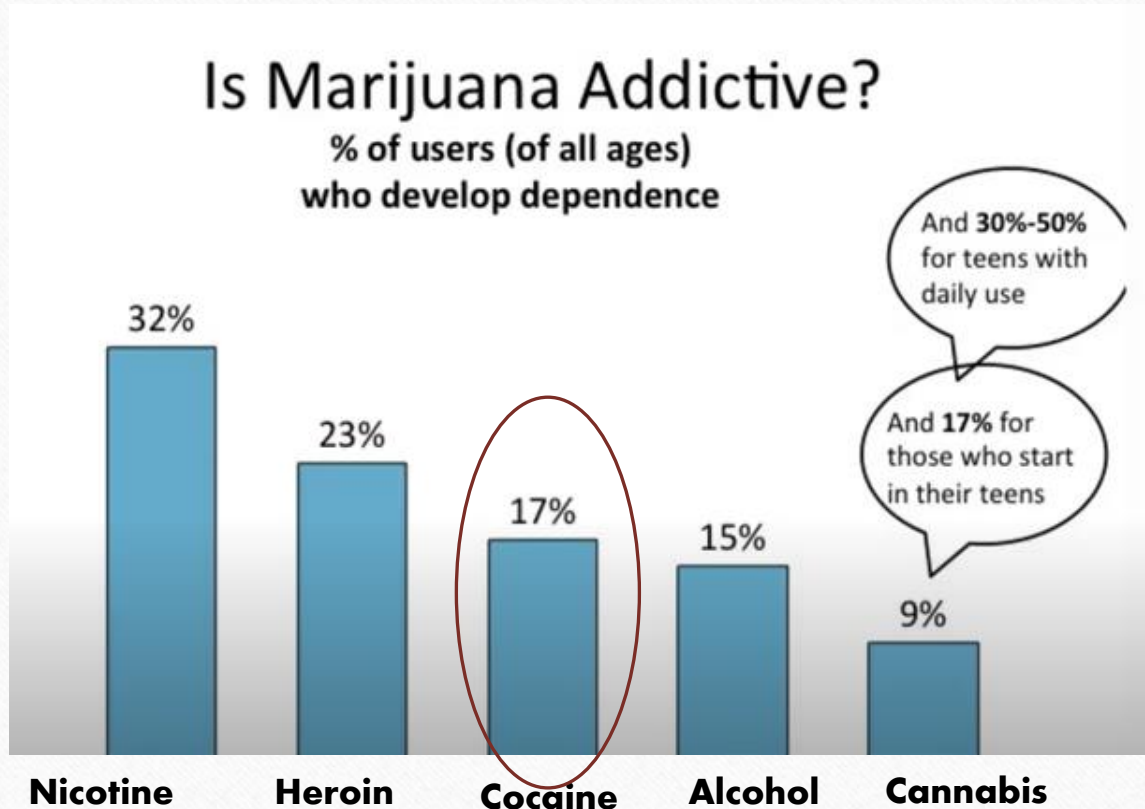
Act First, Think Later



Using cannabis can cause structural changes to the brain & prime it to develop other addictions

Sources: Scherma et. al, Cannabinoid exposure in rat adolescence reprograms the initial behavioral, molecular, and epigenetic response to cocaine. Proceedings of the National Academy of Sciences May 2020, 117 (18) 9991-10002; DOI: 10.1073/pnas.1920866117

Gilman, et al., Cannabis Use Is Quantitatively Associated with Nucleus Accumbens and Amygdala Abnormalities in Young Adult Recreational Users, J Neuroscience. 2014 Apr 16; 34(16): 5529–5538. doi: 10.1523/Jneurosci.4745-13.2014



