

# 二零零四年 學生服用藥物情況調查

The 2004 Survey  
of Drug Use among Students

## 簡要報告 Executive Report

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學生服用藥物情況調查  
**The 2004 Survey  
of Drug Use among Students**

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第一部分 引言  
**Part I. Introduction**

## 1. 調查背景

為收集有關青少年飲酒、吸煙、濫用海洛英及精神藥物的資料，當局在一九八七至二零零零年間，進行了五次以中學生及工業學院學生為對象的大規模統計調查。調查結果就學生濫用藥物的最新情況提供了有用的指標，在制訂政策和檢討服務時，可作為重要的參考。

為了掌握今時今日學生濫用藥物的普遍程度，並收集最新的有關資料，禁毒處決定在二零零四年展開另一輪統計調查。香港浸會大學的研究小組獲委託進行《**二零零四年學生服用藥物情況調查**》(下稱“本調查”)。該小組主要負責數據收集、數據處理及分析工作。至於問卷設計和調查報告編製工作，則由禁毒處與研究小組合力進行。

## 2. 目的

本調查在設計上大致跟以往幾次調查相若，這樣，各項主要調查結果與以往數據便可作比較，使時序分析更有意義。調查的主要目的如下：

- (a) 蒐集本港的普通日間中學、國際學校及專業教育學院學生濫用藥物最新趨勢的資料；
- (b) 找出濫用藥物的學生的濫藥模式及其他相關特性；

## 1. Survey background

To collect information concerning adolescents' use of alcohol, tobacco, heroin and psychotropic substances, five large-scale surveys targeting students of secondary schools and technical institutes were conducted during 1987 to 2000. Results of the surveys provided useful indicators on the latest drug use situation among students and served as important references for policy formulation and program review.

In order to keep abreast of the latest trend in the prevalence of drug abuse among students and to collect up-to-date relevant information, the Narcotics Division decided to launch another round of the Survey in 2004. The research team of the Hong Kong Baptist University was commissioned to conduct the **2004 Survey of Drug Use among Students** (hereafter refers to the Survey). The team was mainly responsible for data collection, data processing and analysis work. The survey design and survey report compilation were undertaken in collaboration by the Narcotics Division and the research team.

## 2. Objectives

The Survey has been designed largely similar to that of the previous rounds of the Survey, so as to maintain comparability of key findings and make time series analyses meaningful. The main objectives of the Survey are as follows:

- (a) to understand the latest drug abuse situation among students in ordinary secondary day schools, international schools and the Institute of Vocational Education in Hong Kong;
- (b) to find out the drug abuse patterns and other related characteristics of drug-taking students;

- |  |  |
|--|--|
| (c) 評估不曾濫用藥物的學生接觸藥物的風險；                  | (c) to assess the exposure to the risk of drugs for non-drug-taking students;  |
| (d) 研究學生對濫用藥物的態度及認識；                     | (d) to study students' attitudes towards and knowledge of drug abuse;  |
| (e) 探討與濫用藥物有關的其他因素，特別是與態度、行爲、學校及家庭有關的因素。 | (e) to examine other related variables associated with drug use, particularly attitudinal, behavioural, school and family factors. |

### 3. 涵蓋範圍

一如以往幾次調查，本調查的抽樣範圍包括下列幾類學生：

- (a) 普通日間中學(包括官立、資助及私立／直資學校)中一至中七的學生<sup>1</sup>；
- (b) 國際學校<sup>2</sup>(包括英基學校協會屬下學校)第七至十三年級的學生；
- (c) 修讀香港專業教育學院全日制課程的學生<sup>3</sup>；以及

### 3. Coverage

As in previous rounds, the sampling frame of the Survey included the following categories of students:

- (a) students of Secondary 1 to Secondary 7 in ordinary secondary day schools<sup>1</sup> (including government, government-aided, and private schools / schools under Direct Subsidy Scheme);
- (b) students of Grade 7 to Grade 13 in international schools<sup>2</sup> (including English School Foundation schools);
- (c) students enrolled in full-time courses of the Hong Kong Institute of Vocational Education (IVE)<sup>3</sup>; and

<sup>1</sup> 普通日間中學的學生有着接近的文化及社會背景，但中三階段的初中成績評核或令到部分學生須轉校或停學。  
Students from the ordinary secondary day schools reflect a homogeneous group of cultural and social background, although the Junior Secondary Education Assessment in Secondary 3 level may cause some of them to change schools or cease schooling.

<sup>2</sup> 英基學校協會屬下學校及國際學校的學生來自不同的文化、民族及社會背景，他們多會留港完成中學教育。  
Students from the English School Foundation schools and international schools come from a heterogeneous group of cultural, national and social background, and they tend to stay to complete secondary education.

<sup>3</sup> 修讀專業教育學院全日制課程學生的背景，在某程度上與普通日間中學學生相若。至於修讀日間兼讀課程的學生，則多是由僱主資助參加訓練課程的學徒，通常每周上課一天，他們的背景與全日制課程的學生差別頗大。  
Students enrolled in full-time day courses of the IVE are to a certain extent similar to students from the ordinary secondary day schools in background. Those studying in part-time day-release courses are mostly apprentices sponsored by the employers to attend training courses, normally for one day a week. Their background was quite different from full-time students.



(d) 修讀專業教育學院日間兼讀課程的學生。

(d) students enrolled in part-time day-release courses of IVE.

#### 4. 抽樣

本調查共涵蓋約 509 100 個學生。研究小組採用了兩階段分層成羣抽樣法，在普通日間中學的學生中進行抽樣，以學校分區及種類為分層變數。至於國際學校和專業教育學院全日制及日間兼讀課程的學生，則全部獲邀參與本調查。

被抽樣並獲邀參與本調查的學生共 95 890 人，他們均須回答一份自填問卷。經過數據審核的程序後，共有 95 558 名學生成功填妥問卷，有關數據可用作進行數據分析。本調查的整體回應率為 81.6%。按學校種類計算成功回應數字如下：-

- (a) 普通日間中學有 66 386 名學生 (包括 21 間官立中學的 16 008 名學生、54 間資助中學的 40 563 名學生及 22 間私立中學／直資中學的 9 815 名學生)；
- (b) 17 間國際學校的共 5 500 名學生；
- (c) 專業教育學院 11 間分校的 23 672 名學生，全日制課程及日間兼讀課程分別佔 21 181 及 2 491 名學生。

參與本調查的學生是由各分層中以不同抽樣比例抽取出來的。為配合這因素和每條問題的不同回應率，數據已作適當的加權來計算整體數據。因此，實際選擇某一答案的學生數目不能簡單地把相應的百分比，乘以學生

#### 4. Sampling

About 509 100 students were covered by the Survey. Students in ordinary secondary day schools were sampled using a two-stage stratified cluster sampling method, with district and type of school as the stratifying variables. All students in international schools and full-time and part-time day release programmes of the IVE were invited to participate in the Survey.

A total of 95 890 students had been sampled to participate in the Survey. They were requested to fill in the self-administered questionnaires. After data validation, a total of 95 558 students were found having successfully completed the questionnaires and their data were used for analysis. Overall response rate of the Survey was 81.6%. A breakdown of successful cases by school type are given below :-

- (a) 66 386 cases from ordinary secondary day schools (including 16 008 cases from 21 government schools, 40 563 cases from 54 government-aided schools, and 9 815 cases from 22 private schools / schools under the Direct Subsidy Scheme);
- (b) 5 500 cases from 17 international schools;
- (c) 23 672 cases from 11 campuses of the IVE, consisting of 21 181 from full-time and 2 491 from part-time day release programmes.

Students were sampled from strata of schools with different sampling fractions. Appropriate weightings had been applied to cater for this factor and the different response rates of individual questions for compiling aggregated statistics. As such, the number of actual

整體數目獲得。

本報告主要以普遍率和百分比作比較，藉此分析濫藥趨勢。這樣可得到一個比實際學生數目更有意義的時間序列。

## 5. 問卷設計

為確保數據可與以往幾次調查的數據作比較，二零零四年的調查問卷以二零零零年調查所採用的問卷為設計藍本。一如以往幾次調查，二零零四年的問卷的各部分涵蓋非為醫療用途服用精神藥物及海洛英有關的問題，並自成獨立部分。問卷同時涵蓋飲酒和吸煙的問題，但問題數目有限，只為調查酒精和煙草與濫用其他藥物的關係。此外，本調查還一併收集學生對濫用藥物的態度及其人口資料。

儘管如此，與以往幾次調查比較，問卷在版面形式上作出了重大改動，所收集的資料更加廣泛。問題結合了幾個新特點。

首先，為了向不曾濫用藥物的學生蒐集更多有用的資料，問卷全新設計為適當地分支。不曾濫用藥物的學生須提供更多有用的資料，如接觸藥物的風險、對禁毒信息的認識及曾參與的禁毒活動等，而不是單只略過與他們無關的問題(例如濫藥行為)。其次，容許選擇多個答案的問題盡量減少，版面編排也經簡化，以減低學生出錯的機會。

respondents for a particular answer of a question cannot be derived directly by multiplying the respective percentage with the total number of students.

This report analyses the drug trends by mainly comparing prevalence rates and percentage distributions over time, as it would yield a more meaningful time series than using actual numbers of respondents.

## 5. Questionnaire design

To ensure comparability of data with previous rounds, the 2004 survey questionnaire was designed with the questionnaire adopted in 2000 in mind. As in previous rounds, the 2004 questionnaire covered questions relating to the non-medical use of psychotropic substances and heroin in separate sections. The use of alcohol and tobacco was also covered, but the number of questions was limited to the extent of investigating their relationship with other drug use. Students' attitudes towards drug abuse and their demographic information were also collected.

Despite the above, major revisions have been made in the questionnaire format as well as the breadth of information collected in comparison with previous rounds. A number of new features had been incorporated.

First of all, to obtain more useful information from non-drug-taking students, the questionnaire was newly designed to branch out appropriately. Instead of skipping questions irrelevant to them (e.g. questions about drug using behaviours), non-drug taking students were requested to provide more useful information such as their exposure to risk of drug abuse, awareness of anti-drug messages and participation in anti-drug activities. Secondly, the number of questions allowing multiple answers was minimized and the layout was simplified to reduce the chance

問卷草擬本在二零零四年六月下旬進行測試。其後，版面及內容再按參與測試學生的意見適當地加以修改。包括 43 條問題的問題卷定稿(中英對照)樣本載於附錄 II。

## 6. 保密

由於濫用藥物問題敏感，本調查採取了多項措施，確保數據保密和避免披露濫用藥物的學生的身分。這些措施紓緩了學生因提供敏感資料而產生的心理負擔，從而提高所得數據的準確性。

為免濫用藥物的學生因為與其他同學的完卷時間不同而給辨別出來，二零零零年的問卷經覆審並重新設計。所有學生，不論會否濫用藥物，均須用相若時間(約 25 至 30 分鐘)回答相同數目的問題(合共 43 條)。

此外，大部分問題的橢圓形答題格都安排在每頁近中央的位置。這樣，曾濫用藥物的學生便不會被隔鄰同學窺看到其答案的位置，從而辨別出他是濫藥者。

調查在正常課堂時間於課室或學校禮堂進行，教職員一律須離場。問卷不記名，填妥的問卷由學生自己放入信封／收集箱，以免資料外洩。

that students could make mistakes.

The draft questionnaire was pilot tested in late June 2004. Subsequently, the layout and contents of the questionnaire were revised taking into account feedbacks from participating students. A specimen of the finalized questionnaire containing 43 questions (in both English and Chinese) is attached in Appendix II.

## 6. Confidentiality

Owing to the sensitive nature of drug use, a number of measures to ensure confidentiality of data and to avoid disclosure of drug-using students' identity had been implemented. These measures relieved the psychological burden of students in providing sensitive information and hence improving the accuracy of the data collected.

To avoid drug-using students to be distinguished from others due to their different completion time, the questionnaire used in 2000 was reviewed and redesigned. All students, regardless of whether they had used drugs, were required to answer the same number of questions (a total of 43 questions) within a similar completion time (about 25 to 30 minutes).

Moreover, ovals for answering most questions were located near to the centre of each page so that students who ever used drugs would not be identified visually by neighbours due to the different positions of their answers.

Enumeration was conducted in classrooms or school halls during normal class periods. All teachers and school staff were requested to leave the room. The questionnaire was anonymous. Completed questionnaires were put in envelopes/boxes by the students themselves to avoid disclosure of any information.

收集到的數據絕對保密處理。所有問卷原稿已在研究小組的監察下徹底銷毀。

本調查只會公布整體統計數據，個別學校或學生資料絕對保密。

## 7. 資料蒐集

本調查的實地調查工作在二零零四年十一月至二零零五年六月期間進行。經抽樣參與本調查的學校首先會收到邀請信，之後再有電話通知。研究小組還採取了其他適當的跟進行動，以盡量減少拒絕參與調查學校的數目。

經驗豐富的實地調查員被派往各間學校執行調查。他們在事前已接受適當的訓練和指導，並獲發專為他們準備的實地調查指引手冊，當中載述了調查的概念、進行調查時須依循的程序，以及遇有拒絕參與調查的情況及其他查詢時的處理技巧等。

在開始填寫問卷前，調查員已先向所有參與調查的學生簡介調查的目的、為確保數據保密所採取的措施，以及問卷的結構和分支。在收集全部填妥的問卷後，研究小組藉機會派發禁毒宣傳單張予參與的學生，以宣揚禁毒信息。

## 8. 調查限制

雖然大部分二零零四年的調查結果與以往幾次調查的結果仍可作比較，但亦有部分例外。這是由於二零

Data collected were handled with strict confidence. All raw questionnaires have been completely destroyed under monitoring of the research team.

Only aggregated statistics for the Survey will be released. Data pertaining to individual schools or students are treated with strict confidence.

## 7. Data collection

The fieldwork enumeration for the Survey was conducted during the period from November 2004 to June 2005. Sampled schools were first invited to participate in the Survey by letters, then followed up by phone calls. Other appropriate follow-up actions were also taken to minimize the number of refusal cases as far as possible.

Experienced fieldwork enumerators were sent to individual schools to administer the Survey. Proper training and supervision were given to them beforehand. Fieldwork instruction manuals on survey concepts, procedures to be followed in the enumeration process, and techniques to deal with refusals and other enquiries were specially prepared for them.

All participating students were briefed of the survey objectives, measures that had been taken to ensure data confidentiality, and the structure and branching of the questionnaire before they started to complete the questionnaires. Opportunity was also taken to promote anti-drug messages by distributing anti-drug promotional leaflets to participating students after all questionnaires were completed and collected.

## 8. Survey limitations

Whilst most of the results of the 2004 survey remain comparable with previous rounds, there are exceptions as the design for the 2004

零四年的問卷設計經過一定幅度的修改所致。舉例說，在二零零零年所有學生均須回答的一些問題，在二零零四年便只有不曾濫用藥物的學生須作答。此外，在二零零四年所使用的某些詞句，與以往的調查也有少許差異。有關的差異已註明於附錄 I 所載相關圖表內。

此外，調查所分析的部分組別內學生的樣本量比較少，特別是有關濫用海洛英／精神藥物學生的各種特性的詳細分項數字。得出的估計數字可能因此會有較大的抽樣誤差，因此，讀者必須審慎詮釋有關的調查結果。

## 9. 鳴謝

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questionnaire had been revised considerably. For instance, some questions that had been answered by all students in 2000 were answered by non-drug-taking students only in 2004. Moreover, there are slight differences in some terminologies adopted in 2004 and in previous rounds. Details of the differences have been remarked in relevant Charts and Tables presented in Appendix I.

Furthermore, the sample sizes of some sub-groups of students under analysis are relatively small, especially for detailed breakdown of various characteristics of heroin / psychotropic substance users. Estimates thus derived are subject to relatively large sampling errors and interpretation of related findings should be made with caution.

## 9. Acknowledgments

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## 第二部分 主要結果

### **Part II. Major Findings**

# 第一章 服用各類物質的普遍性

本調查的其中一個目的，是要得知學生濫用藥物的普遍程度，並與以往的調查結果作比較，藉以監察濫用藥物的趨勢。本調查得出的結論是，相對於二零零零年錄得的數字，曾濫用藥物的學生<sup>4</sup>及 30 天內曾濫用藥物的學生<sup>5</sup>的比例，均大幅下降。

## 1.1 曾服用各種物質的學生所佔比例(圖 1.1)

二零零四年的調查發現，曾喝酒、吸煙、濫用海洛英或精神藥物中任何一種物質的學生的比例，一律下降。曾飲酒、吸煙、濫用海洛英及精神藥物學生所佔比例，二零零四年的數字分別為 67.4%、16.3%、1.6% 及 2.7%，而二零零零年的相應數字則為 79.7%、22.2%、2.6% 及 4.1%。整體而言，曾服用全部四種物質中任何一種的普遍率都是自一九九六年以來最低的。

### 1.1.1 年齡及性別(表 1.1-1.4)

過去四年，所有年齡組別中男、女學生曾服用上述四種物質任何一種的普遍率，皆一致下降。

# Chapter 1 Prevalence of substance use

One of the objectives of the Survey was to obtain the prevalence of drug use amongst students and to monitor the drug use trends by comparing findings with previous rounds of the survey. The Survey revealed that the proportions of both lifetime<sup>4</sup> and 30-day<sup>5</sup> drug-taking students decreased considerably as compared with the figures recorded in 2000.

## 1.1 Proportion of lifetime substance users (Chart 1.1)

The proportion of lifetime users for any of all the four substances viz. alcohol, tobacco, heroin and psychotropic substances, decreased across the board in 2004. The proportions of lifetime users of alcohol, tobacco, heroin and psychotropic substances in 2004 were 67.4%, 16.3%, 1.6% and 2.7% respectively, as against the corresponding figures of 79.7%, 22.2%, 2.6% and 4.1% in 2000. Prevalence rates for any of the four substances were the lowest since 1996.

### 1.1.1 Age and sex (Tables 1.1-1.4)

Decrease in the prevalence rates over the past four years was noted for both males and females, and for all age groups, again, across the board for any of the four substances mentioned above.

<sup>4</sup> 「曾濫用藥物的學生」指曾濫用藥物最少一次的學生。  
“Lifetime drug-taking students” refer to students who had ever used drugs at least once in their lifetime.

<sup>5</sup> 「30 天內曾濫用藥物的學生」指在調查前 30 天內曾濫用藥物至少一次的學生。  
“30-day drug-taking students” refer to students who had ever taken drugs in the past 30 days before survey enumeration.

研究小組注意到，男學生中曾服用四種物質中任何一種的比率<sup>6</sup>，較女學生的比率為高。這項性別上的差異在濫用精神藥物和飲酒的學生當中相對較小。

總的來說，本調查發現曾飲酒、吸煙及濫用精神藥物學生所佔比例，隨着年齡而增加。曾飲酒的比率，由最小年齡組別(12歲或以下)的49.3%，增至最大年齡組別(19歲或以上)的81.5%；曾吸煙的比率，由6.6%增至24.4%；而曾濫用精神藥物的比率，則由1.7%增至4.0%。

不過，曾濫用海洛英者的分布模式卻略有不同。在最小及最大年齡組別學生中錄得曾濫用海洛英者的比率，較年齡介乎16至18歲的學生為高。其中一個可能的原因，是部分濫用海洛英者在中三完成強迫教育後輟學。

## 1.2 30天內曾服用各種物質的學生所佔比例(圖 1.2)

圖 1.2 顯示 30 天內曾服用各種物質的學生所佔比例。二零零四年的調查發現，在 30 天內曾飲酒、吸煙、濫用海洛英及精神藥物學生的比率<sup>7</sup>，分別是 26.6%、6.7%、0.3% 及 0.7%。與二零零零年的調查結果比較，全部數字都顯著下降。在 30 天內曾吸煙或濫用精神藥物的比率，均是自一九九二年以來最低的。

It is noticed that the lifetime rates<sup>6</sup> of using any of the four substances among males were higher than their female counterparts. The gender difference was, comparatively speaking, smaller for psychotropic substance users and alcohol users.

Generally speaking, for 2004, the proportions of lifetime users of alcohol, tobacco and psychotropic substances increased with age. The lifetime rate for using alcohol increased from 49.3% for the youngest age group of 12 or below to 81.5% for the eldest age group of 19 or above; that for tobacco increased from 6.6% to 24.4%; and for psychotropic substances, from 1.7% to 4.0%.

However, the distribution pattern for lifetime heroin users was slightly different. Students at the youngest and eldest age groups recorded comparatively higher lifetime rates for heroin use than students aged between 16 and 18. One possible reason was that some heroin users had dropped-out from schools after completion of compulsory education in Secondary 3.

