

## 第三章 不曾濫用藥物的學生接觸藥物的風險和禁毒信息

本調查的設計，確保曾濫用藥物和不曾濫用藥物的學生所填寫問卷的長短大致相同。這樣，學生便不須害怕因用了較長時間填寫問卷，而被懷疑為濫藥者。對於曾濫用藥物的學生，問卷會問及他們濫用藥物的行為。至於不曾濫用藥物的學生，問卷則問及他們關於是否曾被提供藥物的經歷、成功拒絕的因素和拒絕技巧等資料。這有助我們了解年青一代拒絕藥物引誘的風險防禦因素。

除此之外，我們亦藉今次機會收集有關學生對禁毒信息的認識和參與禁毒活動的數據。這些資料對籌劃既吸引又能配合大部分學生興趣的宣傳活動，十分有用。

### 3.1 接觸藥物的風險

#### 3.1.1 曾否獲提供藥物(表 3.1)

本港學生濫用藥物普遍率和接觸藥物比率均偏低，絕大多數不曾濫用藥物的學生(約 97%)之前從未獲提供任何藥物，包括海洛英和精神藥物。

## Chapter 3 Exposure to risk of drugs and anti-drug messages for non-drug-taking students

The Survey has been designed in such a way that the length of the questionnaire was essentially the same for drug-taking and non-drug-taking students. Thus, students would not have the fear of being speculated to be drug users by spending exceptionally long time on the questionnaire. Whilst drug-taking students were asked about their drug abuse behaviours, non-drug-taking students were requested to provide information regarding their experience on being offered drugs by others, factors for their successful refusal and refusal skills adopted. Such information is helpful in understanding the risk-protective factors of youth against the temptation of drugs.

Opportunity has also been taken to collect data on students' awareness of anti-drug messages and participation in anti-drug activities. Such information would be useful for planning of publicity programmes that could reach out, draw the attention of and match the interests of most students.

### 3.1 Exposure to risk of drugs

#### 3.1.1 Whether been offered drugs (Table 3.1)

Both the drug prevalence rate and drug-exposure rate for students in Hong Kong are very low. The great majority (about 97%) of non-drug-taking students had never been offered any drugs, whether it was heroin or psychotropic substances, before.

二零零四年的調查發現，在不曾濫用藥物的學生中，分別有 1.6% 和 3.0% 曾獲提供海洛英和精神藥物(1.0% 曾獲提供兩者)。這些學生都十分成功，拒絕接受任何藥物。

在不曾濫用藥物的學生中，曾獲提供精神藥物但明智地拒絕接受的比例，由二零零零年的少於 2%，上升至二零零四年的 3%。另一方面，濫用藥物普遍率則下降(曾濫用精神藥物者的比率，由二零零零年的 4.1%，降至二零零四年的 2.7%)。

學生接觸藥物的機會較前為多，可能是由於世界各地濫用精神藥物趨增，以及狂野派對在二零零零和二零零一年在港大受歡迎所致 (Lee (2002))。另一方面，學生不受引誘，成功拒絕接受藥物的情況趨升，原因之一可能是他們對藥物的禍害有更深的認識，具有較佳的藥物知識和拒絕技巧。這一點會在第 3.2 段進一步闡述。

### 3.1.2 向學生提供藥物的人 (表 3.2)

在 3% 拒絕接受藥物的學生中，超過半數是曾由朋友或好朋友提供有關藥物。從好朋友取得精神藥物的比例亦高達 25.0%。由同學提供藥物的約亦佔十分之一，由毒販供應的則佔 5.5% - 11.4%。另有少數不曾濫用藥物的學生(3.1% - 4.1%)由父母或兄弟姐妹提供藥物，情況與濫用藥物的學生相若。

The Survey found that in 2004, 1.6% and 3.0% of non-drug-taking students had ever been offered heroin and psychotropic substances respectively (1.0% had been offered both). These students successfully resisted taking any drugs.

The proportion of non-drug-taking students who had ever been offered psychotropic substances but were smart enough to resist them had increased from less than 2% in 2000 to 3% in 2004. This seems somehow contradictory to the decreasing trend of drug prevalence rate (the rate of lifetime psychotropic substance users decreased from 4.1% in 2000 to 2.7% in 2004).