Source: American Addiction Centers 2020

Research shows that about

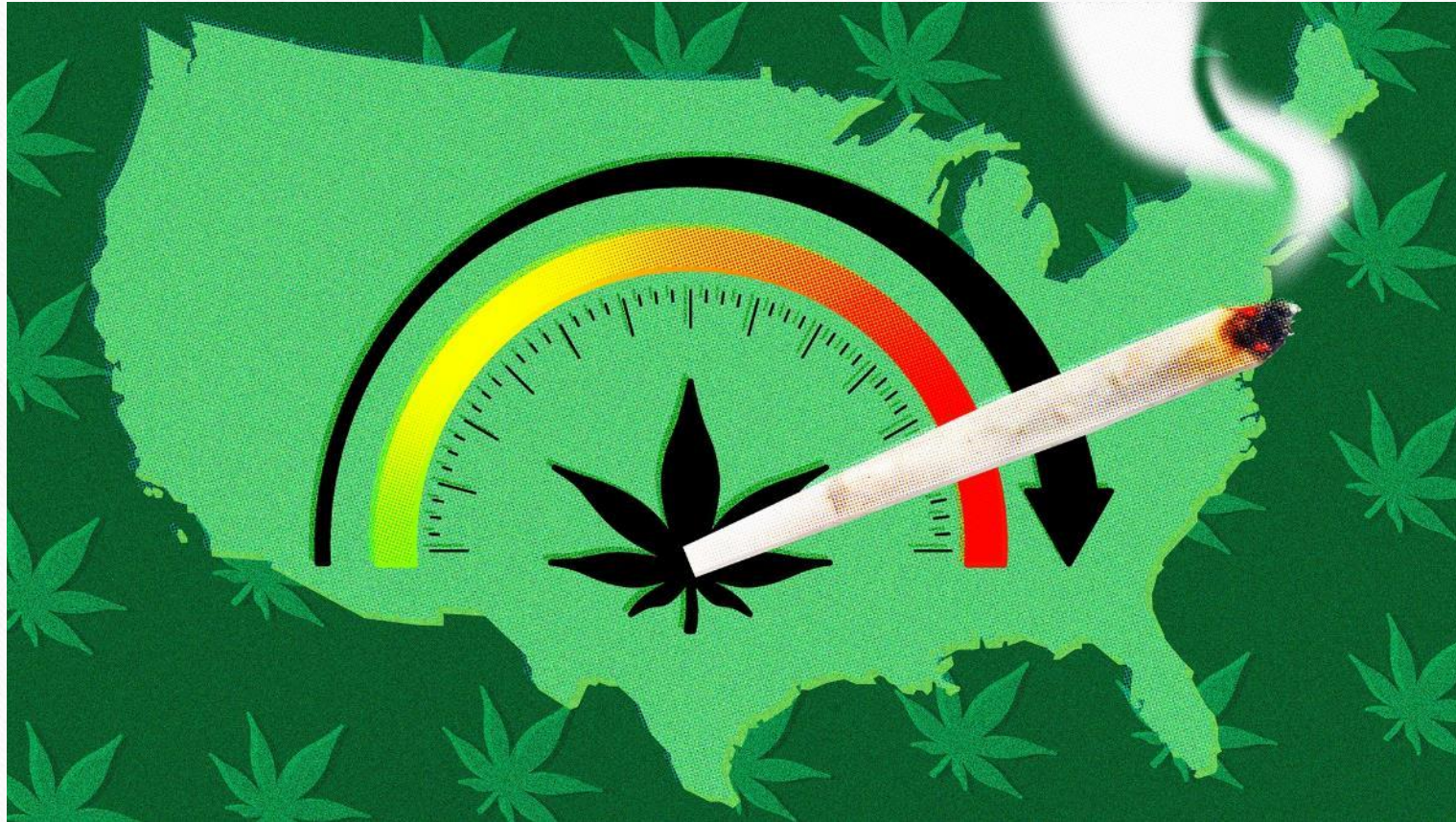
1 in 10 marijuana users will become addicted.

For people who begin using before the age of 18, that number rises to **1 in 6**.

Source: Lopez-Quintero, C, et al, Probability and predictors of transition from first use to dependence on nicotine, alcohol, cannabis and cocaine., Drug Alcohol Depend, 2011. 115 (1-2): p 120 - 30

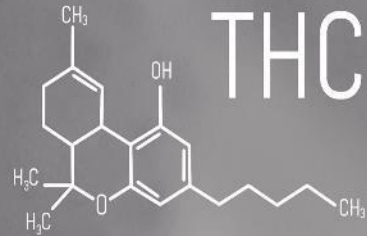


**Is Cannabis getting stronger
over the years?**



In the United States, weed has been getting more potent in the last 2 decades

THC versus CBD



Today's street cannabis has **80 times** more THC than CBD levels compared to **1995**.