## 1.2 Proportion of 30-day substance users (Chart 1.2)

Chart 1.2 presents the proportion of 30-day substance users. The 30-day rates<sup>7</sup> for using alcohol, tobacco, heroin and psychotropic substances in 2004 were 26.6%, 6.7%, 0.3% and 0.7% respectively. All of these figures decreased significantly as compared with results of the 2000 Survey. The 30-day rates for using tobacco and psychotropic substances were both the lowest since 1992.

<sup>6</sup> 曾服用某種物質的比率，指在某一組別學生中曾服用該物質學生所佔比例。  
Lifetime rate for using a substance refers to the proportion of lifetime substance users within a particular group of students.

<sup>7</sup> 30天內曾服用某種物質的比率，指在某一組別學生中在調查前30天內曾服用該物質者所佔比例。  
30-day rate for using a substance refers to the proportion of 30-day substance users within a particular group of students.



### 1.2.1 年齡及性別(表 1.5-1.8)

按年齡組別及性別劃分，在 30 天內曾服用該四種物質任何一種的比率，與曾服用者的比率比較，模式相若。例如：男學生中在 30 天內曾服用四種物質中任何一種的比率，較女學生的比率為高，但性別上的差異在濫用精神藥物和飲酒的學生當中相對較小。另外，大體上在 30 天內曾飲酒、吸煙及濫用精神藥物學生所佔比例，隨着年齡而增加，但濫用海洛英者的模式卻略有不同。

一如二零零零年的調查所得，二零零四年錄得的 30 天內曾飲酒、吸煙及濫用海洛英的比率，男學生較女學生為高。不過，女學生在 30 天內曾濫用精神藥物的比率，則與男學生在同一水平(同樣是 0.7%)。女性濫用精神藥物的趨勢，必須繼續加以密切監察。

### 1.2.1 Age and sex (Tables 1.5-1.8)

The patterns of 30-day rates for using the four substances by age groups and by sex were more or less similar with the lifetime rates. For instance, the 30-day rates of using any of the four substances among males were higher than their female counterparts. The gender difference was smaller for psychotropic substance users and alcohol users. Moreover, the proportions of 30-day users of alcohol, tobacco and psychotropic substances increased with age in general, whilst that for heroin users was slightly different.

As in the 2000 Survey, 30-day rates for males using alcohol, tobacco and heroin recorded in 2004 were higher than that for females. However, the 30-day rate for females using psychotropic substances stood at the same level with their male counterparts, both at 0.7%. The trend of females taking psychotropic substances should continue to be monitored closely.

## 第二章 曾濫用藥物者的特性

正如第一章所述，濫用藥物(包括海洛英及精神藥物)的學生，相對沒有濫用藥物的學生只屬小數。雖然如此，為方便籌劃各項教育和及早介入的策略，以防止學生濫用藥物，我們必須就在過去曾濫用藥物的學生的特性詳加研究。因此，本章重點分析曾濫用藥物的學生的概況資料及濫藥行為。除非另有指明，本報告餘下部分提及的濫藥者一律指曾濫用藥物者。

須注意的是，“濫用海洛英者”及“濫用精神藥物者”兩個組別其實有某程度的重疊。57.3%的濫用海洛英者及32.9%的濫用精神藥物者均曾濫用過該兩類藥物，讀者在比較兩組數據時，應緊記這一點。

### 2.1 濫用藥物的頻密程度 (圖 2.1 及 2.2)

在曾濫用精神藥物者中，絕大部分(72.8%)在調查前30天內沒有濫用任何精神藥物，其次是在過去30天內只濫用過該類藥物一至三次(15.2%)的。不過，經常濫用精神藥物的也佔相當比例(7.0%)，他們報稱在過去30天內每天都有濫用。其餘佔少數的為一星期濫用精神藥物一至三次(2.9%)及一星期四至六次(2.1%)的同學。

## Chapter 2 Characteristics of lifetime drug users

Chapter 1 clearly illustrates that the proportion of drug users, whether narcotic drugs or psychotropic substances, is very small comparing to the proportion of non-users. However, in order to facilitate planning of education and early intervention programmes to prevent students from using drugs, there is a need to study the characteristics of lifetime drug-taking students (i.e. students ever used drugs) in detail. As such, this chapter focused on analyzing the profiles and drug using behaviours of lifetime drug-using students. Drug users in the remaining parts of this report refer to lifetime drug users, unless otherwise specified.

It should be noted that the groups of “heroin users” and “psychotropic substance users” actually overlapped to a certain extent. 57.3% of heroin users and 32.9% of psychotropic substance users had ever used both kinds of drugs in their lifetime. Readers should bear this point in mind in comparison of data between groups.

### 2.1 Frequency of drug use (Charts 2.1 and 2.2)

The majority (or 72.8%) of lifetime psychotropic substance users did not take any psychotropic substances in the past 30 days before enumeration. This was followed by those who used the substances once to three times in the past 30 days (15.2%). However, a notable proportion (or 7.0%) had used psychotropic substances very frequently, and reported that they had used the drugs everyday in the past 30 days. The remaining small proportions of users took psychotropic

同樣地，在曾濫用海洛英者中，在調查前 30 天內沒有濫用海洛英者的佔大多數(80.5%)。

## 2.2 被濫用的精神藥物種類 (圖 2.3 及表 2.1)

二零零四年的調查發現，氯胺酮、大麻及搖頭丸依然是最普遍被濫用的三種精神藥物，只是三者相對的普遍程度與二零零零年略有改變。

在二零零四年有逾半數濫用精神藥物者表示曾濫用的氯胺酮，由二零零零年的第三位，攀升至二零零四年的首位。在二零零四年有半數濫用精神藥物者表示曾濫用的大麻，在二零零零及二零零四年均位列第二。雖然搖頭丸由二零零零年的首位，降至二零零四年的第三位，似乎相對沒有那麼普遍，但事實上，這藥物的濫用者仍佔頗大比例，在二零零零及二零零四年都有約 46%。

在二零零四年的調查，次三種最常被濫用的精神藥物是咳藥、有機溶劑及甲基安非他明(“冰”)。濫用精神藥物者中，表示曾濫用這三種藥物的分別有 20.6%、19.4%及 16.6%。

儘管濫用精神藥物者的整體比例在二零零四年的調查有所下降，但須注意的是，與二零零零年比較，曾濫用氯胺酮及大麻的學生比例明顯有所增加。Lee (2002)、Ng et al. (2002)、Lam (2004)和 Chan (2005) 均曾對氯胺酮自二零零零年起大行其道的情況作深入研究。青少年容易受到新興和潮流藥物吸引，這個風險實在值得關注。

substances once to three times a week (2.9%), and four to six times a week (2.1%).

Likewise, the majority (80.5%) of lifetime heroin users did not use heroin in the past 30 days before enumeration.

## 2.2 Type of psychotropic substances used (Chart 2.3 and Table 2.1)

Ketamine, cannabis and ecstasy remained the three most popular substances used by psychotropic substance users in 2004, although their relative popularity has slightly changed as compared with 2000.

Ketamine, cited by over half of the psychotropic substance users in 2004, climbed from the third in 2000 to the top of the list in 2004. Cannabis, cited by half of the psychotropic substance users in 2004, ranked the second in both 2000 and 2004. Although ecstasy appeared to have lost its relative popularity by dropping from the first in 2000 to the third in 2004, it continued to be taken by a large proportion of psychotropic substance users, by about 46% in both 2000 and 2004.

Following these, cough medicine, organic solvents and methylamphetamine (“ice”) were the next three most common psychotropic substances abused in 2004, as cited by 20.6%, 19.4% and 16.6% of psychotropic substance users respectively.

Although the overall proportion of psychotropic substance users decreased in 2004, it should be noted that among this group of students, the proportions of those who had ever used ketamine and cannabis increased substantially as compared with 2000. The sharp increase in popularity of ketamine since 2000 was studied thoroughly by Lee (2002), Ng et al. (2002), Lam (2004) and Chan (2005). The risk that youth can be easily attracted to newly emerged and

在本調查中，學生可選擇多於一項曾濫用的精神藥物，但調查結果並不能顯示他們是同時濫用多於一種藥物或在不同情況濫用不同藥物。

### 2.3 取得／購買藥物的主要金錢來源(表 2.2)

“零用錢”仍然是最普遍用來濫藥的金錢來源，選擇這點的濫用海洛英者及濫用精神藥物者分別有 26.3% 及 37.3%，但仍較二零零零年錄得的相應數字 39.5% 及 56.4% 為低。其他主要金錢來源包括“不法途徑(例如從偷竊或行劫得來)”及兼職，分別佔濫用藥物的學生的 10.3%-24.7% 及 6.7%-8.3%。

頗大比例的濫藥學生(35.0%的濫用海洛英者及 43.7%的濫用精神藥物者)在這題目選擇“其他”為答案。雖然沒有進一步的分項數字，但我們有理由相信，部分學生可能是從朋友或毒販免費取得藥物，又或與他人分享藥物而無須付出分文。

### 2.4 通常濫用藥物的場所(表 2.3)

學校、自己家中及香港的卡拉 OK／的士高是最常被選作濫用海洛英的場所，選擇這幾個場所的濫用海洛英者分別有 15.9%、13.8% 及 12.5%。最常作為濫用精神藥物的場所，依次為香港的卡拉 OK／的士高、好友家中

trendy drugs is worth noting.

In answering the types of psychotropic substances ever used, students could choose more than one answer. However, it should be noted that the findings do not show whether they took more than one type of substances at the same time or on different occasions.

### 2.3 Main sources of money for drugs (Table 2.2)

“Pocket money” remained the most common source of money for drugs, as cited by 26.3% of heroin users and 37.3% of psychotropic substance users. The proportions were comparatively lower than the corresponding figures of 39.5% and 56.4% recorded for 2000. Other major sources of money were “illegal source (e.g. stole or robbed from others)” and part-time jobs, as reported by 10.3% - 24.7% and 6.7% - 8.3% of drug-taking students respectively.

A large proportion (35.0% of heroin users and 43.7% of psychotropic substance users) of drug-taking students cited “others” as the answer for this question. Although no further breakdown was available, we have reasons to believe that some of these students might get the drugs from friends or drug pushers free of charge, or from others who shared drugs with them at no expense.

### 2.4 Usual venues for taking drugs (Table 2.3)

Schools, their own homes and karaoke/discos in Hong Kong, cited by 15.9%, 13.8% and 12.5% of heroin users respectively, were reported as the most common venues of taking heroin. The most common venues for taking psychotropic substances were karaoke/discos in

及自己家中，作此選擇的分別有 22.0%、16.9% 及 10.7%。

只有 4.1% 的濫用精神藥物者指學校是他們通常濫用藥物的地方，情況跟濫用海洛英者有所不同。他們較喜歡和朋輩一起在娛樂場所濫藥，作為他們娛樂活動的一部分。這個現象在 Lee(2002) 和 Lam(2004) 中已充分研究。部分研究者，更稱某些濫用藥物(例如搖頭丸)為「派對藥物」。

須注意的是，在二零零零年及二零零四年兩次調查，有關通常濫用藥物場所的結果，不能直接比較。這是由於學生在二零零零年的調查中可選擇多於一個場所，而在二零零四年的調查中則只可選擇一個。表 2.3 一併載列二零零零年調查的結果，僅供參考而已。

## 2.5 通常供應藥物的人 (表 2.4)

濫用海洛英者指出，通常供應海洛英給他們的是毒販(32.7%)、其好朋友／其他朋友(25.4%)及父母(7.8%)。

反觀濫用精神藥物者，逾半數(51.8%)表示藥物主要是由其好朋友／其他朋友供應，其次才是毒販(10.4%)。

值得一提的是，在供應藥物的“朋友”當中，超過半數實為濫用藥物的學生的“好朋友”。此外，有 8.2%-10.8% 的濫用海洛英者及濫用精神藥物者聲稱，他們濫用的藥物通常由父母、兄弟姊妹及親戚供應。由此可見，學生的好朋友及親人帶來的

Hong Kong, close friends' homes and their own homes, as cited by 22.0%, 16.9% and 10.7% of such users respectively.

Unlike heroin users, only 4.1% of the psychotropic substance users cited schools as their usual place for taking drugs. Instead, they preferred to use the substances in entertainment venues with peers as part of their entertainment programmes. Such phenomenon was thoroughly studied by Lee (2002) and Lam (2004). Some psychotropic substances such as ecstasy was even termed as “party drugs” by researchers.

It should be noted that results on usual venue for taking drugs in the 2000 and 2004 rounds survey were not directly comparable. Students were allowed to choose more than one venue in the 2000 survey, while they could only choose one usual venue in 2004. Results of the 2000 survey were included in Table 2.3 for reference only.

## 2.5 Usual suppliers of drugs (Table 2.4)

Among heroin users, drug pushers (32.7%), close friends / some other friends (25.4%) and parents (7.8%) were stated as the usual suppliers of heroin.

Comparatively, over half (or 51.8%) of psychotropic substance users said that their drugs were mainly supplied by their close friends / some other friends. This was followed by drug pushers (10.4%).

It is worthwhile pointing out that over half of the “friends” who supplied drugs were in fact “close friends” of the drug-taking students. Moreover, 8.2% - 10.8% of heroin and psychotropic substance users claimed that their drugs were usually supplied by their parents, brothers / sisters and relatives. The adverse

不良影響，實在不容忽視。

## 2.6 通常與哪些人一起濫用精神藥物 (表 2.5)

一半以上的濫用精神藥物者表示，他們通常與朋友一起濫用精神藥物(好朋友佔 44.0%，其他朋友佔 19.5%)。這與上文所述逾半數濫用精神藥物者從朋友取得藥物的調查結果呼應。

另有 9.6%的濫用精神藥物者提到，他們通常會獨自濫用藥物；其次有 6.8%是與父母、兄弟姊妹或親戚一起濫用。二零零零年調查所得的分布模式大致相若。

## 2.7 首次濫用藥物年齡 (表 2.6)

頗大比例(41.5%)的濫用海洛英者聲稱，他們記不起首次濫用藥物的年齡。首次濫用海洛英是在 10 歲或以下的約有 26.0%，年齡介乎 13 至 14 歲的則有 13.8%。

至於濫用精神藥物者，他們較多在 13 至 14 歲間首次濫用精神藥物(28.3%)，其次是在 15 至 16 歲間(24.0%)。聲稱記不起首次濫用藥物年齡的約有 15.4%。

儘管首次濫藥年齡在 10 歲或以下學生的數字已較二零零零年有所減少，但這個組別還是值得特別關注的。更深入的分析顯示，他們當中有相當比例(31.7%-32.5%)通常從父母／兄弟姊妹／親戚取得藥物，30%以

influence brought about by students' close friends and relatives should not be overlooked.

## 2.6 Persons with whom psychotropic substances were taken together (Table 2.5)

More than half of psychotropic substance users quoted that they usually used psychotropic substances with their friends (44.0% with close friends and 19.5% with some other friends). This echoed the above finding that over half of psychotropic substance users obtained their drugs from friends.

Another 9.6% of psychotropic substance users mentioned that they usually used the substances alone, followed by 6.8% with their parents, brothers/sisters or relatives. The distribution pattern for 2000 was more or less similar.

## 2.7 Age of first use of drugs (Table 2.6)

A large proportion (or 41.5%) of heroin users claimed that they did not remember their age of first drug use. About 26.0% first used heroin at the age of 10 or below, while 13.8% between 13 and 14.

For psychotropic substance users, a larger proportion first used psychotropic substances at the age between 13 and 14 (28.3%), followed by between 15 and 16 (24.0%). About 15.4% of the users claimed that they did not remember their age of first use.

Students who first took drugs at the age of 10 or below was a subgroup worth paying particular attention, although the figures decreased as compared with 2000. Further in-depth analysis revealed that a significant proportion (or 31.7% - 32.5%) of them usually obtained their drugs

上會在自己家中濫用藥物。這些學生的家庭背景可能是他們自小便接觸藥物的其中一個主要原因。

## 2.8 首次濫用藥物的主要原因 (表 2.7)

“好奇”、“受朋友影響”、“尋求刺激”、“消愁解悶／逃避不開心或不安的感覺”，是學生首次濫用藥物最普遍的四個原因。

濫用海洛英者及濫用精神藥物者在這方面的分布模式大致相若，但亦有相當大百分比的濫用海洛英者指“提神”為他們首次濫藥的原因。

## 2.9 就濫用藥物所引起的問題 向他人求助的模式 (表 2.8 及 2.9)

調查發現，大部分濫用藥物的學生(57.4%的濫用海洛英者及 76.5%的濫用精神藥物者)從來沒有因濫用藥物問題向他人求助。

在曾向他人求助的學生當中，濫用海洛英者認為他們的好友(15.8%)、父母(9.5%)及警方(9.1%)給予最大幫助。至於曾求助的濫用精神藥物者，不少認為好友(26.8%)、父母(11.8%)及社工(9.3%)給予他們最大的幫助。

from their parents/brothers or sisters/relatives; and over 30% of them used drugs at their own homes. The family background of these students could be one of the main reasons for their early contact with drugs.

## 2.8 Major reasons for first use of drugs (Table 2.7)

“Curiosity”, “peer influence / pressure”, “to seek euphoria / sensory satisfaction” and “relief of boredom / depression / anxiety” were the four most commonly cited reasons for first use of drugs.

The distribution patterns for heroin and psychotropic substance users were largely similar, except that “to keep up spirits” was also a popular reason cited by heroin users.

## 2.9 Help seeking patterns for problems arising from drug use (Tables 2.8 and 2.9)

It was found that majority of the drug-taking students (57.4% of heroin users and 76.5% of psychotropic substance users) had never sought help from others regarding their drug use problems.

Among those who had sought help, heroin users opined that their close friends (15.8%), parents (9.5%) and the police (9.1%) gave them the greatest help. For psychotropic substance users who had ever sought help, many of them considered that their close friends (26.8%), parents (11.8%) and social workers (9.3%) gave them the greatest help.

## 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%)由父母或兄弟姊妹提供藥物，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，成爲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.

## 第四章 對濫用藥物的態度及相關因素

### 4.1 對濫用藥物的態度

濫用藥物是眾多青少年問題的其中一環。這通常與其他行爲、家庭、人際關係和在校的問題有關。本調查收集學生對濫用藥物的態度、自我形象、在校表現和與家人的關係等資料。這些資料將有助分析與學生濫藥行爲可能相關的特性，和及早找出那些組別的學生有較大濫用藥物的風險。

就本調查結果而言，本章把學生分爲“濫用海洛英者”、“濫用精神藥物者”、“不曾濫用藥物學生”和“所有學生”幾大類。不過，正如第二章所述，“濫用海洛英者”和“濫用精神藥物者”兩個組別其實有某程度的重疊，讀者在比較兩組數據時，應緊記這一點。

#### 4.1.1 是否贊成別人濫用藥物 (表 4.1 及 4.2)

絕大部分(超過 98%)不曾濫用藥物的學生不贊成(或十分不贊成)別人濫用海洛英或精神藥物。

頗大比例(71.5% - 74.5%)的濫用藥物的學生不贊成別人濫用藥物，儘管他們本身亦曾經或仍然濫藥。有關數字雖然已算相當高，但仍顯著低於不曾濫用藥物的學生的數字。

## Chapter 4 Attitudes towards drug abuse and associated factors

### 4.1 Attitudes towards drug use

Drug taking is one of the facets of youth problems. It is usually associated with other behavioural, family, relationship and school problems. The Survey collected information regarding students' attitudes towards drug abuse, self-perception, school performance and relationship with family etc. Such information would shed light on characteristics that may associate with drug abuse behaviours of students and early identification of sub-groups that may be subject to higher risk of drug use.

For findings of the Survey, students were categorized into “heroin users”, “psychotropic substance users”, “non-drug taking students” and “all students” in this Chapter. However, as discussed in Chapter 2, the groups of “heroin users” and “psychotropic substance users” actually overlapped to a certain extent. Readers should bear this point in mind when comparing data between groups.

#### 4.1.1 Approval of people who used drugs (Tables 4.1 and 4.2)

The great majority (or over 98%) of non-drug-taking students disapproved (or strongly disapproved) of people using heroin or psychotropic substances.

There was a large proportion (or 71.5% - 74.5%) of drug-taking students who disapproved of people using drugs, despite their own drug use experience. Although the figures were considered quite high, they were notably lower than that for non-drug-taking students.