The increase in the extent of students being exposed to drugs may be brought about by the worldwide upward abuse trend of psychotropic substances and the popularity of rave parties in Hong Kong in 2000 and 2001 (Lee (2002)). On the other hand, students could have greater determination to refuse the drug temptation successfully, possibly due to increased awareness of drugs' harmful effects, better drug knowledge and refusal skills. The latter point will be further elaborated in Section 3.2.

### 3.1.2 Persons who offered drugs to students (Table 3.2)

Within the 3% of the non-drug-taking students who had ever been offered but resisted taking heroin and psychotropic substances, over half got such offers from their friends or close friends. The proportion of those who had been offered psychotropic substances from close friends was also quite large, at 25.0%. About one-tenth were offered drugs by schoolmates, and 5.5% - 11.4% by drug pushers. Similar to drug-taking students, there was a small proportion (3.1% - 4.1%) of non-drug-taking students who had been offered drugs by their parents or brothers/sisters.

若缺乏適當的藥物知識和拒絕接受藥物的技巧，時下的年青人不應忽視與濫用藥物的朋友交往時接觸到藥物的風險。

### 3.1.3 成功拒絕接受藥物的因素 (表 3.3 及 3.4)

成功拒絕接受藥物的最重要因素，是“他們有堅強的意志力助他們抵抗濫用任何藥物”，以及“他們害怕嘗試濫用藥物所帶來的影響”。在這些明智的學生中，39.6% - 42.3%和 21.6% - 22.1%選擇這兩個因素。其他成功的因素包括“在場的朋友警告或阻止他們”、“他們不信任給予他們藥物的人”，以及“他們回憶起禁毒信息”。

約 60%明智的學生直接拒絕接受藥物，其次是“他們轉換了話題(或提議做其他事)”、“在場的朋友助他們拒絕”和“他們離開那地方”。

### 3.1.4 若得知好友濫用精神藥物後的反應 (表 3.5)

問卷亦詢問所有不曾濫用藥物的學生，若得知好友濫用精神藥物後的反應。在不曾濫用藥物的學生中，67.6%表示會與濫用藥物的朋友傾談，以了解情況，或勸他們尋求協助；只有 5.8%選擇告訴老師或父母；21.1%預料他們會裝作不知道，或索性疏遠這些濫用藥物的朋友。

Youngsters nowadays, whilst not yet equipped with proper drug knowledge and refusal skills, should not overlook the risk of exposing themselves to drugs in getting along with drug-taking friends.

### 3.1.3 Factors for successful refusal of drugs (Tables 3.3 and 3.4)

The most important factor leading to successful refusal of drugs were that “they had strong will which helped them resist taking any drugs” and that “they were afraid of the consequences of trying drugs”. The two factors were quoted by 39.6% - 42.3% and 21.6% - 22.1% of these smart students. Other successful factors included that “their friends at the scene warned or stopped them”, “they didn’t trust the person who offered the drugs” and “they recalled anti-drug messages”.

As for the refusal skills deployed to turn down drug offers, about 60% of these smart students refused the offer of drugs directly by themselves. This was followed by methods such as “they changed the topic (or suggested something else to do)”, “their friends helped them to refuse at the scene” and “they left the place”.

### 3.1.4 Reactions if realizing that close friends used psychotropic substances (Table 3.5)

All non-drug-taking students were also asked of their reactions if they realized that their close friends used psychotropic substances. 67.6% of non-drug-taking students anticipated that they would talk with their drug-taking friends, with a view to understanding the situation or persuading them to seek help. Only 5.8% of these students preferred to tell their teachers or parents. 21.1% of these students foresaw that they would pretend as knowing nothing or

大多數不會濫用藥物的學生都願意幫助濫用藥物的好朋友。因此向不會濫用藥物的學生灌輸適當的藥物知識，並且提供相關的服務和教授適當的人際技巧，可形成健康的朋輩羣，成為幫助濫藥學生有效的支援網絡。