- Higher risks of psychotic illness/ panic attacks
- Elevated chances of visits to the ER
- Raises questions about cannabis' addictive properties

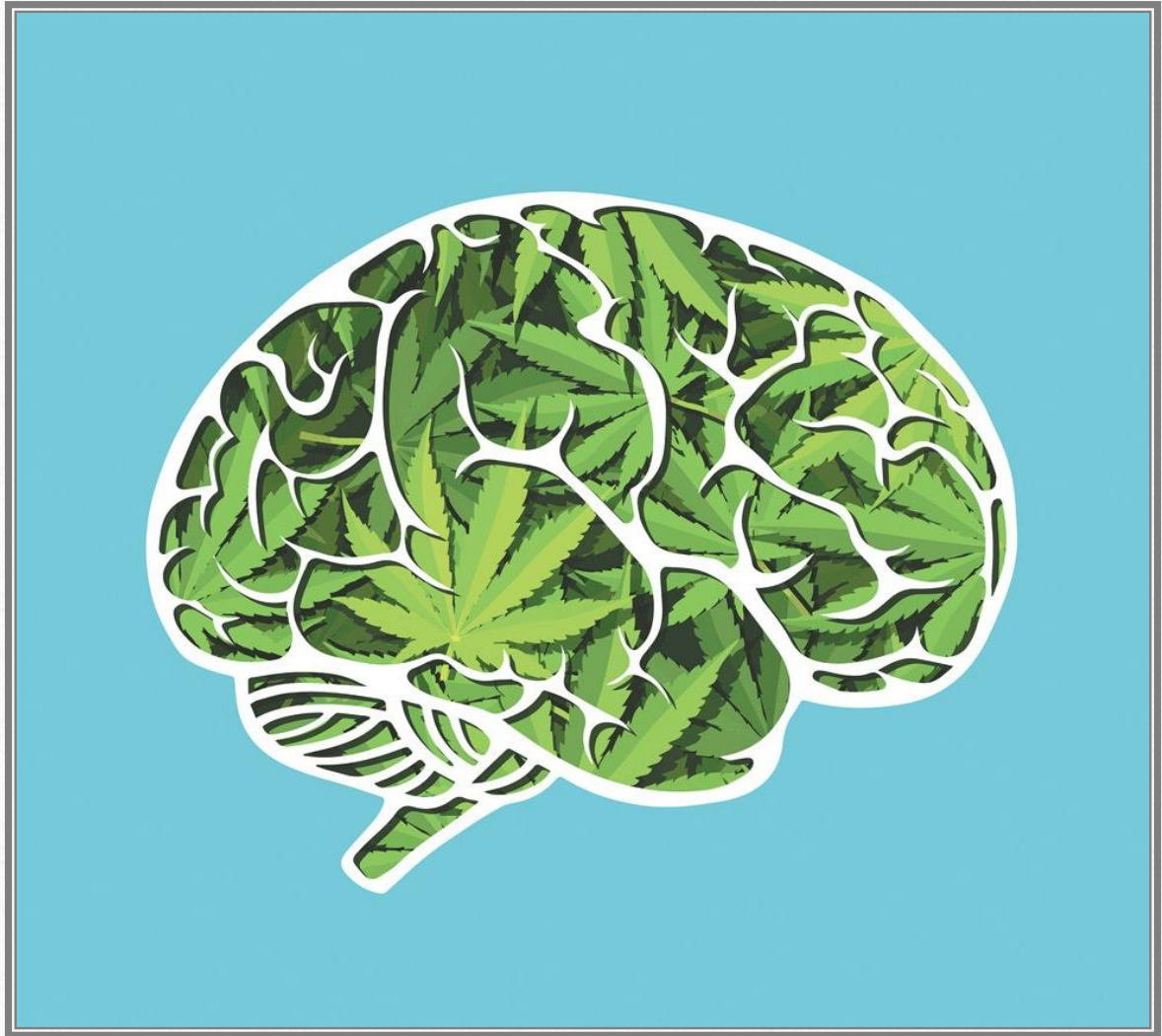
Source: Journal of Biological Psychiatry 2016



Mental/ Psychological Effects

- Drop in 6 IQ Points (Intellectual degradation)
- Cannabis use doubles the risk of depression
- Cannabis doubles the risk of anxiety disorders
- THC can trigger temporary hallucination/delusion, and increases the risk of long-term psychosis by 2-4 times


Source: CU Medicine Hong Kong, Beat Drug Fund talk 2021





Other Effects

- Gateway drug – can trigger the desire to try “harder” drugs
- Low energy and unresponsiveness
- Loss of motivation
- Declining motor coordination and response rate → accident-prone
- Heart diseases and stroke (even among young people)



Legal Risks in Hong Kong

What does the law say?