#### 4.1.2 對濫用藥物禍害的看法 (表 4.3)

關於對藥物的看法，絕大部分不曾濫用藥物的學生(超過 93%)同意(或十分同意)濫用海洛英或精神藥物會危害健康。再者，92.1% 同意“如果濫用藥物，健康會越來越差”；87.9% 認為“如果濫用藥物，工作或學業會有麻煩”。

濫用藥物的學生持上述看法的比例，較不曾濫用藥物的學生少 20 個百分點以上。根據統計，70.1%的濫用海洛英者和 76.0%的濫用精神藥物者認為濫用藥物(海洛英或精神藥物)會危害健康；67.4% - 73.8% 同意“如果濫用藥物，健康會越來越差”；約 60%濫用藥物的學生認為“如果濫用藥物，工作或學業會有麻煩”。

比較上一次調查的分布模式，和四年前相比，現在較多學生對濫用藥物持正確的態度。從數字上來說，中學生(不論曾否濫用藥物)不贊成別人濫用藥物的比例，在二零零零至零四年間，增加了 1.6 - 2.0 個百分點；認為濫用藥物會危害健康的學生，也增加了 5.3 - 8.0 個百分點。

#### 4.1.3 濫用藥物的傾向(表 4.4)

總的來說，絕大部分不曾濫用藥物的學生對濫用藥物持正確態度。他們當中，超過 90% 不同意“服用藥物可以令自己更有自信”、“服用藥物後可以玩得更開心”、“遇到不如意的事情

#### 4.1.2 Perception of harmful effects of drug abuse (Table 4.3)

As regards the perception of drugs, the great majority (or over 93%) of non-drug-taking students agreed (or strongly agreed) that abusing heroin or psychotropic substances was harmful to health. Moreover, 92.1% of them agreed that “their health would deteriorate if they abused drugs”; and 87.9% considered that “they would have trouble in their work or study if they abused drugs”.

Similar to attitudes on approval of drug use, there were proportionately less, by over twenty percentage points, drug-taking students holding the above belief. Statistically, 70.1% of heroin users and 76.0% of psychotropic substance users considered that abusing drugs (heroin or psychotropic substances) was harmful to health; 67.4% - 73.8% agreed that “their health would deteriorate if they abused drugs”; about 60% of drug-taking students considered that “they would have trouble in their work or study if they abused drugs”.

Comparing the distribution patterns against the last round of the survey, the general attitudes towards drug abuse has improved over the past four years. Figure-wise, the proportion of all secondary school students (regardless of whether they had ever used drugs) who disapproved of people using drugs increased by 1.6 - 2.0 percentage points from 2000 to 2004; and that for students who considered abusing drugs harmful to health increased by 5.3 - 8.0 percentage points.

#### 4.1.3 Inclination to drug use (Table 4.4)

On the whole, the great majority of non-drug-taking students held positive attitudes against drug use. Over 90% of them disagreed that “using drugs would make them more confident”; that “they would have a good time

會服用藥物”和“服用藥物後可以和朋友更容易相處”；86.6% - 90.5% 明確表示“已向自己承諾不會濫用藥物”，及“他們的好朋友認為濫用藥物是愚蠢的”。

一如所料，濫用藥物的學生對藥物持上述正確看法的比例相對較低。相對於不會濫用藥物的學生，相應的比例少 20 至超過 30 個百分點以上。

值得一提的是，逾半數(52.8%)濫用精神藥物者同意“服用藥物後可以玩得更開心”。研究還注意到，這一組濫藥者報稱，他們首次濫用藥物是為“尋求刺激”和“消愁解悶／逃避不開心或不愛的感覺”。有鑑於此，我們應以適當的方法，向易受毒品危害的一群灌輸正確的概念，使他們知道濫用精神藥物無助解決個人、學校、家庭或任何其他問題，而只不過是暫時逃避的消極方法，最終會毀掉自己的前途。

此外，過半(52.7%)濫用精神藥物者同意“好朋友會覺得服用藥物是很平常的事情”，半數不同意“好朋友認為濫用藥物是愚蠢的”。這些結果一再顯示，朋輩的影響和渴望跟同輩朋友打成一片，與首次濫用藥物息息相關。

表 4.3 及 4.4 的問題取材自《中文版濫藥程度測量表》(Lam et al., 2002)。這是個綜合的測量表，經已在本港驗證可用。通過評估接受調查者的實際經驗、對濫藥後果的看法、對戒除毒癮所展現的決心有多大、朋友是否大多有濫用藥物習慣等指標，從而測量他們濫藥的參與程度。

after taking drugs”; that “they would use drugs when they were unhappy”; and that “they could get along with their friends better after using drugs”. 86.6% - 90.5% of them positively said that “they promised themselves not to abuse drugs” and that “their close friends thought it was stupid to abuse drugs”.

The proportions of drug-taking students holding the above positive beliefs in drugs, as one would similarly expect, were comparatively lower. The corresponding proportions were lower than their non-drug-taking counterparts by over twenty to more than thirty percentage points.

It is worth pointing out that over half (or 52.8%) of psychotropic substance users agreed that “drugs would give them a good time”. It is also noted that this group of users reported that they first used drugs to seek euphoria / sensory satisfaction” and “relief of boredom / depression / anxiety”. The correct concept that taking psychotropic substances could not help root out personal, school, family nor any other problems, but was only a passive way to avoid facing the problem temporarily that would ultimately do harm to one’s future, should be properly conveyed to the vulnerable groups.

Moreover, over half (or 52.7%) of psychotropic substance users agreed that “their close friends would regard using drugs as very common” and half of them disagreed that “my close friends thought it was stupid to abuse drugs”. These again pointed to that peer influence and the desire of being identified amongst peers were strongly associated with first drug use.

Questions presented in Tables 4.3 and 4.4 were adopted from the *Chinese Drug Involvement Scale* (Lam et al., 2002). It is a global assessment scale, locally validated, for measuring respondents’ involvement in drugs through assessing such indicators as actual experiences, beliefs with regard to the consequences of drug-taking, the degree of

## 4.2 自我形象(表 4.5)

除與藥物有關的資料之外，這次調查還蒐集了一些內在和外屬性，如學生的自我形象、與家人、學校和朋輩的關係，及其人口特徵等。透過比較曾濫用藥物與不曾濫用藥物的學生的特徵，調查觀察到一些現象，有助了解濫用藥物的學生的內心世界。

一般而言，濫用藥物的學生較沒有自信。舉例說，只有 71.7% 至 74.8% 濫用藥物的學生相信如果盡力去做，總能解決難題，比例略低於不曾濫用藥物的學生(85.2%)。同樣地，表示自信能應付任何突如其來的事情的濫用藥物的學生所佔比例(66.0% 至 69.2%)，也稍低於不曾濫用藥物的學生的比例(73.5%)。

在所有學生中，約有 77.6% 表示在好朋友之間常有自己的主意，51.8% 表示不易受好友影響。至於曾濫用藥物和不曾濫用藥物的學生的相應比例，大致相若。

總的來說，學生對自己感到滿意。在不曾濫用藥物的學生中，約有 79.4% 同意這點，而曾濫用藥物的學生則約有 66.9% 至 67.7% 表示同意。不過，在所有學生中，只有稍多過半數(51.1%)不同意有時會覺得自己一無是處；而曾濫用藥物和不曾濫用藥物的學生情況亦大致相若。

manifest commitment to abstinence from drugs and the extent to which friends have drug related habits.

## 4.2 Self-perception (Table 4.5)

Besides drug-related information, some internal and external attributes such as the students' self-perception, relationship with family, school and peers and their demographic characteristics, were also obtained. Comparison of these characteristics between students ever and never used drugs provided important insights which help understanding the inner world of drug-taking students.

In general, it was found that drug-taking students had lower confidence. For instance, only 71.7% to 74.8% of drug-taking students believed that they could always manage to solve problems if they tried hard enough. The figures were slightly lower than that of non-drug-taking students (85.2%). Likewise, the proportions of drug-taking students who stated that they were confident to deal with unexpected events efficiently (66.0% to 69.2%) were also slightly lower than non-drug-taking students (73.5%).

About 77.6% of all students indicated that they always had their own ideas amongst close friends, 51.8% indicated that they could not be influenced by close friends very easily. The corresponding proportions for students ever and never used drugs were largely similar.

On the whole, students were satisfied with themselves. About 79.4% of non-drug-taking students agreed with this point, whereas about 66.9% to 67.7% of drug-taking students agreed. However, only slightly more than half (or 51.1%) of all students disagreed that they sometimes thought they were no good at all. Students ever and never used drugs were largely similar.



表 4.5 的問題取材自 Rosenberg 的《自尊量表》(Rosenberg, 1989)和《自我效能量表》(Jerusalem & Schwarzer, 1992)。這些量表旨在評估個人對自己的觀感，以及對應付人生中種種艱難險阻有多樂觀自信。

### 4.3 行爲與學業問題 (表 4.6)

在所有學生中，約有四分之一表示在二零零四年的調查進行前六個月內，曾受同輩欺負、午夜在街上流連或被學校記缺點、小過、大過或收警告信；約有十分之一曾被流氓騷擾、逃學或與黑社會來往。就可作比較的問題而言，有關比率一般較二零零零年錄得的數字為高。這也許是一個早期訊號，提醒我們時下年青一代各種潛伏問題正不斷擴大，並需要及早處理。

濫用藥物的學生曾遇到上述問題的比例，一般高於不曾濫用藥物的學生。濫用精神藥物者曾在午夜流連街上、逃學和與黑社會來往的比例尤其偏高。這和 2.4 節所述，濫用精神藥物者較喜歡與朋輩一同濫藥，因此傾向與朋輩一致行動的發現呼應。

### 4.4 閒暇的運用 (表 4.7 及 4.8)

本調查亦蒐集了濫用藥物和不曾濫用藥物的學生消閒活動的資料。這些資料對籌劃可讓大部分學生參與，既吸引又能配合他們興趣的宣傳活

Questions presented in Table 4.5 were adopted from the *Rosenberg Self-Esteem Scale* (Rosenberg, 1989) and the *General Self-Efficacy Scale* (Jerusalem & Schwarzer, 1992). These scales were designed to assess an individual's thoughts and feelings with reference to himself and optimistic self-beliefs to cope with a variety of difficult demands in life.

### 4.3 Behavioural and school problems (Table 4.6)

About a quarter of all students reported that they had ever been bullied by peers, roaming around at night or reprimanded by schools in the past six months before survey enumeration in 2004. About one-tenth of them had been harassed by gangsters, played truant or involved in triad society. Where comparable, the rates were found in general higher than the figures recorded in 2000. This is perhaps an early sign of the growing need for tackling hidden problems of our young generation.

The proportions of drug-taking students who had ever experienced the above problems were in general higher than their non-drug-taking counterparts. Specifically, the proportions of psychotropic substance users who had ever experienced problems of roaming around at night, playing truant and involved in triads were exceptionally larger. This echoes the findings in Section 2.4 that psychotropic substance users usually preferred to use drugs with peers, hence they tended to act along with peers.

### 4.4 Use of leisure time (Tables 4.7 and 4.8)

The Survey also collected information on what drug-taking and non-drug-taking students would do in leisure time. Such information would be useful for planning of publicity programmes that

動，十分有用。

調查發現，不曾濫用藥物的學生獨處時大多會看電視／聽電台節目或音樂(75.7%)，其次是瀏覽互聯網／ICQ(74.2%)、睡覺(59.4%)和玩電子遊戲(44.5%)。不過，濫用藥物的學生卻較喜歡瀏覽互聯網／ICQ(52.5%至63.5%)，接著才是睡覺(45.5%至57.2%)和看電視／聽電台節目或音樂(49.6%至55.0%)。

至於在閒暇與好友一起的時間，不曾濫用藥物的學生大多(72.3%)會與朋友聊天，其次是購物／逛街(57.3%)、做運動／玩遊戲／戶外活動(55.6%)和看電影(45.6%)。濫用藥物和不曾濫用藥物的學生的分布模式大致相若。

#### 4.5 與家人的關係 (表 4.9 - 4.11)

大部分中學生(82.4%)認為自己與家人相處融洽，73.8%認為父母關注他們的感受，59.1%認為父母了解他們。兩組數字均尚算高，而且和四年前比較整體皆有所改善。就二零零四年調查而言，儘管在“父母關懷我”和“父母了解我”這兩項上仍相差14個百分點，但這差距已較二零零零年錄得的(約達15個百分點)小得多。

上述有關與家人／父母的關係的數字，於濫用海洛英者和濫用精神藥物者而言，普遍較不曾濫用藥物的學生為低，相差約為10-20個百分點。

could reach out, draw the attention of and match the interests of most students.

The Survey found that great majority (75.7%) of non-drug-taking students would watch TV/listen to radio/music when alone. This was followed by surfing the Internet/ICQ (74.2%), sleeping (59.4%) and playing video games (44.5%). However, drug-taking students preferred surfing the Internet/ICQ (52.5% to 63.5%), followed by sleeping (45.5% to 57.2%) and watching TV/listening to radio/music (49.6% to 55.0%) more than non-drug taking counterparts.

When they stayed with friends in leisure time, most non-drug-taking students would chat with friends (72.3%), shopping/wandering on streets (57.3%), playing sports/games/outdoor activities (55.6%) or watching movies (45.6%). The distribution patterns for drug-taking and non-drug-taking students were similar.

#### 4.5 Family relationship (Tables 4.9 - 4.11)

Most of the secondary school students (82.4%) felt that they got along well with their family members. 73.8% of them felt that their parents cared about their feelings, and 59.1% felt that their parents understood them. Both figures were on the high side, and had improved generally over the past four years. Though there continued to be a 14 percentage-point difference between “being cared by parents” and “being understood by parents” for 2004, the gap was much smaller than that recorded in 2000 (decreased by almost 15 percentage points).

The above figures on relationship with family members / parents for heroin and psychotropic substance users were in general lower than non-drug-taking students, by about 10 – 20 percentage points.

濫用藥物的學生與父母同住的比例，相對低於不曾濫用藥物的學生。不曾濫用藥物的學生約有 86.6% 與父母一起居住，而濫用海洛英者和濫用精神藥物者的相應數字為 73.7% - 77.1%。

與不曾濫用藥物的學生比較，來自經濟條件較差和經濟條件較佳家庭的濫用藥物的學生所佔比例均稍高。這點可從以下的數字反映出來：濫用藥物的學生中，家庭收入屬最低一組 (5,000 元以下) 的佔 6.3% - 8.7%，較不曾濫用藥物的學生中的 4.2% 為高。濫用藥物的學生中，家庭收入屬最高一組 (50,000 元或以上) 的佔 10%，亦較不曾濫用藥物的學生中的 5.4% 為高。

The proportions of drug-taking students living with parents were comparatively lower than those non-drug-taking students. About 86.6% of non-drug-taking students were living with their both parents, as compared with the corresponding figures of 73.7% - 77.1% for heroin and psychotropic substance users.

Comparing with non-drug-taking students, slightly larger proportions of drug-taking students came from worse-off and better-off families. This was reflected by the fact that there were proportionately more heroin and psychotropic substance users with the lowest family income group of less than \$5,000 (6.3% - 8.7% for drug-taking groups versus 4.2% for non-drug-taking students); and those from the highest family group of \$50,000 or above (about 10% for drug-taking groups as against 5.4% for non-drug-taking students).

## 第五章 建議

本章內所列之建議是根據調查結果而擬訂。這些建議有助訂定日後以青少年(特別是本港中學生)為對象的各項禁毒策略所應採取的方針及措施。

### 5.1 濫藥行爲

調查得出的一項重要結果，是大部分學生都不是濫用藥物者。這為推行規範教育<sup>8</sup>提供了強而有力的依據，從而推翻“人皆濫藥”這個常見的錯誤想法，以及培養青少年的堅定意志和拒絕技巧，拒絕別人提供藥物，並不為此感到丟臉。

以零用錢購買藥物的曾濫用海洛英者及曾濫用精神藥物者，分別有26.3%及37.3%。這是他們購買藥物的最主要金錢來源。父母應倍加留意子女是否正確運用零用錢。(表 2.2)

雖然從不法途徑取得金錢購買藥物的濫用精神藥物者所佔比例，較濫用海洛英者為低，但濫用藥物與罪案的關係仍不容忽視。(表 2.2)

逾半數的濫用海洛英者(57.4%)和超過四分之三的濫用精神藥物者(76.5%)沒有就其濫藥問題向他人求助。日後的宣傳計劃大可加強向濫用

## Chapter 5 Recommendations

Based on the survey findings, the following recommendations were drawn up. They help shed light on directions and measures for future anti-drug strategies targeted on youth, in particular secondary level students in Hong Kong.

### 5.1 Drug-taking behaviours

One important finding is that majority of students are not drug users. This provides a strong basis for normative education<sup>8</sup> to refute the common misconception that “everyone takes drugs” and to equip young people with the skills and strong will to refuse drug offers without feeling they are losing face.

26.3% of lifetime heroin users and 37.3% of lifetime psychotropic substance users financed drugs by pocket money, the number one source of money for buying drugs. Parents should be more aware of the proper use of pocket money. (Table 2.2)

While the proportion of psychotropic substance users obtaining money from illegal sources for buying drugs was lower than that of heroin users, the relationship between drug abuse and crime should not be overlooked. (Table 2.2)

More than half of the heroin users (57.4%) and three quarters of psychotropic substance users (76.5%) did not seek help from others about their drug problem. There is room for

<sup>8</sup> 歐美國家推行的防止濫藥計劃，已廣泛採用規範教育和拒絕技巧訓練。詳細資料可參閱以下網站：

Normative education and resistance training have been widely adopted in the US and European countries in drug prevention programmes. See the following websites for further information:

<http://www.emcdda.eu.int/index.cfm?fuseaction=public.Content&nNodeID=10143&sLanguageISO=EN>  
[http://www.drugabuse.gov/NIDA\\_notes/NNVol16N6/DirRepVol16N6.html](http://www.drugabuse.gov/NIDA_notes/NNVol16N6/DirRepVol16N6.html)

藥物的學生傳達主動求助和及早停止濫藥的信息。(表 2.8)

逾半數的濫用精神藥物者(52.3%)在 13 至 16 歲間首次濫用藥物。家長應特別注意與青少年培養良好關係，留意他們是否有濫藥問題，並為他們提供必要的支援及指導。(表 2.6)

就曾向他人求助的濫用藥物的學生而言，他們主要的求助對象是好友及父母。我們應協助青少年及家長，讓他們掌握有關藥物的知識和技巧，方便他們取得本港提供輔導及康復服務機構的資料。(表 2.9)

約有 7.8% 曾濫用海洛英者從父母取得藥物。他們大多在 10 歲或以下便開始濫用海洛英。如何遏止跨代濫藥問題，尤其值得禁毒工作者更深入地瞭解和關注。(表 2.4)

由於不同組別的學生的濫藥模式各異，禁毒教育活動及宣傳的信息可針對個別群組的風險和防禦因素，加以調整，切合所需。

## 5.2 不會濫用藥物的學生：風險和防禦因素

不會濫用藥物的學生拒絕別人提供藥物的最普遍方法，是直接拒絕。意志堅定亦是他們成功拒絕接受藥物的最重要因素。禁毒教育應繼續著眼於拒絕技巧和確立堅定的意志。(表 3.3 及 3.4)

strengthening the messages of help seeking and quitting drugs early among drug-taking students in future publicity programmes. (Table 2.8)

More than half (52.3%) of psychotropic substance users first took drug at the age of 13-16. Parents should be particularly conscious about nurturing close relationship with adolescents and young people. If their children have drug problem, they should provide necessary support and advice to them. (Table 2.6)

For drug-taking students who ever sought help, they mainly turned to close friends and parents. Drug knowledge for young people and parents should be strengthened. Information of the various kinds of counselling and treatment services available in Hong Kong should be readily accessible. (Table 2.9)

About 7.8% of the lifetime heroin users obtained drugs from their parents. Most of them started using heroin at the age of 10 or below. How to stop inter-generational drug abuse problem is worth further study and more attention from anti-drug workers. (Table 2.4)

Since the drug-taking patterns of students in different groups are different, preventive education programmes and messages could be fine-tuned to target at their respective risk and protective factors to tie in with their needs.

## 5.2 Non-drug-taking students: risk and protective factors

Direct refusal by young people themselves is the most common way adopted by non-drug-taking students to decline drug offers. Strong will was also the most important factor leading to their successful refusals. Refusal skills and assertiveness should continue to be emphasized in drug education. (Tables 3.3 and 3.4)

當被問到得知好友濫用精神藥物後會怎辦時，21.1%的學生表示會裝作不知道或疏遠他們。我們可多鼓勵年青人以積極、正面的態度面對，善用正面的朋輩影響力。(表 3.5)

對於那些表示會直接與朋友傾談以了解情況，或勸朋友向其他人求助的學生(67.6%)，可考慮給予他們更多指導，使他們具備必要的知識，認識基本的開導方法，和掌握尋求專業協助的知識。(表 3.5)

瀏覽互聯網／ICQ 是學生最常進行的消閒活動之一，但卻只有 1%的學生表示互聯網是主要的禁毒資訊來源。我們不妨進一步考慮如何利用互聯網作推行禁毒措施的新平台。(表 4.7)

禁毒活動應繼續邀請戒毒康復者和醫療專業人員等不同種類的人士參與傳揚禁毒信息。

### 5.3 對濫用藥物的態度

濫藥學生及不曾濫藥學生對濫用藥物的態度和對濫藥禍害的看法有很大差異。預防教育及宣傳工作應以針對青少年對藥物和濫用藥物的一般看法為依歸<sup>9</sup>。

When asked what to do when they realized close friends were using psychotropic substances, 21.1% of the students replied they would pretend they know nothing or stay away from friends. Young people should be encouraged to undertake a proactive attitude and exercise greater positive peer influence in such situation. (Table 3.5)

As for those who expressed that they would talk to their friends directly to understand the situation or would persuade their friends to seek help from others (67.6%), education on basic counselling skills and information on the means to seek help can be strengthened so that young people are better equipped to help others. (Table 3.5)

Surfing the Internet / ICQ is quoted one of the most popular leisure activities. In comparison, only 1% of students quoted the Internet as the main source of anti-drug messages. Further thoughts could be given to how to make use of the Internet as a new platform for anti-drug initiatives. (Table 4.7)

Anti-drug activities should continue to engage different kinds of persons to deliver anti-drug messages, e.g. ex-drug abusers and medical professionals.