## 3.2 禁毒信息和活動

### 3.2.1 對禁毒活動的認識和參與 (表 3.6 - 3.9)

學生中曾接收到禁毒信息(不論來源)的比率非常高，我們有理由相信今時今日的學生具備較豐富的藥物知識。絕大部分不會濫用藥物的學生(94.1%)對禁毒信息皆有所聞，來源主要是大眾傳播媒介(例如電視、收音機及報紙)和學校，分別佔 74.5% 和 20.3 %。

社區舉辦的禁毒活動整體參與率亦令人鼓舞。在不會濫藥學生中，五分之一表示曾參與這類活動，主要是研討會、講座和嘉年華會，其次順序是電影欣賞、綜藝表演或音樂會和志願工作。

simply stay away from these drug-taking friends.

The majority of non-drug-taking students were willing to help their drug-taking close friends. By equipping non-drug-taking students with proper knowledge on drugs and related services as well as appropriate interpersonal skills, healthy peer groups can be developed into an effective supporting network for drug-taking students.

## 3.2 Anti-drug messages and activities

### 3.2.1 Awareness of and participation in anti-drug activities (Tables 3.6 - 3.9)

The coverage of anti-drug messages (regardless of their sources) to the student population is very high, and it is reasonable to believe that nowadays students are better equipped with drug knowledge. The great majority (94.1%) of non-drug-taking students had heard of anti-drug messages, mostly (74.5%) got the messages from mass media (such as television, radio and newspapers) and from schools (20.3%).

The overall participation rate of anti-drug activities available in the community is also encouraging. Two-fifths of non-drug-taking students responded that they had ever participated in such activities, mostly in seminars or talks and carnivals. Other activities participated were respectively movie shows, variety shows or concerts and voluntary works.

### 3.2.2 有興趣參加的禁毒活動 (表 3.10 及 3.11)

對於所有不曾濫用藥物的學生，不論他們曾否參與禁毒活動，問卷都會問及他們有興趣參加的禁毒活動。調查結果顯示，學生的興趣往往與他們所曾參與的活動不完全吻合。

禁毒活動多以研討會和嘉年華會的形式舉行，但 23.7% 的學生表示對以綜藝表演或音樂會形式舉行的活動最有興趣。次選是嘉年華會和電影欣賞(15.3% - 16.7%)；接著是戶外活動(7.9%)、志願工作(4.3%)和最少人選擇的研討會或講座(1.7%)。

可惜，不曾濫用藥物的學生中，有相當比例(30.3%)表示對任何禁毒活動都不感興趣。

關於傳達禁毒信息的方式，以曾經濫用藥物人士的真實個人經驗之談最受歡迎，有約三分之一不曾濫用藥物的學生作此選擇。四分之一學生選擇電視／電影明星或流行歌手，另有 14.5% 喜歡由醫療界專業人士講解的醫療實例和健康知識。除此之外，10.7% 的學生喜歡他們的老師和父母在日常生活中直接向他們傳遞禁毒信息。

### 3.2.2 Anti-drug activities preferred (Tables 3.10 and 3.11)

Regardless of participation or not in anti-drug activities, all non-drug-taking students were asked about the type of anti-drug activities they preferred. The findings revealed that students' interests did not perfectly match with what they had participated.

Whilst anti-drug activities were mostly in the form of seminars and carnivals, students responded that they most preferred activities to be in the form of variety shows or concerts, as cited by 23.7%. This was followed by carnivals and movie shows, cited by 15.3% - 16.7%; then outdoor activities (by 7.9%), voluntary work (by 4.3%) and seminars or talks (by 1.7%).

There were unfortunately a substantial proportion (or 30.3%) of non-drug-taking students who responded that they were not interested in any kind of anti-drug activities.

Real life personal experience recounted by ex-drug abusers was cited the most welcomed mode of delivering anti-drug messages, as indicated by about one-third of all non-drug-taking students. TV/movie stars or pop singers would attract another one-quarter of students, whilst medical facts and health knowledge to be delivered by medical professionals, another 14.5%. Apart from this, 10.7% of students preferred messages to be delivered by their teachers and parents directly in their daily life.