Offense	Maximum penalty (on indictment)
Trafficking, or offering to traffic, in a dangerous drug	Life imprisonment , HK\$5 million fine
Possession or uses (smokes, inhales, injects or ingests) a dangerous drug	7 years , HK\$1 million fine
Manufacturing of a dangerous drug	Life imprisonment , HK\$5 million fine

Source: https://www.police.gov.hk/ppp_en/04_crime_matters/drug/law_pen.html

It is **ILLEGAL** to consume cannabis at home
by yourself or with others.



Risks of Trafficking

It is **ILLEGAL** to receive a small amount of cannabis from foreign countries by post.

Be mindful of common tactics to lure young people into drug trafficking, the promise of easy money by collecting and delivering parcels.

Getting free air tickets paid for to carry goods back to Hong Kong.

If helping bring items into Hong Kong, be sure to know what is in its content.



Do not import/ bring any products with cannabis into Hong Kong

- Watch out for words such as "cannabis", "canna", "marijuana", "indica", "sativa", "hemp", "THC" or the image of the cannabis plant to identify cannabis products.



A portrait of a young man with dark hair, wearing glasses and a dark shirt, smiling. The image is semi-transparent, serving as a background for the text.

Guest Speaker:

Mehek Gidwani

A photograph of two women sitting and talking. The woman on the left has brown hair in a ponytail and is wearing a white knit sweater. The woman on the right has dark hair and is wearing a white sleeveless top. They are both looking at each other and smiling. The background is a textured grey wall. The photo is framed by a white border and set against a gold background with dark brown decorative bars on the left and right sides.

Parenting

Scenario 1: Your child has never experimented with cannabis

Preventative

- Start as early as 10/11 years of age
- Consistent family expectations/ rules, expressed firmly & regularly
 - Find the right moments
- Let your child know about any genetic risks (if any)



Scenario 2: you found out that your child has experimented with cannabis, and may do so again

Will you...





Why fear-based conversations don't work?

- **Move away from the urge to control**
- **As best as you can, ease into a sense of calm**
- **Avoid catastrophizing**

A woman on the left is speaking into a yellow megaphone. A woman on the right is listening. The background is a plain wall with some papers pinned to it.

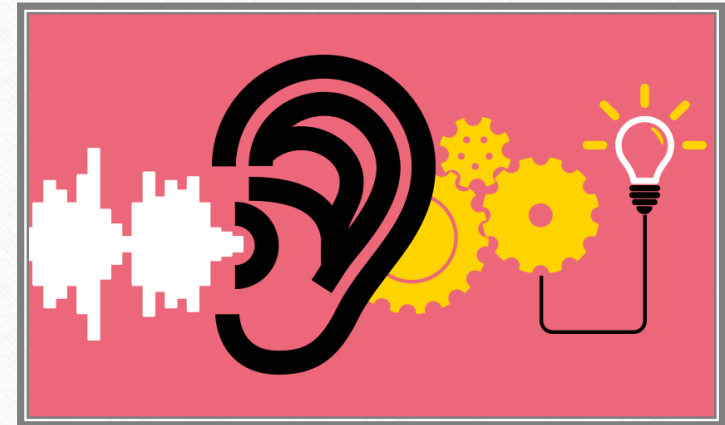
Why fear-based conversations don't work?

Fear-infused language and emotional tension will activate the limbic system of the teenager (**fight, flight, freeze, fawn** response), bringing the focus away from cannabis

More about Listening, less about Talking

Put your relationship with your child first...

- **Do not panic**
- **Listen more**
- **State your stance**
- **Ultimately, let them be responsible for themselves**



Common Misconceptions that teens have

Teens might believe...

- They tried cannabis before and claims that there were no adverse effects
- Cannabis is safer than drinking alcohol
- Because parents tried cannabis, it's acceptable that they experiment
- Cannabis cannot be harmful because it is “just a plant”



If long-term use is suspected, seek a professional evaluation

Losing interest in appearance or personal hygiene

Dramatic mood swings

Excessive tiredness and a lack of appetite

Sudden changes in established friendship groups

Taking time off school

Dilated pupils, red eyes, bad skin

Spending, stealing or borrowing money, together with a refusal to explain how/why

Losing interest in hobbies, sports or other favourite activities

Where to find support?