### 5.3 Attitudes towards drug abuse

There is significant difference in attitude towards drug abuse and perception about effects of drug abuse between drug-taking students and non-drug-taking students. Preventive education and publicity should be able to address the common views held by some young people towards drugs and drug abuse<sup>9</sup>.

<sup>9</sup> 這是二零零一年三月聯合國麻醉藥品委員會第四十四屆會議，建議預防計劃應包含的其中一個基本元素，見《秘書處的說明：藥物濫用特別是兒童和青少年中藥物濫用的世界趨勢》(維也納，二零零一年三月二十至二十九日)。

It is one of the recommended general elements for preventive programmes proposed by the United Nations Commission on Narcotic Drugs at the Forty-fourth Session in March 2001. See "World situation with regard to drug abuse, with particular reference to children and youth – Note by Secretariat", 20-29 March 2001, Vienna.

總的來說，與濫用藥物的學生相比，不曾濫用藥物的學生的自我形象較正面，這現象與自我效能理論 (Bandura and Adams, 1977) 及自我形象理論 (Bem, 1978) 一致。因此，在籌劃介入活動時，可特別重視協助濫用藥物的學生建立正面的自我形象和自我效能。

家庭是在多方面影響藥物濫用的一個重要因素。本調查發現，在與家人的關係和適當家庭約束方面(從使用零用錢購買藥物、午夜在街上流連的比例，以及學生遇到濫藥問題時會否視父母為取得支援的來源等方面反映)，濫用藥物的學生與不曾濫用藥物的學生兩者情況大相逕庭。除了推行以學校為本的預防計劃之外，應還可進一步探討如何利用家庭作為防止濫用藥物的基本單位。

In general, non-drug-taking students have more positive self-perception than their drug-taking counterparts, in line with self-efficacy theory (Bandura and Adams, 1977) and self-perception theory (Bem, 1978). In devising intervention programmes, more attention could be given to assisting drug-taking students in building up positive self-image and self-efficacy.

Family is an important factor in influencing drug use in many ways. The Survey finds that there is significant difference between drug-taking and non-drug-taking students in terms of their relationship with family members, and appropriate family supervision (as reflected in the use of pocket money to buy drugs, proportion of roaming around at night, and whether students perceive parents as a source of support when they encounter drug problems). Apart from school based preventive programmes, how to utilize families as basic units in drug prevention, could be further explored.

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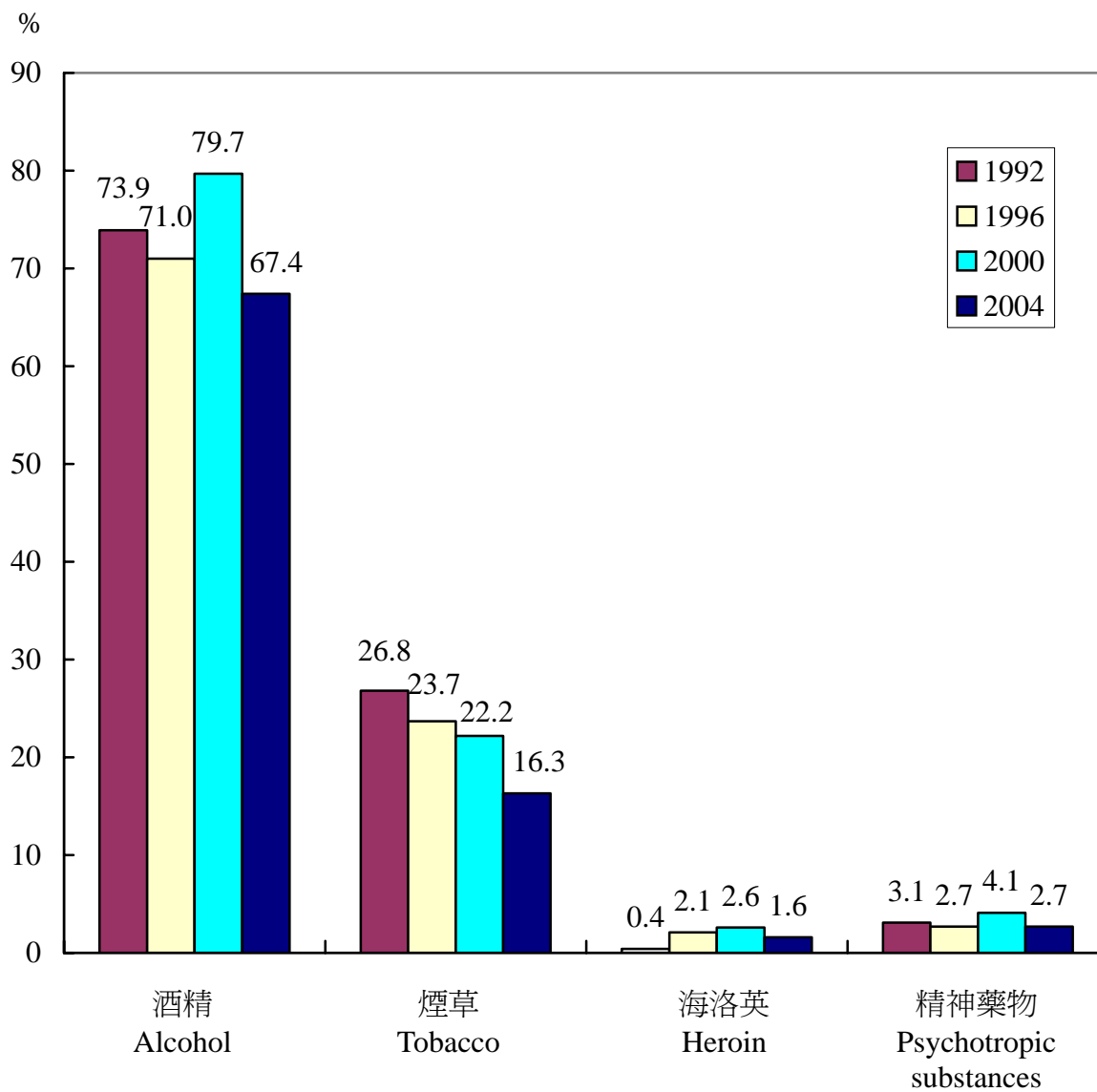


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## 1. 服用各類物質的普遍性 Prevalence of substance use

圖 1.1 曾飲酒、吸煙、濫用海洛英或精神藥物學生所佔比例  
Chart 1.1 Proportion of lifetime alcohol, tobacco, heroin or psychotropic substance users



註釋：百分比是以調查範圍內所有學生為基礎而計算的。

Note: Percentages are calculated based on all students covered by the survey.

**表 1.1 學生中曾飲酒者所佔比例（按年齡及性別分組）**  
**Table 1.1 Proportion of lifetime alcohol users by age and by sex**

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	49.6	65.1	49.3
13	62.1	72.6	57.0
14	70.2	77.5	62.6
15	74.0	81.7	69.4
16	80.1	85.4	73.5
17	82.7	87.5	75.4
18	85.2	89.0	79.8
19歲或以上 19 or above	88.8	91.1	81.5
<b>合計</b> <b>Overall</b>	<b>71.0</b>	<b>79.7</b>	<b>67.4</b>
<b>性別</b> <b>Sex</b>			
男 Male	72.9	80.2	68.3
女 Female	69.1	78.4	66.6
<b>合計</b> <b>Overall</b>	<b>71.0</b>	<b>79.7</b>	<b>67.4</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

**表 1.2 學生中曾吸煙者所佔比例（按年齡及性別分組）**  
**Table 1.2 Proportion of lifetime tobacco users by age and by sex**

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	9.2	9.4	6.6
13	17.5	15.5	10.6
14	24.7	21.9	14.9
15	27.5	25.2	18.3
16	30.2	28.3	19.4
17	29.3	26.4	20.4
18	27.5	26.9	19.3
19歲或以上 19 or above	35.6	34.4	24.4
<b>合計</b> <b>Overall</b>	<b>23.7</b>	<b>22.2</b>	<b>16.3</b>
<b>性別</b> <b>Sex</b>			
男 Male	26.2	24.2	17.7
女 Female	21.0	19.9	14.3
<b>合計</b> <b>Overall</b>	<b>23.7</b>	<b>22.2</b>	<b>16.3</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

**表 1.3 學生中曾濫用海洛英者所佔比例（按年齡及性別分組）**  
**Table 1.3 Proportion of lifetime heroin users by age and by sex**

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	1.3	1.8	1.7
13	2.4	2.3	2.0
14	2.6	3.0	1.9
15	2.4	2.8	1.6
16	2.1	2.5	1.3
17	1.9	2.2	1.2
18	1.5	2.4	0.9
19歲或以上 19 or above	1.8	4.2	1.6
<b>合計</b> <b>Overall</b>	<b>2.1</b>	<b>2.6</b>	<b>1.6</b>
<b>性別</b> <b>Sex</b>			
男 Male	2.7	3.0	1.7
女 Female	1.5	2.2	1.2
<b>合計</b> <b>Overall</b>	<b>2.1</b>	<b>2.6</b>	<b>1.6</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

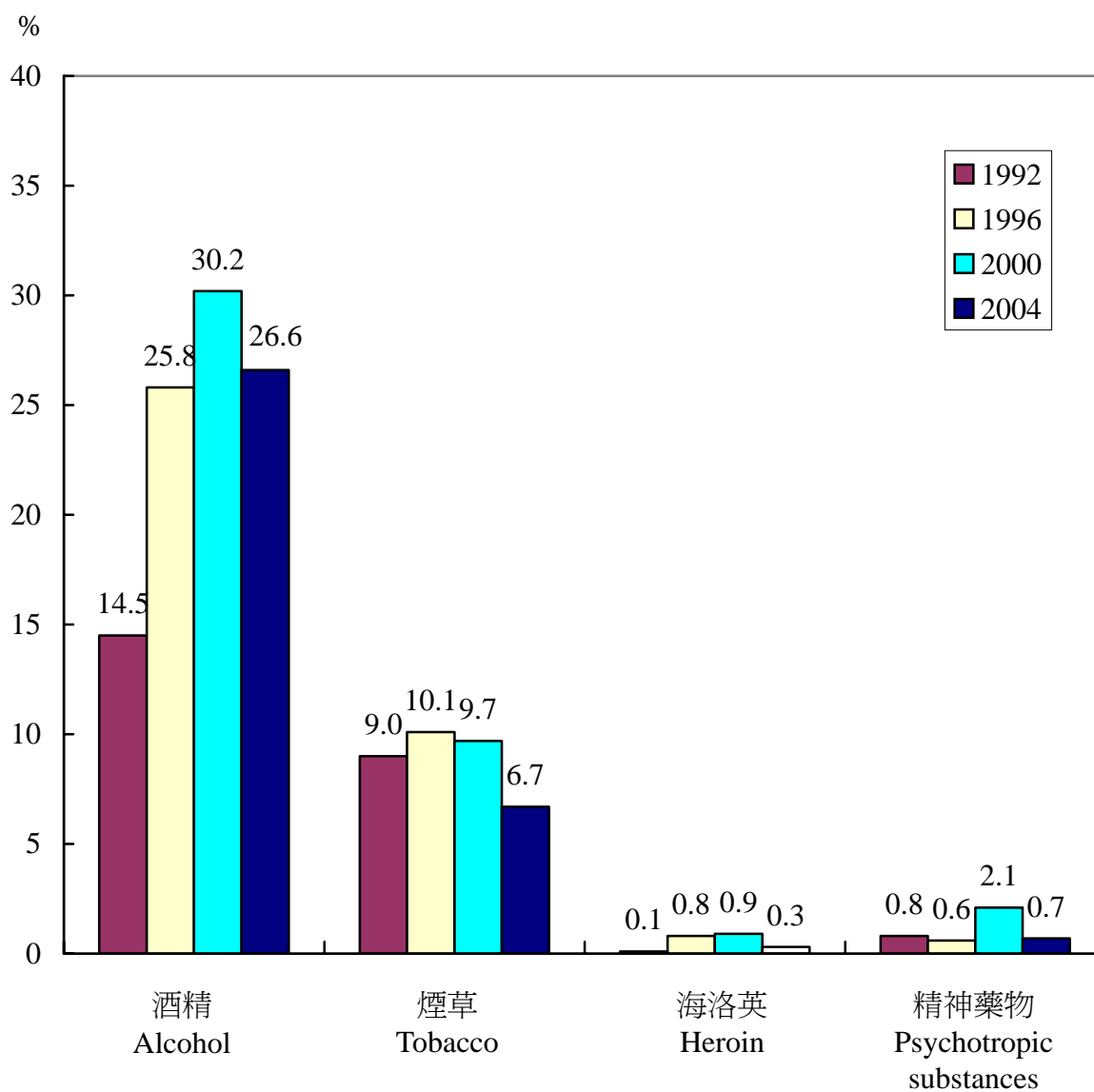
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**Table 1.4 Proportion of lifetime psychotropic substance users by age and by sex**

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	0.7	1.9	1.7
13	1.5	2.8	2.2
14	3.0	3.9	2.6
15	3.6	4.5	2.5
16	4.2	5.3	2.9
17	3.7	5.1	3.5
18	2.9	4.3	3.1
19歲或以上 19 or above	2.8	6.0	4.0
<b>合計</b> <b>Overall</b>	<b>2.7</b>	<b>4.1</b>	<b>2.7</b>
<b>性別</b> <b>Sex</b>			
男 Male	2.7	4.6	2.8
女 Female	2.8	3.4	2.4
<b>合計</b> <b>Overall</b>	<b>2.7</b>	<b>4.1</b>	<b>2.7</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

**圖 1.2 在調查前 30 天內曾飲酒、吸煙、濫用海洛英或精神藥物學生所佔比例**  
**Chart 1.2 Proportion of 30-day alcohol, tobacco, heroin or psychotropic substance users**



註釋：百分比是以調查範圍內所有學生為基礎而計算的。

Note: Percentages are calculated based on all students covered by the survey.



表 1.5 在調查前30天內曾飲酒學生所佔比例（按年齡及性別分組）  
 Table 1.5 Proportion of 30-day alcohol users by age and by sex

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	13.7	18.9	16.7
13	21.4	25.4	22.3
14	25.2	28.7	25.4
15	27.7	31.1	27.6
16	30.8	34.3	28.9
17	31.7	34.0	29.3
18	32.1	37.5	32.3
19歲或以上 19 or above	38.0	44.5	34.3
<b>合計</b> <b>Overall</b>	<b>25.8</b>	<b>30.2</b>	<b>26.6</b>
<b>性別</b> <b>Sex</b>			
男 Male	28.2	32.5	28.9
女 Female	23.2	27.5	23.8
<b>合計</b> <b>Overall</b>	<b>25.8</b>	<b>30.2</b>	<b>26.6</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

**表 1.6 在調查前30天內曾吸煙學生所佔比例（按年齡及性別分組）**  
**Table 1.6 Proportion of 30-day tobacco users by age and by sex**

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	2.4	3.4	2.3
13	7.1	6.3	4.0
14	11.7	9.6	6.2
15	12.8	12.0	7.8
16	13.3	13.1	8.6
17	12.3	11.3	7.9
18	10.3	10.1	7.5
19歲或以上 19 or above	15.3	15.5	10.5
<b>合計</b> <b>Overall</b>	<b>10.1</b>	<b>9.7</b>	<b>6.7</b>
<b>性別</b> <b>Sex</b>			
男 Male	11.7	11.1	7.6
女 Female	8.5	8.1	5.5
<b>合計</b> <b>Overall</b>	<b>10.1</b>	<b>9.7</b>	<b>6.7</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

**表 1.7** 在調查前30天內曾濫用海洛英的學生所佔比例（按年齡及性別分組）  
**Table 1.7** Proportion of 30-day heroin users by age and by sex

年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b>			
<b>Age</b>			
12歲或以下 12 or below	0.5	0.5	0.3
13	1.1	0.7	0.3
14	1.2	1.2	0.4
15	0.9	1.0	0.4
16	0.7	0.7	0.3
17	0.5	0.5	0.2
18	0.7	0.7	0.1
19歲或以上 19 or above	0.7	1.6	0.4
<b>合計</b> <b>Overall</b>	<b>0.8</b>	<b>0.9</b>	<b>0.3</b>
<b>性別</b>			
<b>Sex</b>			
男 Male	1.1	1.1	0.3
女 Female	0.5	0.6	0.2
<b>合計</b> <b>Overall</b>	<b>0.8</b>	<b>0.9</b>	<b>0.3</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

**表 1.8 在調查前30天內曾濫用精神藥物的學生所佔比例（按年齡及性別分組）**  
**Table 1.8 Proportion of 30-day psychotropic substance users by age and by sex**

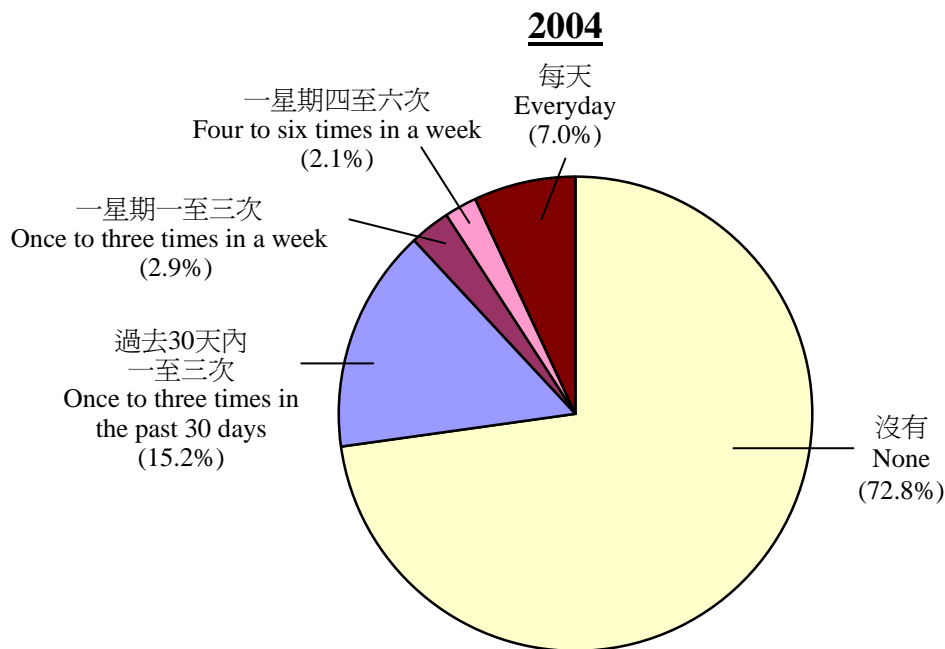
年齡/性別 Age/sex	1996 (%)	2000 (%)	2004 (%)
<b>年齡</b> <b>Age</b>			
12歲或以下 12 or below	0.1	0.9	0.4
13	0.3	1.4	0.5
14	0.7	2.1	0.8
15	1.0	2.5	0.9
16	0.9	2.7	0.8
17	0.6	2.6	1.0
18	0.5	1.8	0.6
19歲或以上 19 or above	0.4	3.2	1.0
<b>合計</b> <b>Overall</b>	<b>0.6</b>	<b>2.1</b>	<b>0.7</b>
<b>性別</b> <b>Sex</b>			
男 Male	0.6	2.5	0.7
女 Female	0.6	1.6	0.7
<b>合計</b> <b>Overall</b>	<b>0.6</b>	<b>2.1</b>	<b>0.7</b>

註釋：百分比是以提供有關資料的各年齡 / 性別組別的學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective age/sex groups who had provided relevant information.

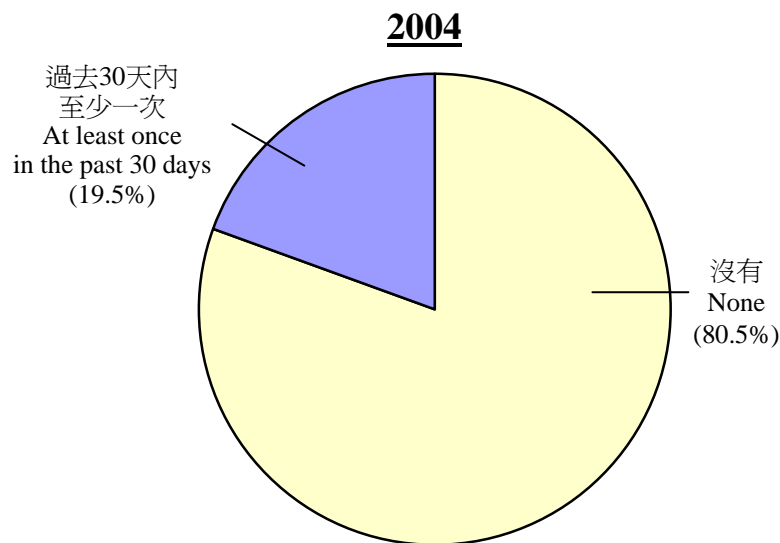
## 2. 曾濫用藥物者的特性 Characteristics of lifetime drug users

圖 2.1 在調查前30天內濫用精神藥物次數  
Chart 2.1 Frequency of using psychotropic substances in the 30 days before survey enumeration



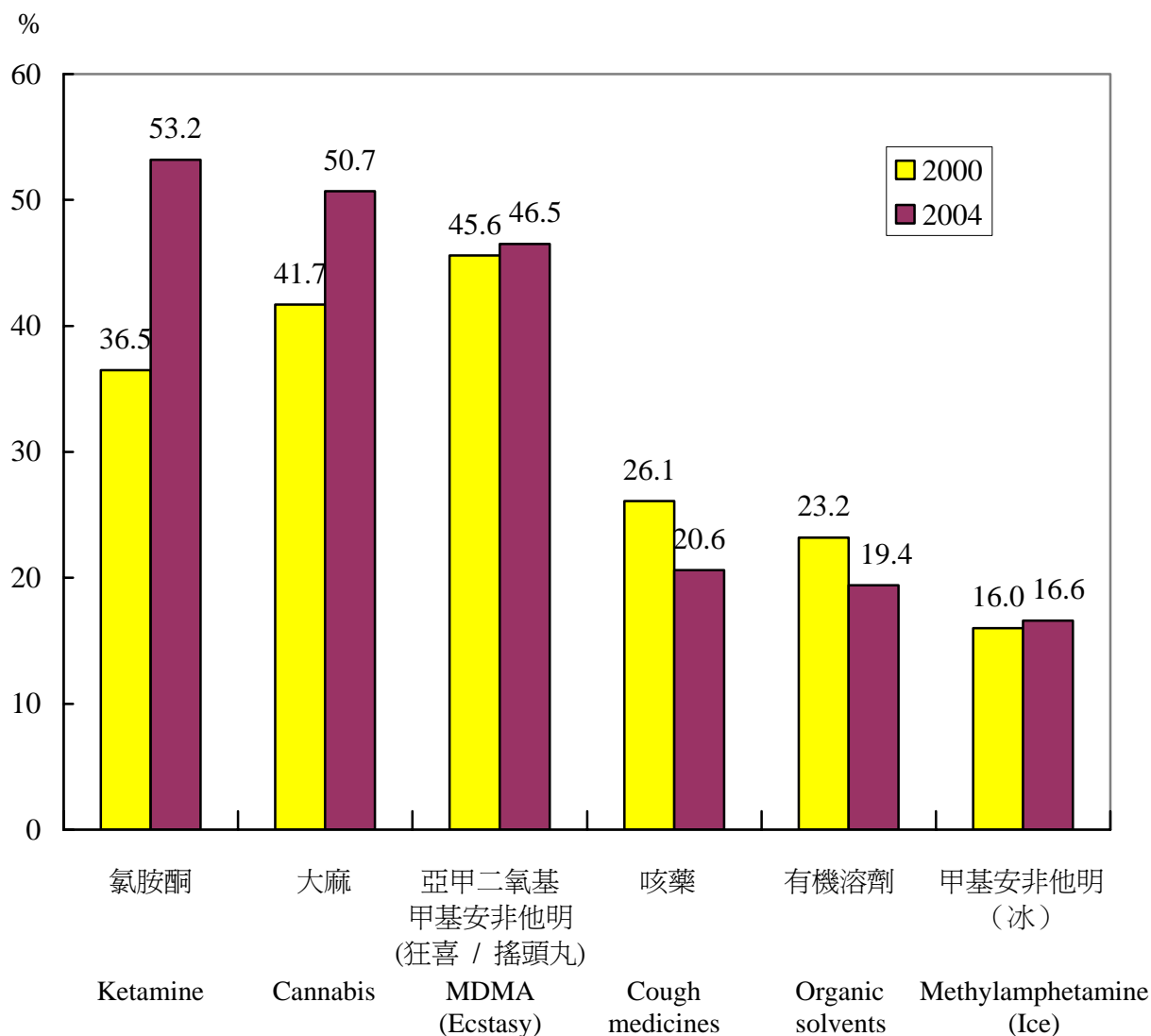
註釋：百分比是以提供有關資料的濫用精神藥物者為基礎而計算的。  
Note: Percentages are calculated based on psychotropic substance users who had provided relevant information.

圖 2.2 在調查前30天內濫用海洛英次數  
Chart 2.2 Frequency of using heroin in the 30 days before survey enumeration



註釋：百分比是以提供有關資料的濫用海洛英者為基礎而計算的。  
Note: Percentages are calculated based on heroin users who had provided relevant information.

圖 2.3 被濫用的精神藥物主要種類  
 Chart 2.3 Major type of psychotropic substances used



註釋：1. 學生可選擇多過一個答案。

Notes: Students were allowed to choose more than one answer.

2. 百分比是以提供有關資料的濫用精神藥物者為基礎而計算的。

Percentages are calculated based on psychotropic substance users who had provided relevant information.

表 2.1 被濫用的精神藥物種類

Table 2.1 Type of psychotropic substances used

被濫用的精神藥物種類 Type of psychotropic substance used	2000 * (%)	2004 * (%)
氯胺酮 Ketamine	36.5	53.2
大麻 Cannabis	41.7	50.7
亞甲二氧基甲基安非他明 (搖頭丸) MDMA (Ecstasy)	45.6	46.5
咳藥 Cough medicines	26.1	20.6
有機溶劑 Organic solvents	23.2	19.4
甲基安非他明 (冰) Methylamphetamine (Ice)	16.0	16.6
硝甲西泮 Nimetazepam	N.A.	16.6
三唑侖 / 咪達唑侖 Triazolam / Midazolam	13.9	15.7
甲喹酮 Methaqualone	12.3	13.5
氟硝西泮 / 氟硝安定 Flunitrazepam	11.9	12.3
可卡因 Cocaine	8.8	10.5
美沙酮 / 白色菲仕通 Methadone / physeptone	7.0	9.0
安定 Diazepam	6.6	8.9
其他安非他明 Other amphetamines	7.3	8.6
$\gamma$ -羥丁酸 Gamma Hydroxybutyric Acid (GHB)	N.A.	7.6
佐匹克隆 Zopiclone	N.A.	7.2
溴噻二氮草 Brotizolam	7.4	7.1

註釋：1. \* 學生可選擇多過一個答案。

Notes: 1. \* Students were allowed to choose more than one answer.

2. 百分比是以提供有關資料的濫用精神藥物者為基礎而計算的。

2. Percentages are calculated based on psychotropic substance users who had provided relevant information.

表 2.2 取得／購買藥物的主要金錢來源  
Table 2.2 Main source of money for drugs

主要金錢來源 Main source of money	2000		2004	
	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)
零用錢 Pocket money	39.5	56.4	26.3	37.3
不法途徑 (例如從偷竊或行劫得來) Illegal source (e.g. stole or robbed from others)	28.5	10.4	24.7	10.3
做兼職得來 Earned from part-time jobs	13.7	12.3	8.3	6.7
向朋友、同學借來 Borrowed from friends or classmates	5.3	4.9	5.7	1.9
其他 Others	13.1	16.0	35.0	43.7
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的濫用海洛英或精神藥物者為基礎而計算的。

Note: Percentages are calculated based on heroin or psychotropic substance users who had provided relevant information.



**表 2.3 通常濫用藥物的場所**  
**Table 2.3 Usual venue for taking drugs**

通常濫用藥物的場所 Usual venue for taking drugs	2000 *		2004	
	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)
好朋友家中 My close friend's home	31.9	32.0	7.2	16.9
自己家中 My home	25.2	23.8	13.8	10.7
同學家中 My schoolmate's home	15.8	10.4	1.9	1.7
鄰居家中 My neighbour's home	10.3	5.0	1.9	0.9
學校 School	16.9	8.0	15.9	4.1
香港的卡拉OK / 的士高 Karaoke / disco in Hong Kong	22.2	20.2	12.5	22.0
香港的公眾遊樂場 / 球場 / 公園 Public playground / park in Hong Kong	22.0	14.0	3.5	7.3
香港的派對 / 狂野派對 Party / rave party in Hong Kong	38.5	49.6	9.0	6.5
香港的酒吧 Bar / pub in Hong Kong	15.7	11.9	1.3	1.7
香港的遊戲機中心 Video game centre in Hong Kong	16.8	9.9	1.7	1.6
香港的網吧 Internet / cyber café in Hong Kong	N.A.	N.A.	3.2	1.4
香港的出租度假屋 / 宿營 Holiday rental resort in Hong Kong	15.4	10.0	1.3	0.8
中國內地的私人地方 Private places in Mainland China	10.6	5.0	1.4	1.1
中國內地的娛樂場所 Entertainment venues in Mainland China	13.5	13.7	2.8	6.0
其他 Others	5.2	4.2	22.5	17.2
<b>總計 Total</b>		<b>註釋 2. Note 2.</b>	<b>100.0</b>	<b>100.0</b>

註釋：1. 百分比是以提供有關資料的濫用海洛英或精神藥物者為基礎而計算的。

2. \* 在二零零零年的調查中，學生可選擇多過一個答案。

Notes: 1. Percentages are calculated based on heroin or psychotropic substance users who had provided relevant information.

2. \* Students were allowed to choose more than one answer in the 2000 Survey.

表 2.4 通常供應藥物給濫藥者的人  
Table 2.4 Person who usually supplied drugs to users

通常供應藥物的人 Person who usually supplied drugs	2000 *		2004	
	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)
好朋友 Close friends	} 46.0	} 64.7	14.0	27.6
其他朋友 Some other friends			11.4	24.2
毒販 Drug pushers	43.6	19.5	32.7	10.4
同學 Schoolmates	19.3	19.7	3.5	4.8
父母 Parents	N.A.	N.A.	7.8	4.4
兄弟姊妹 Brothers / sisters	N.A.	N.A.	1.4	2.2
親戚 Relatives	10.9	7.5	1.6	1.6
藥店 Drug stores	N.A.	12.8	N.A.	3.8
陌生人 Strangers	N.A.	N.A.	5.7	2.9
鄰居 Neighbours	8.9	8.3	0.9	0.8
其他 Others	2.9	1.3	21.0	17.4
<b>總計 Total</b>		<b>註釋 2. Note 2.</b>	<b>100.0</b>	<b>100.0</b>

註釋：1. 百分比是以提供有關資料的濫用海洛英或精神藥物者為基礎而計算的。

2. \* 在二零零零年的調查中，學生可選擇多過一個答案。

Notes: 1. Percentages are calculated based on heroin or psychotropic substance users who had provided relevant information.

2. \* Students were allowed to choose more than one answer in the 2000 Survey.

表 2.5 通常與哪些人一起濫用精神藥物

Table 2.5 Person with whom usually taking psychotropic substances together

通常與哪些人一起濫用精神藥物 Persons with whom usually taking psychotropic substances together	2000 (%)	2004 (%)
好朋友 Close friends	72.6	44.0
其他朋友 Some other friends		19.5
獨自服用 Used psychotropic substances alone	10.5	9.6
同學 Schoolmates	8.1	4.5
父母 Parents	N.A.	3.1
兄弟姊妹 Brothers / sisters	N.A.	2.3
親戚 Relatives	5.3	1.4
毒販 Drug pushers	N.A.	2.3
陌生人 Strangers	N.A.	2.4
鄰居 Neighbours	3.0	1.1
其他 Others	0.6	9.8
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的濫用精神藥物者為基礎而計算的。

Note: Percentages are calculated based on psychotropic substance users who had provided relevant information.

表 2.6 首次濫用藥物年齡  
Table 2.6 Age of first use of drugs

首次濫用藥物年齡 Age of first use	2000		2004	
	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)
10歲或以下 10 or below	35.5	15.2	26.0	12.5
11-12	20.3	16.0	8.8	10.4
13-14	18.1	26.2	13.8	28.3
15-16	8.3	23.5	6.6	24.0
17-18	1.9	7.1	2.4	7.3
19-20	}	}	0.6	1.7
21歲或以上 21 or above			0.7	2.2
記不起 Forgot	15.2	9.8	41.5	15.4
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的曾濫用海洛英或精神藥物者為基礎而計算的。

Note: Percentages are calculated based on heroin or psychotropic substance users who had provided relevant information.

**表 2.7 首次濫用藥物原因**  
**Table 2.7 Reason for first use of drugs**

首次濫藥原因 Reason for first use	2000		2004	
	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)
好奇 Curiosity	31.2	35.9	21.4	34.9
受朋友影響 Peer influence / pressure	19.9	16.6	10.0	15.4
尋求刺激 To seek euphoria / sensory satisfaction	14.1	17.9	12.0	14.0
消愁解悶 / 逃避不開心或不安的感覺 To relief of boredom / depression / anxiety	14.3	18.0	9.3	10.4
減輕壓力 To relieve pressure	7.2	4.4	3.4	6.4
提神 To keep up spirits	5.2	3.0	11.0	2.7
炫耀 To show off	6.1	2.6	6.2	1.6
其他 Others	2.0	1.7	26.7	14.6
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的濫用海洛英或精神藥物者為基礎而計算的。

Note: Percentages are calculated based on heroin or psychotropic substance users who had provided relevant information.

**表 2.8 曾否向他人求助**  
**Table 2.8 Whether sought help from others**

曾否向他人求助 Whether sought help from others	2004	
	濫用海洛英者 Heroin users (%)	濫用精神藥物者 Psychotropic substance users (%)
有 Yes	42.6	23.5
沒有 No	57.4	76.5
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的濫用海洛英或精神藥物者為基礎而計算的。

Note: Percentages are calculated based on heroin or psychotropic substance users who had provided relevant information.

**表 2.9 給予最大幫助的人**  
**Table 2.9 Person who gave the greatest help**

給予最大幫助的人 Person who gave the greatest help	2004	
	濫用海洛英者 Heroin users (%)	濫用精神藥物者 Psychotropic substance users (%)
好朋友 Close friends	15.8	26.8
父母 Parents	9.5	11.8
社工 Social workers	8.6	9.3
警方 Police	9.1	8.7
老師 Teachers	4.6	6.6
兄弟姊妹 Brothers / sisters	6.2	5.8
其他 Others	46.2	31.1
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料，並曾向他人求助的濫用海洛英或精神藥物者為基礎而計算的。

Note: Percentages are calculated based on heroin or psychotropic substance users who had sought help from others and provided relevant information.

### 3. 不會濫用藥物的學生接觸藥物的風險及禁毒信息

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

**表 3.1 曾否獲提供藥物**  
**Table 3.1 Whether being offered drugs**

曾否獲提供海洛英或精神藥物 Whether being offered heroin or psychotropic substances	2004	
	海洛英 Heroin (%)	精神藥物 Psychotropic substances (%)
有 Yes	1.6	3.0
沒有 No	98.4	97.0
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的不會濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had provided relevant information.

**表 3.2 最先提供藥物予學生的人**  
**Table 3.2 Person who first offered drugs to students**

最先提供藥物予學生的人 Person who first offered drugs to students	2004	
	曾獲提供海洛英的學生 Students who had been offered heroin (%)	曾獲提供精神藥物的學生 Students who had been offered psychotropic substances (%)
好朋友 Close friends	18.0	25.0
其他朋友 Some other friends	37.9	36.3
同學 Schoolmates	9.8	10.2
毒販 Drug pushers	11.4	5.5
父母 Parents	1.3	2.6
鄰居 Neighbours	2.5	1.3
兄弟姊妹 Brothers / sisters	1.8	1.5
其他 Others	17.3	17.6
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料，並曾獲提供海洛英或精神藥物的不會濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had been offered heroin or psychotropic substances and provided relevant information.

**表 3.3 成功拒絕接受藥物的最重要因素**  
**Table 3.3 Most important factor leading to successful refusal of drugs**

成功拒絕接受藥物的最重要因素 Most important factor leading to successful refusal of drugs	2004	
	曾獲提供海洛英的學生 Students who had been offered heroin (%)	曾獲提供精神藥物的學生 Students who had been offered psychotropic substances (%)
我有堅強的意志力助我抵抗濫用任何藥物 I had strong will which helped me resist taking any drugs	39.6	42.3
我害怕嘗試濫用藥物所帶來的影響 I was afraid of the consequences of trying drugs	22.1	21.6
在場的朋友警告 / 阻止我 My friends at the scene warned / stopped me	5.8	7.2
我不信任給予我藥物的人 I didn't trust the person who offered me drugs	8.3	6.3
我回憶起父母 / 老師 / 大眾傳播媒介等的禁毒信息 I recalled anti-drug messages from parents / teachers / mass media and etc.	5.6	5.6
其他 Others	18.6	17.0
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料，並曾獲提供海洛英或精神藥物的不曾濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had been offered heroin or psychotropic substances and provided relevant information.



**表 3.4 拒絕別人提供精神藥物的方法**  
**Table 3.4 Method used to refuse the offer of psychotropic substances**

拒絕別人提供精神藥物的方法 Method used to refuse the offer of psychotropic substances	2004 (%)
我直接地拒絕 I refused directly myself	61.2
我轉換了話題 / 提議做其他事 I changed the topic / suggested something else to do	8.2
在場的朋友助我拒絕 My friends helped me to refuse at the scene	6.6
我用藉口離開那地方 I left the place with an excuse	6.5
我向其他人尋求協助 I sought help from others	1.2
其他 Others	16.3
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料，並曾獲提供精神藥物的不曾濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had been offered psychotropic substances and provided relevant information.

**表 3.5 得知好友濫用精神藥物後會做的事情**  
**Table 3.5 Things to do if realized that close friends were using psychotropic substances**

得知好友濫用精神藥物後會做的事情 Things to do if realized that close friends were using psychotropic substances	2004 (%)
我會直接與他們對話了解情況，或勸他們向其他人尋求協助，及 / 或其他 I would talk with them directly to understand the situation, or persuade them to seek help from others, and/or others	67.6
我會告訴老師或父母 I would tell my teachers or parents	5.8
我會疏遠他們，或會裝作不知道 I would stay away from them, or pretend I knew nothing	21.1
其他 Others	5.5
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的不曾濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had provided relevant information.

**表 3.6 對禁毒信息可有所聞**  
**Table 3.6 Whether heard of anti-drug messages**

對禁毒信息可有所聞 Whether heard of anti-drug messages	2004 (%)
有 Yes	94.1
沒有 No	5.9
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的不會濫用藥物的學生為基礎而計算的。  
 Note: Percentages are calculated based on non-drug-taking students who had provided relevant information.

**表 3.7 禁毒信息的主要來源**  
**Table 3.7 Main source of anti-drug messages**

禁毒信息的主要來源 Main sources of anti-drug messages	2004 (%)
電視、收音機及報紙等大眾傳播媒介 Mass media such as TV, radio, newspapers etc.	74.5
學校 Schools	20.3
志願青少年機構 Voluntary youth agencies	2.4
互聯網 Internet	1.0
其他 Others	1.8
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料，並曾聽聞禁毒信息的不會濫用藥物的學生為基礎而計算的。  
 Note: Percentages are calculated based on non-drug-taking students who had ever heard of anti-drug messages and provided relevant information.

**表 3.8 曾否參與禁毒活動**  
**Table 3.8 Whether participated in anti-drug activities**

曾否參與禁毒活動 Whether participated in anti-drug activities	2004 (%)
有 Yes	40.0
沒有 No	60.0
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的不會濫用藥物的學生為基礎而計算的。  
 Note: Percentages are calculated based on non-drug-taking students who had provided relevant information.

**表 3.9 曾參與的禁毒活動**  
**Table 3.9 Anti-drug activities ever participated**

曾參與的禁毒活動 Anti-drug activities ever participated	2004 (%)
研討會 / 講座 Seminars / talks	47.2
嘉年華會 Carnivals	42.3
電影欣賞 Movie shows	23.6
綜藝表演 / 音樂會 Variety shows / concerts	13.7
志願工作 Voluntary works	8.2
戶外活動 Outdoor activities	8.1

註釋：1. 學生可選擇多過一個答案。

Notes: 1. Students were allowed to choose more than one answer.