Narcotics Division, Security Bureau

Seek Help / Enquiries



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<https://www.nd.gov.hk/en>

Counselling Centres for Psychotropic Substance Abusers:

Name of Centre / Agency	Serving District	Address / Tel No. / Fax No. / Email / Website
Tung Wah Group of Hospitals CROSS Centre - Central Western, Southern and Islands Office	1. Central & Western 2. Southern 3. Islands	Address: Room 1501-1504, Tung Ning Building, 2 Hillier Street, Sheung Wan, Hong Kong Tel. No.: 2884 0282 Fax. No.: 2884 3262 Email: csdcross@tungwah.org.hk Website: crosscentre.tungwahcsd.org
Tung Wah Group of Hospitals CROSS Centre - Eastern and Wanchai Office	1. Eastern 2. Wan Chai	Address: 9/F, TWGHs Fong Shu Chuen Social Service Building, 6 Po Man Street, Shau Kei Wan, Hong Kong Tel. No.: 2884 0282 Fax. No.: 2884 3262 Email: csdcross@tungwah.org.hk Website: crosscentre.tungwahcsd.org
Hong Kong Lutheran Social Service Evergreen Lutheran Centre	1. Kwun Tong	Address: 2 Horse Shoe Lane, Kwun Tong, Kowloon Tel. No.: 2712 0097 Fax. No.: 2712 9906 Email: Y08@hkiss.hk Website: www.hkiss.hk

Substance Abuse Clinics Run by the Hospital Authority:

Service Cluster	Telephone Number	Address
Hong Kong East Pamela Youde Nethersole Eastern Hospital Substance Misuse Clinic	2595 4546	5/F, East Block, Pamela Youde Nethersole Eastern Hospital, 3 Lok Man Road, Chai Wan, Hong Kong
Hong Kong West Queen Mary Hospital Substance Abuse Clinic	2517 8140	(1) 3/F, South Wing, David Trench Rehabilitation Centre, No. 1F, High Street, Hong Kong (2) 2/F, Block J, Queen Mary Hospital, 102 Pokfulam Road, Hong Kong
Kowloon Central Kowloon Hospital Substance Abuse Clinic	3129 6710	Specialist Out-Patient Department, 1/F West Wing, Kowloon Hospital, No. 147A Argyle Street, Kowloon
Kowloon East Kowloon East Substance Abuse Clinic	3949 5070	1/F, Block P, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon

Success Story: Icelandic Anti-Drug Program

Latest

The Atlantic

How Iceland Got Teens to Say No to Drugs

Curfews, sports, and understanding kids' brain chemistry have all helped dramatically curb substance abuse in the country.

By Emma Young



Twenty years ago, Icelandic teens were among the heaviest-drinking youths in Europe.

Last year, Iceland tops the European table for the **cleanest-living teens**.

3-pronged government policy:

- Curfews
- Youth social programs (getting high on natural brain chemicals)
- Parents (quantity of time shared)

A robust parent-child relationship is the strongest protective factor to mitigate teenage drug use



TEENS TALK SPEAKING CONTEST

Cash Prizes & Certificates
Gold: \$ 5,000
Silver: \$ 3,000
Bronze: \$ 2,000

APPLICATION NOW OPEN!

Application Deadline: 15th December, 2021 at 18:00

Eligibility:

- 12 – 18-year-olds
- Attended the information briefing session

Stage 1: Online Video Contest
Topic: “Risks of Cannabis Use”
Submission & Voting: January – April, 2022
Announcement of finalists: April, 2022

Stage 2: Speaking Contest
Topic: “Why Risk your Fullest Potential?”
Contest & Award Ceremony: 2 July, 2022



Scan QR code to apply and learn more, or use link: shorturl.at/hpAGM



Enquires: (852)2523 0531/ (852) 6083 9391
jacquelyntryde@stjohnlec.com

Organizers:

 St John's Cathedral
Life Enrichment Centre
聖約翰堂生命發展中心



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Reasons to join...

- ✓ An opportunity for your teen to research on the topic and advocate for the anti-cannabis cause
- ✓ Can win up to \$5,000 worth of cash prizes
- ✓ Diversify experiences & enrich their CVs by participating in a city-wide speaking contest
- ✓ Train their ability to speak confidently in front of a camera and live audience

A serene landscape at dusk or dawn. The sky is a deep, dark blue with wispy clouds. In the distance, a range of mountains is silhouetted against the horizon. The foreground is a calm body of water that perfectly reflects the sky and the mountains. A line of dark, smooth stones or pebbles is scattered across the water's surface, leading from the bottom center towards the horizon. The overall mood is peaceful and contemplative.

Post-event survey

Q&A

Have further questions? Feel free to reach out to me at:
jacquelyntryde@stjohnlec.com