2. 百分比是以提供有關資料，並曾參與禁毒活動的不會濫用藥物的學生為基礎而計算的。

2. Percentages are calculated based on non-drug-taking students who had participated in anti-drug activities and provided relevant information.

**表 3.10 有興趣參加的禁毒活動**  
**Table 3.10 Preferred type of anti-drug activities**

有興趣參加的禁毒活動 Preferred type of anti-drug activities	2004 (%)
綜藝表演 / 音樂會 Variety shows / concerts	23.7
嘉年華會 Carnivals	16.7
電影欣賞 Movie shows	15.3
戶外活動 Outdoor activities	7.9
志願工作 Voluntary works	4.3
研討會 / 講座 Seminars / talks	1.7
以上活動均沒有興趣參加 None of the above	30.3
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的不會濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had provided relevant information.

**表 3.11 喜歡由什麼人傳達禁毒信息**  
**Table 3.11 Preferred person to deliver anti-drug messages**

喜歡由什麼人傳達禁毒信息 Preferred persons to deliver anti-drug messages	2004 (%)
曾經濫用藥物人士 Ex-drug abusers	32.2
電視 / 電影明星或流行歌手 TV / movie stars or pop singers	24.3
醫療界專業人士 Medical professionals	14.5
老師 Teachers	5.5
父母 Parents	5.2
社工 Social workers	4.5
有名的運動員 Famous athletes	3.5
政府官員 Government officials	0.8
其他 Others	9.6
<b>總計 Total</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的不會濫用藥物的學生為基礎而計算的。

Note: Percentages are calculated based on non-drug-taking students who had provided relevant information.

#### 4. 對濫用藥物的態度及相關因素

##### Attitudes towards drug abuse and associated factors

表 4.1 是否贊成別人濫用海洛英  
Table 4.1 Approval of people using heroin

是否贊成別人濫用海洛英 Whether approved of people using heroin	2000	2004		
	所有學生 All students (%)	濫用海洛英者 Heroin users (%)	不會濫用藥物學生 Non-drug-taking students (%)	所有學生 All students (%)
贊成 Approved	3.7 #	25.5	1.6	2.1
不贊成 Disapproved	96.3 #	74.5	98.4	97.9
<b>總計 Total</b>	<b>100.0</b>	100.0	100.0	<b>100.0</b>

註釋：1. 百分比是以提供有關資料的各組別學生為基礎而計算的。

2. # 有關數字為在二零零零年的調查中，表示贊成 / 不贊成別人經常濫藥的學生所佔比例。

Notes: 1. Percentages are calculated based on students in the respective groups who had provided relevant information.

2. # The figures were proportions of students indicated approved / disapproved of people using drugs regularly in the 2000 Survey.

表 4.2 是否贊成別人濫用精神藥物  
Table 4.2 Approval of people using psychotropic substances

是否贊成別人濫用精神藥物 Whether approved of people using psychotropic substances	2000	2004		
	所有學生 All students (%)	濫用精神藥物者 Psychotropic substance users (%)	不會濫用藥物學生 Non-drug-taking students (%)	所有學生 All students (%)
贊成 Approved	4.7 #	28.5	2.0	2.7
不贊成 Disapproved	95.3 #	71.5	98.0	97.3
<b>總計 Total</b>	<b>100.0</b>	100.0	100.0	<b>100.0</b>

註釋：1. 百分比是以提供有關資料的各組別學生為基礎而計算的。

2. # 有關數字為在二零零零年的調查中，表示贊成 / 不贊成別人經常濫藥的學生所佔比例。

Notes: 1. Percentages are calculated based on students in the respective groups who had provided relevant information.

2. # The figures were proportions of students indicated approved/ disapproved of people using drugs regularly in the 2000 Survey.

**表 4.3 對藥物禍害的看法**  
**Table 4.3 Perception on harmful effects of drugs**

是否同意以下句子 Whether agreed with the following statements	2000	2004			所有學生 All students (%)
	所有學生 All students (%)	濫用海洛英者 Heroin users (%)	濫用精神藥物者 Psychotropic substance users (%)	不會濫用藥物學生 Non-drug-taking students (%)	
“濫用海洛英會危害健康” “Abusing heroin is harmful to health”					
同意 Agreed	87.4	70.1	78.2	93.2	92.7
不同意 Disagreed	12.6	29.9	21.8	6.8	7.3
“濫用藥物或其他物品會危害健康” # “Abusing psychotropic substances is harmful to health” #					
同意 Agreed	84.4	69.9	76.0	93.0	92.4
不同意 Disagreed	15.6	30.1	24.0	7.0	7.6
“如果濫用藥物，我的健康會越來越差” “My health will deteriorate if I abuse drugs”					
同意 Agreed	N.A.	67.4	73.8	92.1	91.5
不同意 Disagreed	N.A.	32.6	26.2	7.9	8.5
“如果濫用藥物，我的工作或學業會有麻煩” “If I abuse drugs, I will have trouble in my work or study”					
同意 Agreed	N.A.	62.2	60.1	87.9	87.1
不同意 Disagreed	N.A.	37.8	39.9	12.1	12.9

註釋： 1. 百分比是以提供有關資料的各組別學生為基礎而計算的。

2. # 在二零零零年的調查中，句子為“食丸仔、大麻、咳水、天拿水之類的物品會損害健康”。

Notes: 1. Percentages are calculated based on students in the respective groups who had provided relevant information.

2. # In the 2000 Survey, the statement was “Taking substances like pills, cannabis, cough medicine, solvent thinner is harmful to health”.

表 4.4 學生濫用藥物的傾向  
Table 4.4 Students' inclination to drug use

是否同意以下句子 Whether agreed with the following statements	2004			
	濫用 海洛英者 Heroin users (%)	濫用 精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	所有學生 All students (%)
“我的好朋友認為濫用藥物是愚蠢的” “My close friends think it is stupid to abuse drugs”				
同意 Agreed	56.3	50.3	86.6	85.6
不同意 Disagreed	43.7	49.7	13.4	14.4
“我向自己承諾，不會濫用藥物” “I have promised myself not to abuse drugs”				
同意 Agreed	63.5	55.2	90.5	89.5
不同意 Disagreed	36.5	44.8	9.5	10.5
“我相信服用藥物後可以和朋友更容易相處” “I believe that I can get along with my friends better after using drugs”				
同意 Agreed	28.1	26.0	5.7	6.3
不同意 Disagreed	71.9	74.0	94.3	93.7
“我的好朋友會覺得服用藥物是很平常的事情” “My close friends would regard using drugs as very common”				
同意 Agreed	33.1	52.7	10.3	11.5
不同意 Disagreed	66.9	47.3	89.7	88.5
“服用藥物可以令我更有自信” “Using drugs will make me more confident”				
同意 Agreed	24.3	21.3	4.9	5.4
不同意 Disagreed	75.7	78.7	95.1	94.6
“我相信服用藥物可以令我玩得更開心” “I believe that I will have a good time after taking drugs”				
同意 Agreed	33.7	52.8	8.8	10.0
不同意 Disagreed	66.3	47.2	91.2	90.0
“遇到不如意的事情，我會服用藥物” “I will use drugs when I am unhappy”				
同意 Agreed	27.3	32.3	4.2	5.0
不同意 Disagreed	72.7	67.7	95.8	95.0

註釋：百分比是以提供有關資料的各組別學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective groups who had provided relevant information.



表 4.5 學生的自我形象  
Table 4.5 Self-perception of students

是否同意以下句子 Whether agreed with the following statements	2004			
	濫用 海洛英者 Heroin users (%)	濫用 精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	所有學生 All students (%)
“如果我盡力去做的話，我總是能夠解決難題的” “I can always manage to solve difficult problems if I try hard enough”				
同意 Agreed	71.7	74.8	85.2	84.9
不同意 Disagreed	28.3	25.2	14.8	15.1
“我有自信能有效地應付任何突如其來的事情” “I am confident that I could deal efficiently with unexpected events”				
同意 Agreed	66.0	69.2	73.5	73.4
不同意 Disagreed	34.0	30.8	26.5	26.6
“在好朋友之間我常常有自己的主意” “I always have my own idea amongst my close friends”				
同意 Agreed	63.5	70.5	77.8	77.6
不同意 Disagreed	36.5	29.5	22.2	22.4
“總括來說，我對自己感到滿意” “On the whole, I am satisfied with myself”				
同意 Agreed	67.7	66.9	79.4	79.0
不同意 Disagreed	32.3	33.1	20.6	21.0
“我非常容易受好朋友影響” “I can be influenced by my close friends very easily”				
同意 Agreed	40.1	51.1	48.2	48.2
不同意 Disagreed	59.9	48.9	51.8	51.8
“有些時候，我會覺得自己是一無是處” “Sometimes I think I am no good at all”				
同意 Agreed	47.9	52.5	48.8	48.9
不同意 Disagreed	52.1	47.5	51.2	51.1

註釋：百分比是以提供有關資料的各組別學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective groups who had provided relevant information.

表 4.6 在調查前六個月內曾遇到行爲與學業問題的學生所佔比例

Table 4.6 Proportion of students ever experienced behavioural and school problems in the six months before survey enumeration

行爲與學業問題 Behavioural and school problems	2000	2004			所有學生 All students (%)
	所有學生 All students (%)	濫用 海洛英者 Heroin users (%)	濫用 精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	
受同輩欺負 * Bullied by peers *	17.4	31.8	25.8	27.5	27.5
午夜在街上流連 Roaming around at night	N.A.	45.7	65.2	23.8	25.0
被學校記缺點、小過、大過或 收警告信 Reprimanded by school	14.7	45.3	53.7	23.9	24.8
被流氓騷擾 Harassed by gangsters	N.A.	27.5	29.9	10.6	11.2
逃學 Played truant	4.9	31.7	44.5	9.4	10.4
與黑社會來往 Involved in triad society	7.7	34.3	50.7	8.9	10.0

註釋：1. 學生可選擇多過一個答案。

2. 百分比是以提供有關資料的各組別學生為基礎而計算的。

3. \* 在二零零零年的調查中，這個答案是“受同學欺負”。

Notes: 1. Students were allowed to choose more than one answer.

2. Percentages are calculated based on students in the respective groups who had provided relevant information.

3. \* In the 2000 Survey, the choice was phrased as “Bullied by classmates/ schoolmates”.

表 4.7 在閒暇獨處時常做的事情  
Table 4.7 Things to do alone in leisure time

在閒暇獨處時常做的事情 Things to do alone in leisure time	2004			所有學生 All students (%)
	濫用 海洛英者 Heroin users (%)	濫用 精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	
看電視 / 聽電台節目或音樂 Watching TV / listening to radio / music	49.6	55.0	75.7	75.1
瀏覽互聯網 / ICQ Surfing the Internet / ICQ	52.5	63.5	74.2	73.8
睡覺 Sleeping	45.5	57.2	59.4	59.2
玩電子遊戲 Playing video games	32.8	33.7	44.5	44.2
做運動 / 玩遊戲 / 戶外活動 Playing sports / games / outdoor activities	26.6	25.3	32.0	31.8
文化活動 (例如閱讀、玩樂器等) Cultural activities (e.g. reading, playing musical instrument etc.)	19.5	17.2	31.5	31.1
購物 / 逛街 Shopping / wandering on streets	19.3	19.4	19.6	19.6
在家玩耍 (例如玩玩具) Playing at home (e.g. playing with toys)	12.7	11.3	14.4	14.3
其他 Others	21.5	22.4	15.2	15.4

註釋：1. 學生可選擇多過一個答案。

2. 百分比是以提供有關資料的各組別學生  
為基礎而計算的。

Notes: 1. Students were allowed to choose more than one  
answer.

2. Percentages are calculated based on students in  
the respective groups who had provided relevant  
information.

**表 4.8 在閒暇與好友一起時常做的事情**  
**Table 4.8 Things to do with friends in leisure time**

在閒暇與好友一起時常做的事情 Things to do with friends in leisure time	2004			所有學生 All students (%)
	濫用 海洛英者 Heroin users (%)	濫用 精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	
與朋友聊天 Chatting with friends	45.6	56.3	72.3	71.8
購物 / 逛街 Shopping / wandering on streets	43.0	55.7	57.3	57.2
做運動 / 玩遊戲 / 戶外活動 Playing sports / games / outdoor activities	43.4	40.1	55.6	55.2
看電影 Watching movies	33.7	42.2	45.6	45.5
玩電子遊戲 Playing video games	35.7	38.6	40.4	40.4
留在朋友家 Staying at friends' homes	22.0	28.4	26.6	26.6
往卡拉OK或的士高 Going to karaoke, discos or cyber café	30.4	48.7	24.8	25.4
參與課外活動 Joining extra-curricula activities	15.6	10.4	20.6	20.3
參與義工服務 Joining volunteer services	8.4	8.6	10.8	10.7
其他 Others	19.6	22.1	17.4	17.5

註釋：1. 學生可選擇多過一個答案。

2. 百分比是以提供有關資料的各組別學生為基礎而計算的。

Notes: 1. Students were allowed to choose more than one answer.

2. Percentages are calculated based on students in the respective groups who had provided relevant information.

**表 4.9 與家人的關係**  
**Table 4.9 Relationship with family**

是否同意以下句子 Whether agreed with the statements	2000	2004			所有學生 All students (%)
	所有學生 All students (%)	濫用 海洛英者 Heroin users (%)	濫用 精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	
“我和我的家人和洽相處” “I get along well with my family members”					
同意 Agreed	N.A.	65.3	62.8	83.0	82.4
不同意 Disagreed	N.A.	34.7	37.2	17.0	17.6
“我的父母關注我的感受” “My parents care about my feelings”					
同意 Agreed	65.6	62.2	57.1	74.2	73.8
不同意 Disagreed	34.4	37.8	42.9	25.8	26.2
“我的父母不太了解我” “My parents don't really understand me”					
同意 Agreed	64.0	42.3	50.9	40.6	40.9
不同意 Disagreed	36.0	57.7	49.1	59.4	59.1

註釋：百分比是以提供有關資料的各組別學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective groups who had provided relevant information.

**表 4.10 是否與父母同住及父母的狀況**  
**Table 4.10 Whether living with parents and status of parents**

是否與父母同住及父母的狀況 Whether living with parents and status of parents	2004			所有學生 All students (%)
	濫用海洛英者 Heroin users (%)	濫用精神藥物者 Psychotropic substance users (%)	不會濫用藥物學生 Non-drug-taking students (%)	
父母親都是與我同住。 Both my father and mother are living with me.	77.1	73.7	86.6	86.2
只有母親與我同住。父親住在其他地方。 Only my mother is living with me. My father is living elsewhere.	5.8	9.5	6.4	6.5
只有父親與我同住。母親住在其他地方。 Only my father is living with me. My mother is living elsewhere.	2.4	3.6	1.7	1.7
只有母親與我同住。父親已去世。 Only my mother is living with me. My father has deceased.	3.5	3.7	2.6	2.6
只有父親與我同住。母親已去世。 Only my father is living with me. My mother has deceased.	2.2	1.0	0.6	0.6
父母親都不是與我同住，他們都住在其他地方。 Both my father and mother are not living with me. They are living elsewhere.	4.3	5.6	2.0	2.1
父母親都已去世。 Both my parents have deceased.	4.7	2.9	0.2	0.3
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的各組別學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective groups who had provided relevant information.

表 4.11 家庭每月總收入  
Table 4.11 Monthly family income

家庭每月總收入 Family's monthly household income	2004			
	濫用海洛英者 Heroin users (%)	濫用精神藥物者 Psychotropic substance users (%)	不會濫用 藥物學生 Non-drug- taking students (%)	所有學生 All students (%)
\$5,000 以下 Below \$5,000	8.7	6.3	4.2	4.3
\$5,000 - \$19,999	28.0	32.9	38.6	38.4
\$20,000 - \$49,999	13.0	15.0	14.7	14.7
\$50,000 或以上 \$50,000 or above	10.4	10.3	5.4	5.5
不知道 Didn't know	39.9	35.5	37.1	37.1
<b>總計 Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

註釋：百分比是以提供有關資料的各組別學生為基礎而計算的。

Note: Percentages are calculated based on students in the respective groups who had provided relevant information.

問卷樣本  
**QUESTIONNAIRE SPECIMEN**



## 第一部份：飲酒和吸煙

這部份是關於飲用含酒精飲料和吸食煙草的。

「酒」是指各類含酒精飲料，包括烈酒、紅／白葡萄酒、啤酒、雞尾酒、仙地、含有酒精成份的果汁。

「煙草」是指各類煙草製品，包括香煙、雪茄或煙斗用煙絲。

### 填寫指引

請用藍色鉛子筆／黑色鉛子筆或鉛筆  
在圓形內填滿

e.g. ● 正確 ○ ⊗ ⊙ 不正確

### 答案欄

1. 你以前有沒有飲用含酒精飲料？

沒有 ① ② 有

(請答問題 2a 和 3a)

(請答問題 2b 和 3b)

2a. 你不飲用含酒精飲料的最重要因素是甚麼？

飲酒會損害健康 ①  
我未夠年齡飲酒 ②  
我的好朋友沒有飲酒 ③  
我的父母不允許我飲酒 ④  
我沒有興趣飲酒 ⑤  
我不喜歡飲酒者的形象 ⑥  
我沒有金錢買酒 ⑦  
我沒有機會飲酒 ⑧  
其他 ⑨

2b. 你首次飲用含酒精飲料時年紀有多大？

① 10歲或以下  
② 11 - 12  
③ 13 - 14  
④ 15 - 16  
⑤ 17 - 18  
⑥ 19 - 20  
⑦ 21歲或以上  
⑧ 我記不起

3a. 你不飲用含酒精飲料的次要因素是甚麼？

飲酒會損害健康 ①  
我未夠年齡飲酒 ②  
我的好朋友沒有飲酒 ③  
我的父母不允許我飲酒 ④  
我沒有興趣飲酒 ⑤  
我不喜歡飲酒者的形象 ⑥  
我沒有金錢買酒 ⑦  
我沒有機會飲酒 ⑧  
其他 ⑨

3b. 在過去三十天內，你有沒有飲用含酒精飲料及有多頻密？

① 過去三十天內沒有飲用  
② 過去三十天內有一至三次  
③ 每個星期有一至三次  
④ 每個星期多於三次但不是每天都飲用  
⑤ 過去三十天內每天都有飲用

4. 你以前有沒有吸食煙草製品？

沒有 ① ② 有

(請答問題 5a 和 6a)

(請答問題 5b 和 6b)

5a. 你不吸食煙草製品的最重要因素是甚麼？

吸煙會損害健康 ①  
我未夠年齡吸煙 ②  
我的好朋友沒有吸煙 ③  
我的父母不允許我吸煙 ④  
我沒有興趣吸煙 ⑤  
我不喜歡吸煙者的形象 ⑥  
我沒有金錢購買煙草製品 ⑦  
我沒有機會吸煙 ⑧  
其他 ⑨

5b. 你首次吸食煙草製品時年紀有多大？

① 10歲或以下  
② 11 - 12  
③ 13 - 14  
④ 15 - 16  
⑤ 17 - 18  
⑥ 19 - 20  
⑦ 21歲或以上  
⑧ 我記不起

6a. 你不吸食煙草製品的次要因素是甚麼？

吸煙會損害健康 ①  
我未夠年齡吸煙 ②  
我的好朋友沒有吸煙 ③  
我的父母不允許我吸煙 ④  
我沒有興趣吸煙 ⑤  
我不喜歡吸煙者的形象 ⑥  
我沒有金錢購買煙草製品 ⑦  
我沒有機會吸煙 ⑧  
其他 ⑨

6b. 在過去三十天內，你有沒有吸食煙草製品及有多頻密？

① 過去三十天內沒有吸食  
② 過去三十天內有一至三次  
③ 每個星期有一至三次  
④ 每個星期多於三次但不是每天都吸食  
⑤ 過去三十天內每天都有吸食

(第 7 題)

(第 7 題)

在以下的其他部份，「精神藥物」是指列載於問題21a和21b中的任何藥物或其他物品。常見的精神藥物或其他物品有氯胺酮、搖頭丸和大麻等。「藥物」則泛指海洛英和精神藥物。

## 第二部份：海洛英的濫用

7. 在你自己認識的人當中，有沒有人經常濫用海洛英？  
如果「有」，是誰呢？（可選多個答案。）

- ① 沒有，我不認識  
 ② 有，是我的好朋友      ③ 有，是我的同學      ④ 有，是我的鄰居      ⑤ 有，是我的父母  
 ⑥ 有，是我的兄弟姊妹      ⑦ 有，是我的親戚      ⑧ 有，是其他朋友      ⑨ 有，是其他人

8. 你是否贊成別人濫用海洛英？

- ① 十分不贊成      ② 不贊成      ③ 贊成      ④ 十分贊成

9. 你以前有沒有濫用海洛英？

沒有 ① ② 有

如「沒有」，請答問題 10a、11a、... 至17a（左方的問題）。

如「有」，請答問題 10b、11b、... 至 17b 或 17c（右方的問題）。

10a. 有沒有人曾經給予你海洛英？ 如果「有」，首次是誰給予你的呢？

10b. 你首次濫用海洛英時年紀有多大？

- |          |   |   |         |
|----------|---|---|---------|
| 沒有       | ① | ① | 10歲或以下  |
| 有，我的好朋友  | ② | ② | 11 - 12 |
| 有，我的同學   | ③ | ③ | 13 - 14 |
| 有，我的鄰居   | ④ | ④ | 15 - 16 |
| 有，我的父母   | ⑤ | ⑤ | 17 - 18 |
| 有，我的兄弟姊妹 | ⑥ | ⑥ | 19 - 20 |
| 有，毒販     | ⑦ | ⑦ | 21歲或以上  |
| 有，其他朋友   | ⑧ | ⑧ | 我記不起    |
| 有，其他人    | ⑨ |   |         |

11a. 這些人首次在甚麼地方給予你海洛英？

11b. 你首次濫用海洛英的主要原因是甚麼？

- |                    |   |   |                      |
|--------------------|---|---|----------------------|
| 不適用，從沒有人給予我海洛英     | ① | ① | 因為好奇                 |
| 自己家中               | ② | ② | 因受朋友影響               |
| 好朋友家中              | ③ | ③ | 為了消愁解悶 / 逃避不开心或不愛的感覺 |
| 同學家中               | ④ | ④ | 為了炫耀                 |
| 鄰居家中               | ⑤ | ⑤ | 為了尋求刺激               |
| 學校                 | ⑥ | ⑥ | 為了提神                 |
| 香港的網吧              | ⑦ | ⑦ | 為了減輕壓力               |
| 香港的遊戲機中心           | ⑧ | ⑧ | 其他原因                 |
| 香港的狂野派對            | ⑨ |   |                      |
| 香港的卡拉OK / 的士高      | ⑩ |   |                      |
| 香港的酒吧              | ⑪ |   |                      |
| 香港的公眾遊樂場 / 球場 / 公園 | ⑫ |   |                      |
| 香港的出租度假屋 / 宿營      | ⑬ |   |                      |
| 國內的娛樂場所            | ⑭ |   |                      |
| 國內的私人地方            | ⑮ |   |                      |
| 其他地方               | ⑯ |   |                      |

12a. 哪一個是令你成功地拒絕接受海洛英的最重要因素？

12b. 一般來說，你用來購買海洛英的主要來源是甚麼？

- |                            |   |   |                    |
|----------------------------|---|---|--------------------|
| 不適用，從沒有人給予我海洛英             | ① | ① | 零用錢                |
| 在場的朋友警告 / 阻止我              | ② | ② | 做兼職得來的錢            |
| 我有堅強的意志助我抵抗濫用任何藥物          | ③ | ③ | 向朋友、同學借來的錢         |
| 我害怕嘗試濫用藥物所帶來的影響            | ④ | ④ | 不法途徑（例如從偷竊或行劫得來的錢） |
| 我回憶起父母 / 老師 / 大眾傳播媒介等的禁毒信息 | ⑤ | ⑤ | 其他來源               |
| 我不信任給予我海洛英的人               | ⑥ |   |                    |
| 其他                         | ⑦ |   |                    |

（第 13a 題）

（第 13b 題）

## 答案欄

13a. 你有沒有告訴其他人曾經有人給予你海洛英？如果「有」，是誰呢？（可選多個答案。）

- 不適用，從沒有人給予我海洛英
- 我沒有告訴任何人
- 有，我告訴了我的好朋友
- 有，我告訴了我的父母
- 有，我告訴了我的兄弟姊妹
- 有，我告訴了我的老師
- 有，我告訴了社工
- 有，我告訴了警方
- 有，我告訴了其他人

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

13b. 一般來說，是誰經常提供海洛英給你呢？

- 我的好朋友
- 我的同學
- 我的鄰居
- 我的父母
- 我的兄弟姊妹
- 我的親戚
- 毒販
- 其他朋友
- 陌生人
- 其他人

14a. 你以前有沒有聽聞任何有關禁毒的資訊？如果「有」，哪一個是最主要的資訊來源？

- 沒有，我從未聽聞
- 有，從電視、收音機及報紙等大眾傳播媒介
- 有，從互聯網
- 有，從學校
- 有，從志願青少年機構
- 有，從其他來源

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

14b. 一般來說，你會在哪些地方濫用海洛英呢？

- 自己家中
- 好朋友家中
- 同學家中
- 鄰居家中
- 學校
- 香港的網吧
- 香港的遊戲機中心
- 香港的狂野派對
- 香港的卡拉OK / 的士高
- 香港的酒吧
- 香港的公眾遊樂場 / 球場 / 公園
- 香港的出租度假屋 / 宿營
- 國內的娛樂場所
- 國內的私人地方
- 其他地方

15a. 你以前有沒有參與下列的禁毒活動？如果「有」，是哪一類呢？（可選多個答案。）

- 我從沒有參與過任何禁毒活動
- 嘉年華會
- 綜藝表演 / 音樂會
- 志願工作
- 研習班 / 講座
- 電影欣賞
- 戶外活動

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

15b. 你從前有沒有因為濫用海洛英問題而向他人求助？如果「有」，是誰給你最大幫助呢？

- 我從沒有尋求任何協助
- 有，我的好朋友給我最大幫助
- 有，我的父母給我最大幫助
- 有，我的兄弟姊妹給我最大幫助
- 有，我的老師給我最大幫助
- 有，社工給我最大幫助
- 有，警方給我最大幫助
- 有，其他人

16a. 下列哪一項禁毒活動你最感興趣參加？

- 嘉年華會
- 綜藝表演 / 音樂會
- 志願工作
- 研習班 / 講座
- 電影欣賞
- 戶外活動
- 我對以上活動均沒有興趣參加

- 1
- 2
- 3
- 4
- 5
- 6
- 7

16b. 在過去三十天內，你有沒有濫用海洛英？

- 過去三十天內沒有濫用
- 有

（請答問題17b）

（請答問題17c）

17a. 你最喜歡由誰傳遞藥物資訊給你呢？

- 曾經濫用藥物人士
- 父母
- 老師
- 醫療界專業人士
- 社工
- 政府官員
- 電視 / 電影明星或流行歌手
- 有名的運動員
- 其他

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

17b. 你停止濫用海洛英的主要原因是甚麼？

- 我已戒除濫用海洛英
- 我已對海洛英失去興趣
- 當濫用海洛英時，我感到不舒服
- 我覺得海洛英已損害我的身體健康
- 我那些濫用藥物的朋友已停止濫用海洛英
- 我的家人阻止我
- 我的老師阻止我
- 我的朋友阻止我
- 我沒有錢
- 其他

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

17c. 你有沒有嘗試戒除濫用海洛英？有或沒有的主要原因是甚麼？

- 沒有，因為我不覺得濫用海洛英有危險
- 沒有，因為我不覺得自己已經上癮
- 沒有，因為我的朋友仍有濫用海洛英
- 沒有，因為我的家人沒有阻止我
- 沒有，因為\_\_\_\_\_
- 有，但結果失敗，因為我不能抑制藥癮
- 有，但結果失敗，因為我的朋友強迫我繼續濫用海洛英
- 有，但結果失敗，因為\_\_\_\_\_

（第 18 題）

（第 18 題）

（第 18 題）

### 第三部份：精神藥物的濫用

在以下的其他部份，「精神藥物」是指列載於問題21a和21b中的任何藥物或其他物品。常見的精神藥物或其他物品有氯胺酮、搖頭丸和大麻等。「藥物」則泛指海洛英和精神藥物。

#### 答案欄

18. 在你自己認識的人當中，有沒有人經常濫用精神藥物？如果「有」，是誰呢？（可選多個答案。）

- 沒有，我不認識
- 有，是我的好朋友
- 有，是我的同學
- 有，是我的鄰居
- 有，是我的父母
- 有，是我的兄弟姊妹
- 有，是我的親戚
- 有，是我的朋友
- 有，是其他人

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨

19. 你是否贊成別人濫用精神藥物？

- 十分不贊成
- 不贊成
- 十分贊成

- ①
- ②
- ③
- ④

20. 你以前有沒有濫用精神藥物？

沒有

①

②

有

如「沒有」，請答問題 21a、22a、... 至31a（左方的問題）。

如「有」，請答問題 21b、22b、... 至 31b或 31c（右方的問題）。

21a. 你曾經聽聞下列哪一種精神藥物？（可選多個答案。）

- K仔（氯胺酮）
- 搖頭丸 / 忘我 / E仔 / 狂喜 / 搖搖（亞甲二氧基甲基安非他明）
- 草 / 大麻花 / 大麻精 / 大麻油（大麻）
- 咳水 / 咳丸 / O仔 / MB / 黃豆仔 / DM丸（可待因）
- 冰（甲基安非他明）
- 白瓜子 / 藍精靈 / 速眠安（三唑命 / 咪達唑命）
- 膠水 / 強力膠 / 天拿水 / 打火機油（有機溶劑）
- 五仔 / 黃飛鴻 / 哈哈笑 / Give-me-five（硝甲西洋）
- 忽得 / MX / 糖仔（甲嗲酮）
- 羅氏五號 / 羅氏十號（安定）
- 依務令（佐匹克隆）
- 可可精（可卡因）
- 十字架（氟硝西洋 / 氟硝安定）
- 蜜瓜汁 / 帆船仔（美沙酮 / 白色菲仕通）
- 大力丸（其他安非他明）
- 屋仔 / 二拾蚊 / 13A（溴噻二氮草）
- G水（ $\gamma$ - 理丁酸）
- 以上的精神藥物均沒有聽聞

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩
- ⑪
- ⑫
- ⑬
- ⑭
- ⑮
- ⑯
- ⑰
- ⑱

21b. 你曾經濫用下列哪一種精神藥物？（可選多個答案。）

- K仔（氯胺酮）
- 搖頭丸 / 忘我 / E仔 / 狂喜 / 搖搖（亞甲二氧基甲基安非他明）
- 草 / 大麻花 / 大麻精 / 大麻油（大麻）
- 咳水 / 咳丸 / O仔 / MB / 黃豆仔 / DM丸（可待因）
- 冰（甲基安非他明）
- 白瓜子 / 藍精靈 / 速眠安（三唑命 / 咪達唑命）
- 膠水 / 強力膠 / 天拿水 / 打火機油（有機溶劑）
- 五仔 / 黃飛鴻 / 哈哈笑 / Give-me-five（硝甲西洋）
- 忽得 / MX / 糖仔（甲嗲酮）
- 羅氏五號 / 羅氏十號（安定）
- 依務令（佐匹克隆）
- 可可精（可卡因）
- 十字架（氟硝西洋 / 氟硝安定）
- 蜜瓜汁 / 帆船仔（美沙酮 / 白色菲仕通）
- 大力丸（其他安非他明）
- 屋仔 / 二拾蚊 / 13A（溴噻二氮草）
- G水（ $\gamma$ - 理丁酸）
- 以上的精神藥物均沒有聽聞

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩
- ⑪
- ⑫
- ⑬
- ⑭
- ⑮
- ⑯
- ⑰
- ⑱

22a. 有沒有人曾經給予你精神藥物？如果「有」，首次是誰給予你的呢？

- 沒有
- 有，我的好朋友
- 有，我的同學
- 有，我的鄰居
- 有，我的父母
- 有，我的兄弟姊妹
- 有，毒販
- 有，其他朋友
- 有，其他人

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨

- 10歲或以下
- 11 - 12
- 13 - 14
- 15 - 16
- 17 - 18
- 19 - 20
- 21歲或以上
- 我記不起

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧

（第 23a 題）

（第 23b 題）

#### 精神藥物列表

1. K仔（氯胺酮）
2. 搖頭丸 / 忘我 / E仔 / 狂喜 / 搖搖（亞甲二氧基甲基安非他明）
3. 草 / 大麻花 / 大麻精 / 大麻油（大麻）
4. 咳水 / 咳丸 / O仔 / MB / 黃豆仔 / DM丸（可待因）
5. 冰（甲基安非他明）
6. 白瓜子 / 藍精靈 / 速眠安（三唑命 / 咪達唑命）
7. 膠水 / 強力膠 / 天拿水 / 打火機油（有機溶劑）
8. 五仔 / 黃飛鴻 / 哈哈笑 / Give-me-five（硝甲西洋）
9. 忽得 / MX / 糖仔（甲嗲酮）
10. 羅氏五號 / 羅氏十號（安定）
11. 依務令（佐匹克隆）
12. 可可精（可卡因）
13. 十字架（氟硝西洋 / 氟硝安定）
14. 蜜瓜汁 / 帆船仔（美沙酮 / 白色菲仕通）
15. 大力丸（其他安非他明）
16. 屋仔 / 二拾蚊 / 13A（溴噻二氮草）
17. G水（ $\gamma$ - 理丁酸）

## 答案欄

23a. 這些人首次在甚麼地方給予你精神藥物？

- 不適用，從沒有人給予我精神藥物 ①
- 自己家中 ②
- 好朋友家中 ③
- 同學家中 ④
- 鄰居家中 ⑤
- 學校 ⑥
- 香港的網吧 ⑦
- 香港的遊戲機中心 ⑧
- 香港的狂野派對 ⑨
- 香港的卡拉OK / 的士高 ⑩
- 香港的酒吧 ⑪
- 香港的公眾遊樂場 / 球場 / 公園 ⑫
- 香港的出租度假屋 / 宿營 ⑬
- 國內的娛樂場所 ⑭
- 國內的私人地方 ⑮
- 其他地方 ⑯

24a. 你如何拒絕他們所給予的精神藥物？

- 不適用，從沒有人給予我精神藥物 ①
- 我直接地拒絕 ②
- 在場的朋友助我拒絕 ③
- 我用藉口離開那地方 ④
- 我轉換了話題 / 提議做其他事 ⑤
- 我向其他人尋求協助 ⑥
- 其他方法 ⑦

25a. 哪一個是令你成功地拒絕接受精神藥物的最重要因素？

- 不適用，從沒有人給予我精神藥物 ①
- 在場的朋友警告 / 阻止我 ②
- 我有堅強的意志力助我抵抗濫用任何藥物 ③
- 我害怕嘗試濫用藥物所帶來的影響 ④
- 我回憶起父母 / 老師 / 大眾傳播媒介等的禁毒信息 ⑤
- 我不信任給予我精神藥物的人 ⑥
- 其他 ⑦

26a. 你有沒有告訴其他人曾經有人給予你精神藥物？ 如果「有」，是誰呢？(可選多個答案。)

- 不適用，從沒有人給予我精神藥物 ①
- 我沒有告訴任何人 ②
- 有，我告訴了我的好朋友 ③
- 有，我告訴了我的父母 ④
- 有，我告訴了我的兄弟姊妹 ⑤
- 有，我告訴了我的老師 ⑥
- 有，我告訴了社工 ⑦
- 有，我告訴了警方 ⑧
- 有，我告訴了其他人 ⑨

27a. 哪一個是令你遠離精神藥物最重要的因素呢？

- 濫用藥物會損害健康 ①
- 藏有精神藥物是違法的 ②
- 父母 / 兄弟姊妹的影響 ③
- 非濫用藥物朋友的影響 ④
- 老師的影響 ⑤
- 有其他比濫用藥物更有趣的事情可做 ⑥
- 我有堅強的意志力去抵抗濫用藥物 ⑦
- 我不喜歡藥物濫用者的形象 ⑧
- 其他 ⑨

(第 28a 題)

23b. 你首次濫用精神藥物的主要原因是甚麼？

- 因為好奇 ①
- 因受朋友影響 ②
- 為了消愁解悶 / 逃避不开心或不愛的感覺 ③
- 為了炫耀 ④
- 為了尋求刺激 ⑤
- 為了提神 ⑥
- 為了減輕壓力 ⑦
- 其他原因 ⑧

24b. 在你首次濫用精神藥物以前，你有沒有遇到嚴重衝突 / 失敗？如果「有」，是哪一項導致你去嘗試精神藥物？

- 在我首次濫用精神藥物之前，我從沒有遇到這些衝突/失敗 ①
- 有，好朋友 / 親戚逝世 ②
- 有，自己患上嚴重疾病 ③
- 有，與父母或其他家人產生嚴重衝突 ④
- 有，家庭環境突然產生劇變 ⑤
- 有，在重要考試中失敗 ⑥
- 有，與老師產生嚴重衝突 ⑦
- 有，與同輩 / 朋友產生嚴重衝突 ⑧
- 有，其他 ⑨

25b. 一般來說，你用來購買精神藥物的主要來源是甚麼？

- 零用錢 ①
- 做兼職得來的錢 ②
- 向朋友、同學借來的錢 ③
- 不法途徑 (例如從偷竊或行劫得來的錢) ④
- 其他來源 ⑤

26b. 一般來說，是誰經常提供精神藥物給你呢？

- 我的好朋友 ①
- 我的同學 ②
- 我的鄰居 ③
- 我的父母 ④
- 我的兄弟姊妹 ⑤
- 我的親戚 ⑥
- 毒販 ⑦
- 藥房 ⑧
- 其他朋友 ⑨
- 陌生人 ⑩
- 其他人 ⑪

27b. 一般來說，你會和哪些人一同濫用精神藥物呢？

- 我通常一個人服用 ①
- 我的好朋友 ②
- 我的同學 ③
- 我的鄰居 ④
- 我的父母 ⑤
- 我的兄弟姊妹 ⑥
- 我的親戚 ⑦
- 毒販 ⑧
- 其他朋友 ⑨
- 陌生人 ⑩
- 其他人 ⑪

(第 28b 題)

## 答案欄

28a. 哪一個是令你遠離精神藥物次要的因素呢？

- ① 濫用藥物會損害健康
- ② 濫用藥物是違法的
- ③ 父母/兄弟姊妹的影響
- ④ 非濫用藥物朋友的影響
- ⑤ 老師的影響
- ⑥ 有其他比濫用藥物更有趣的事情可做
- ⑦ 我有堅強的意志力去抵抗濫用藥物
- ⑧ 我不喜歡藥物濫用者的形象
- ⑨ 其他

28b. 一般來說，你會在哪些地方濫用精神藥物呢？

- ① 自己家中
- ② 好朋友家中
- ③ 同學家中
- ④ 鄰居家中
- ⑤ 學校
- ⑥ 香港的網吧
- ⑦ 香港的遊戲機中心
- ⑧ 香港的狂野派對
- ⑨ 香港的卡拉OK / 的士高
- ⑩ 香港的酒吧
- ⑪ 香港的公眾遊樂場 / 球場 / 公園
- ⑫ 香港的出租度假屋 / 宿營
- ⑬ 國內的娛樂場所
- ⑭ 國內的私人地方
- ⑮ 其他地方

29a. 當你知道你的好朋友濫用精神藥物，你會怎樣做呢？  
(可選多個答案。)

- ① 我會裝作不知道
- ② 我會告訴老師或父母
- ③ 我會直接與他們對話了解情況
- ④ 我會勸他們向其他人尋求協助
- ⑤ 我會疏遠他們
- ⑥ 其他

29b. 你從前有沒有因為濫用精神藥物問題而向他人求助？  
如果「有」，是誰給你最大幫助呢？

- ① 我從沒有尋求任何協助
- ② 有，我的好朋友給我最大幫助
- ③ 有，我的父母給我最大幫助
- ④ 有，我的兄弟姊妹給我最大幫助
- ⑤ 有，我的老師給我最大幫助
- ⑥ 有，社工給我最大幫助
- ⑦ 有，警方給我最大幫助
- ⑧ 有，其他人

30a. 你在過去半年內有沒有遇到嚴重衝突/失敗？如果「有」，哪一項你是最難忘的？

- ① 在過去半年內，我從沒有遇到這些衝突/失敗
- ② 有，好朋友/親戚逝世
- ③ 有，自己患上嚴重疾病
- ④ 有，與父母或其他家人產生嚴重衝突
- ⑤ 有，家庭環境突然產生劇變
- ⑥ 有，在重要考試中失敗
- ⑦ 有，與老師產生嚴重衝突
- ⑧ 有，與同輩/朋友產生嚴重衝突
- ⑨ 有，其他

30b. 在過去三十天內，你有沒有濫用精神藥物及有多頻密？

過去三十天內沒有濫用

- ① 過去三十天內有一至三次
- ② 每個星期一至三次
- ③ 每個星期多於三次但不是每天都濫用
- ④ 過去三十天內每天都有濫用
- ⑤

(請答問題 31b)

(請答問題 31c)

31a. 你現在是否已經克服了上述事件的負面感受？如果「是」，如何克服？

不適用，我從沒有遇到這些事情

否，我仍未能克服它  
是，我透過與別人分享來克服它

是，我透過與有關人士冷靜地討論來克服它  
是，我透過自我反省來克服它

是，我透過向專業人士/家人/老師/社工尋求協助來克服它

是，我靠自己來克服它

是，我透過其他方法來克服它

(第 32 題)

31b. 你停止濫用精神藥物的主要原因是甚麼？

我已戒除濫用精神藥物

我已對精神藥物失去興趣  
當濫用精神藥物時，我感到不舒服

我覺得精神藥物已損害我的身體健康  
我那些濫用藥物的朋友已停止濫用精神藥物

我的家人阻止我

我的老師阻止我

我的朋友阻止我

我沒有錢  
其他

(第 32 題)

31c. 你有沒有嘗試戒除濫用精神藥物？有或沒有的主要原因是甚麼？

沒有，因為我不覺得濫用精神藥物有危險

沒有，因為我不覺得自己已經上癮  
沒有，因為我的朋友仍有濫用精神藥物

沒有，因為我的家人沒有阻止我  
沒有，因為 \_\_\_\_\_

有，但結果失敗，因為我不能抑制藥癮

有，但結果失敗，因為我的朋友強迫我繼續濫用精神藥物

有，但結果失敗，因為 \_\_\_\_\_

(第 32 題)

## 第四部份：對藥物的看法

## 答案欄

32. 你是否同意以下句子？	十分 不同意	不同意	同意	十分 同意
a. 我的好朋友會覺得服用藥物是很平常的事情	①	②	③	④
b. 我向自己承諾，不會濫用藥物	①	②	③	④
c. 服用藥物可以令我更有自信	①	②	③	④
d. 如果濫用藥物，我的工作或學業會有麻煩	①	②	③	④
e. 我相信服用藥物後可以和朋友更容易相處	①	②	③	④
f. 如果濫用藥物，我的健康會越來越差	①	②	③	④
g. 我相信服用藥物可以令我玩得更開心	①	②	③	④
h. 濫用藥物或其他物品會危害健康	①	②	③	④
i. 我的好朋友認為濫用藥物是愚蠢的	①	②	③	④
j. 遇到不如意的事情，我會服用藥物	①	②	③	④
k. 濫用海洛英會危害健康	①	②	③	④

## 第五部份：習慣、濫藥誘因及防禦因素

33. 在閒餘而與好朋友一起的時候，你最常會做甚麼事情？（可選多個答案。）

- |         |                    |          |
|---------|--------------------|----------|
| ① 與朋友聊天 | ② 做運動 / 玩遊戲 / 戶外活動 | ③ 參與課外活動 |
| ④ 看電影   | ⑤ 購物 / 逛街          | ⑥ 參與義工服務 |
| ⑦ 玩電子遊戲 | ⑧ 往卡拉OK或的士高        | ⑨ 留在朋友家  |
| ⑩ 其他    |                    |          |

34. 在閒餘而單獨一人的時候，你最常會做甚麼事情？（可選多個答案。）

- |                  |                   |                    |
|------------------|-------------------|--------------------|
| ① 看電視 / 聽電台節目或音樂 | ② 文化活動（例如閱讀、玩樂器等） | ③ 做運動 / 玩遊戲 / 戶外活動 |
| ④ 睡覺             | ⑤ 購物 / 逛街         | ⑥ 瀏覽互聯網 / ICQ      |
| ⑦ 玩電子遊戲          | ⑧ 在家玩耍（例如玩玩具）     | ⑨ 其他               |

35. 你在過去半年有沒有遇到以下的情況呢？ 如果「有」，有多頻密？

	沒有遇到	偶然遇到	經常遇到
a. 受同輩欺負	①	②	③
b. 逃學	①	②	③
c. 被學校記缺點、小過、大過或收警告信	①	②	③
d. 與黑社會來往	①	②	③
e. 被流氓騷擾	①	②	③
f. 午夜在街上流連	①	②	③

36. 你是否同意以下句子？

	十分 不同意	不同意	同意	十分 同意
a. 我非常容易受好朋友影響	①	②	③	④
b. 在好朋友之間我常常有自己的主意	①	②	③	④
c. 我和我的家人和洽相處	①	②	③	④
d. 我的父母關注我的感受	①	②	③	④
e. 我的父母不太了解我	①	②	③	④
f. 如果我盡力去做的話，我總是能夠解決難題的	①	②	③	④
g. 我有自信能有效地應付任何突如其來的事情	①	②	③	④
h. 有些時候，我會覺得自己是一無是處	①	②	③	④
i. 總括來說，我對自己感到滿意	①	②	③	④

## 第六部份：個人資料

### 37. 就讀學校 / 課程類別

- ① 普通日間中學                      ② 國際學校                      ③ 香港專業教育學院全日制                      ④ 香港專業教育學院非全日制

### 38. 班級

- ① 中一 (級別七)                      ② 中二 (級別八)                      ③ 中三 (級別九)                      ④ 中四 (級別十)  
⑤ 中五 (級別十一)                      ⑥ 中六 (級別十二)                      ⑦ 中七 (級別十三)                      ⑧ 技術員  
⑨ 高級技術員                      ⑩ 技工 / 技工證書課程

### 39. 年齡

- ① 12歲或以下                      ② 13歲                      ③ 14歲                      ④ 15歲  
⑤ 16歲                      ⑥ 17歲                      ⑦ 18歲                      ⑧ 19歲  
⑨ 20歲                      ⑩ 21歲或以上

### 40. 性別

- ① 男                      ② 女

### 41. 居住地區

- ① 中西區                      ② 灣仔區                      ③ 東區                      ④ 南區  
⑤ 油尖旺區                      ⑥ 深水埗區                      ⑦ 九龍城區                      ⑧ 黃大仙區  
⑨ 觀塘區                      ⑩ 葵青區                      ⑪ 荃灣區                      ⑫ 屯門區  
⑬ 元朗區                      ⑭ 北區                      ⑮ 大埔區                      ⑯ 沙田區  
⑰ 西貢區                      ⑱ 離島區                      ⑲ 其他 (請說明) \_\_\_\_\_

### 42. 以你所知，你家庭的每月總收入為多少？

- ① \$5,000 以下                      ② \$5,000 至 \$20,000 以下                      ③ \$20,000 至 \$50,000 以下                      ④ \$50,000 或以上  
⑤ 不知道

### 43. 父母是不是與你同住呢？

- ① 父母親都與我同住。  
② 只有父親與我同住，母親住在其他地方。  
③ 只有父親與我同住，母親已去世。  
④ 只有母親與我同住，父親住在其他地方。  
⑤ 只有母親與我同住，父親已去世。  
⑥ 父母親都不是與我同住，他們都住在其他地方。  
⑦ 父母親都已去世。



## SECTION 1: USE OF ALCOHOL AND TOBACCO

This Section is about the use of alcoholic drink and tobacco.

“Alcohol” refers to any kind of alcoholic beverage including strong wine, red/white wine, beer, cocktail, shandy, cooler and spirits.

“Tobacco” refers to all tobacco products including cigarettes, cigars and pipe tobacco.

### MARKING INSTRUCTIONS

Fill the oval completely with a blue / black ball pen or pencil.

e.g. ● correct ○ incorrect

### Answer Column

1. Have you ever drunk any alcoholic beverages?

No ① ② Yes

( Please answer questions 2a and 3a )

( Please answer questions 2b and 3b )

2a. What is the **most important** factor that discourages you from using alcohol?

- Alcohol is harmful to health ①
- I am not old enough to drink alcohol ②
- My close friends do not drink alcohol ③
- My parents don't allow me to drink alcohol ④
- I am not interested in drinking alcohol ⑤
- I don't like the image of drinkers ⑥
- I have no money ⑦
- I have no chance to drink alcohol ⑧
- Others ⑨

2b. How old were you when you **first** drank alcoholic beverages?

- 10 or below ①
- 11 - 12 ②
- 13 - 14 ③
- 15 - 16 ④
- 17 - 18 ⑤
- 19 - 20 ⑥
- 21 or above ⑦
- I can't remember ⑧

3a. What is the **second most important** factor that discourages you from using alcohol?

- Alcohol is harmful to health ①
- I am not old enough to drink alcohol ②
- My close friends do not drink alcohol ③
- My parents don't allow me to drink alcohol ④
- I am not interested in drinking alcohol ⑤
- I don't like the image of drinkers ⑥
- I have no money ⑦
- I have no chance to drink alcohol ⑧
- Others ⑨

3b. Did you drink alcoholic beverages in the **last 30 days** and how frequent?

- No, not in the last 30 days ①
- Once to three times in the last 30 days ②
- Once to three times **each week** ③
- More than three times **each week** but not everyday ④
- Everyday in the last 30 days ⑤

4. Have you ever smoked any tobacco products?

No ① ② Yes

( Please answer questions 5a and 6a )

( Please answer questions 5b and 6b )

5a. What is the **most important** factor that discourages you from smoking?

- Smoking is harmful to health ①
- I am not old enough to smoke ②
- My close friends do not smoke ③
- My parents don't allow me to smoke ④
- I am not interested in smoking ⑤
- I don't like the image of smokers ⑥
- I have no money ⑦
- I have no chance to smoke ⑧
- Others ⑨

5b. How old were you when you **first** smoked tobacco products?

- 10 or below ①
- 11 - 12 ②
- 13 - 14 ③
- 15 - 16 ④
- 17 - 18 ⑤
- 19 - 20 ⑥
- 21 or above ⑦
- I can't remember ⑧

6a. What is the **second most important** factor that discourages you from smoking?

- Smoking is harmful to health ①
- I am not old enough to smoke ②
- My close friends do not smoke ③
- My parents don't allow me to smoke ④
- I am not interested in smoking ⑤
- I don't like the image of smokers ⑥
- I have no money ⑦
- I have no chance to smoke ⑧
- Others ⑨

6b. Did you smoke tobacco products in the **last 30 days** and how frequent?

- No, not in the last 30 days ①
- Once to three times in the last 30 days ②
- Once to three times **each week** ③
- More than three times **each week** but not everyday ④
- Everyday in the last 30 days ⑤

( No. 7 )

( No. 7 )

In the following sections, “psychotropic substances” refers to any substance listed in questions 21a and 21b. Examples of common psychotropic substances are ketamine, ecstasy and cannabis. “Drugs” refers to heroin and psychotropic substances collectively.

## SECTION 2: USE OF HEROIN

7. Do you personally know anyone who often uses heroin? If yes, who? (Multiple answers are allowed.)

- ① No, I don't know  
 ② Yes, my close friends do      ③ Yes, my schoolmates do      ④ Yes, my neighbours do      ⑤ Yes, my parents do  
 ⑥ Yes, my brothers / sisters do      ⑦ Yes, my relatives do      ⑧ Yes, some other friends do      ⑨ Yes, others

8. Do you approve of people using heroin?

- ① Strongly disapprove      ② Disapprove      ③ Approve      ④ Strongly approve

9. Have you ever used heroin?

No ① ② Yes

If "NO", please answer questions 10a, 11a .....  
to 17a (questions on the LEFT).

If "YES", please answer questions 10b, 11b .....  
to 17b or 17c (questions on the RIGHT).

10a. Have you ever been offered any heroin? If yes,  
by whom on the first such occasion?

10b. How old were you when you first used heroin?

- |                                |   |   |                  |
|--------------------------------|---|---|------------------|
| No                             | ① | ② | 10 or below      |
| Yes, my close friends did      | ② | ① | 11 - 12          |
| Yes, my schoolmates did        | ③ | ② | 13 - 14          |
| Yes, my neighbours did         | ④ | ③ | 15 - 16          |
| Yes, my parents did            | ⑤ | ④ | 17 - 18          |
| Yes, my brothers / sisters did | ⑥ | ⑤ | 19 - 20          |
| Yes, drug pushers did          | ⑦ | ⑥ | 21 or above      |
| Yes, some other friends did    | ⑧ | ⑦ | I can't remember |
| Yes, others                    | ⑨ | ⑧ |                  |

11a. Where were you first offered heroin?

11b. What was the main reason for your first trial  
of heroin?

- |  |   |   |  |
|--|---|---|--|
| Not applicable. I have never been offered any heroin | ① | ① | Curiosity                                |
| My home  | ② | ② | Peer influence                           |
| My close friend's home                               | ③ | ③ | Relief of boredom / depression / anxiety |
| My schoolmate's home                                 | ④ | ④ | To show off                              |
| My neighbour's home                                  | ⑤ | ⑤ | To seek euphoria / sensory satisfaction  |
| School   | ⑥ | ⑥ | To keep up spirits                       |
| Internet / cyber café in Hong Kong                   | ⑦ | ⑦ | To relieve pressure                      |
| Video game centre in Hong Kong                       | ⑧ | ⑧ | Others                                   |
| Rave party in Hong Kong                              | ⑨ |   |  |
| Karaoke / disco in Hong Kong                         | ⑩ |   |  |
| Bar / pub in Hong Kong                               | ⑪ |   |  |
| Public playground / park in Hong Kong                | ⑫ |   |  |
| Holiday rental resort in Hong Kong                   | ⑬ |   |  |
| Entertainment venues in Mainland China               | ⑭ |   |  |
| Private places in Mainland China                     | ⑮ |   |  |
| Others   | ⑯ |   |  |

12a. Which was the most important factor leading  
to your successful refusal?

12b. Where was the main source of money for you  
to buy heroin usually?

- |  |   |   |  |
|--|---|---|--|
| Not applicable. I have never been offered any heroin                       | ① | ① | Pocket money                                       |
| My friends at the scene warned / stopped me                                | ② | ② | Earn from part time jobs                           |
| I had strong will which helped me resist taking any drugs                  | ③ | ③ | Borrow from friends or schoolmates                 |
| I was afraid of the consequences of trying drugs                           | ④ | ④ | Illegal sources (e.g. stole or robbed from others) |
| I recalled anti-drug messages from parents / teachers /<br>mass media etc. | ⑤ | ⑤ | Others   |
| I didn't trust the person who offered me heroin                            | ⑥ |   |  |
| Others   | ⑦ |   |  |

( No. 13a )

( No. 13b )

**Answer Column**

**13a. Did you tell any others about the fact that you were offered heroin? If yes, to whom? (Multiple answers are allowed.)**

- Not applicable. I have never been offered any heroin
- No, I did not tell anyone
- Yes, I told my close friends
- Yes, I told my parents
- Yes, I told my brothers / sisters
- Yes, I told my teachers
- Yes, I told the social workers
- Yes, I told the police
- Yes, I told other persons

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

**13b. Who usually supplied heroin to you?**

- From my close friends
- From my schoolmates
- From my neighbours
- From my parents
- From my brothers / sisters
- From my relatives
- From drug pushers
- From some other friends
- From strangers
- From others

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**14a. Have you ever heard of any anti-drug messages? If yes, which is the main source of such information?**

- No, I have never heard of any
- Yes, from mass media such as TV, radio, newspaper etc.
- Yes, from Internet
- Yes, from schools
- Yes, from voluntary youth agencies
- Yes, from others

- 1
- 2
- 3
- 4
- 5
- 6

**14b. Where did you use heroin usually?**

- My home
- My close friend's home
- My schoolmate's home
- My neighbour's home
- School
- Internet / cyber café in Hong Kong
- Video game centre in Hong Kong
- Rave party in Hong Kong
- Karaoke / disco in Hong Kong
- Bar / pub in Hong Kong
- Public playground / park in Hong Kong
- Holiday rental resort in Hong Kong
- Entertainment venues in Mainland China
- Private places in Mainland China
- Others

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

**15a. Have you ever participated in the following anti-drug activities? If yes, which one(s)? (Multiple answers are allowed.)**

- No, I have never participated in any anti-drug activities
- Carnivals
- Variety shows / concerts
- Voluntary works
- Seminars / talks
- Movie shows
- Outdoor activities

- 1
- 2
- 3
- 4
- 5
- 6
- 7

**15b. Have you ever sought help from others in dealing with problems resulting from heroin use? If yes, who gave you the greatest help?**

- No, I did not seek any assistance
- Yes, my close friends did
- Yes, my parents did
- Yes, my brothers / sisters did
- Yes, my teachers did
- Yes, the social workers did
- Yes, the police did
- Yes, others did

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

**16a. Which of the following anti-drug activities will you mostly be interested to join?**

- Carnivals
- Variety shows / concerts
- Voluntary works
- Seminars / talks
- Movie show
- Outdoor activities
- None of the above

- 1
- 2
- 3
- 4
- 5
- 6
- 7

**16b. Did you use heroin in the last 30 days?**

- No, not in the last 30 days
- Yes

- 1
- 2

**(Please answer question 17b)**

**(Please answer question 17c)**

**17a. Who would you prefer mostly in delivering drug information to you?**

- Ex-drug abusers
- Parents
- Teachers
- Medical professionals
- Social workers
- Government officials
- TV / movie stars or pop singers
- Famous athletes
- Others

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

**17b. What was the main reason for you to stop using heroin?**

- I already quit heroin
- I have lost interest in it
- I felt uncomfortable when using heroin
- I felt heroin had done harm to my health
- My drug-using friends stopped using heroin
- My family stopped me
- My teachers stopped me
- My friends stopped me
- I had no money
- Others

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**17c. Have you tried to give up heroin? What was the main reason for having / not having tried?**

- No, because I don't think heroin is dangerous
- No, because I don't think I have become addicted
- No, because my friends are still using heroin
- No, because my parents did not stop me
- No, because \_\_\_\_\_
- Yes, but I failed due to my craving
- Yes, but I failed because my friends pressed me to use heroin again
- Yes, but I failed because \_\_\_\_\_

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

(No. 18)

(No. 18)

(No. 18)

## SECTION 3: USE OF PSYCHOTROPIC SUBSTANCES

In the following sections, “**psychotropic substances**” refers to any substance listed in questions 21a and 21b. Examples of common psychotropic substances are ketamine, ecstasy and cannabis. “**Drugs**” refers to heroin and psychotropic substances collectively.

### Answer Column

18. Do you personally know anyone who often uses psychotropic substances? If yes, who? (Multiple answers are allowed.)

- No, I don't know
- Yes, my close friends do
- Yes, my schoolmates do
- Yes, my neighbours do
- Yes, my parents do
- Yes, my brothers / sisters do
- Yes, my relatives do
- Yes, some other friends do
- Yes, others

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨

19. Do you approve of people using psychotropic substances?

- Strongly disapprove
- Disapprove
- Approve
- Strongly approve

- ①
- ②
- ③
- ④

20. Have you ever used psychotropic substances for non-medical reason?

No

①

②

Yes

If “NO”, please answer questions 21a, 22a ..... to 31a (questions on the LEFT).

If “YES”, please answer questions 21b, 22b ..... to 31b or 31c (questions on the RIGHT).

21a. Which of the following psychotropic substance(s) have you ever heard of? (Multiple answers are allowed.)

- K,King,Ket,Kit-kat, Special k, Vitamin k (Ketamine)
- Ecstasy (MDMA)
- Grass, Marijuana, Pot, Hash, Joint (Cannabis)
- Codeine / Cough Medicines (Codeine)
- Ice (Methylamphetamine)
- Halcion / Dormicum (Triazolam / Midazolam)
- Glue, Solvent thinner, Lighter fuel gas (Organic Solvents)
- Give-me-five (Nimetazepam)
- Mandrax, MX, Ludes (Methaqualone)
- Valium (Diazepam)
- Imovane (Zopiclone)
- Snow, Crack, Coco (Cocaine)
- Rohypnol (Flunitrazepam)
- Methadone / Physeptone
- Speed, Uppers, Pep pills, Dexies (Amphetamines)
- Lendormin, 13A (Brotizolam)
- GHB (Gamma Hydroxybutyric Acid)
- None of the above

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩
- ⑪
- ⑫
- ⑬
- ⑭
- ⑮
- ⑯
- ⑰
- ⑱

21b. Which of the following psychotropic substance(s) have you ever used? (Multiple answers are allowed.)

- K,King,Ket,Kit-kat, Special k, Vitamin k (Ketamine)
- Ecstasy (MDMA)
- Grass, Marijuana, Pot, Hash, Joint (Cannabis)
- Codeine / Cough Medicines (Codeine)
- Ice (Methylamphetamine)
- Halcion / Dormicum (Triazolam / Midazolam)
- Glue, Solvent thinner, Lighter fuel gas (Organic Solvents)
- Give-me-five (Nimetazepam)
- Mandrax, MX, Ludes (Methaqualone)
- Valium (Diazepam)
- Imovane (Zopiclone)
- Snow, Crack, Coco (Cocaine)
- Rohypnol (Flunitrazepam)
- Methadone / Physeptone
- Speed, Uppers, Pep pills, Dexies (Amphetamines)
- Lendormin, 13A (Brotizolam)
- GHB (Gamma Hydroxybutyric Acid)
- None of the above

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩
- ⑪
- ⑫
- ⑬
- ⑭
- ⑮
- ⑯
- ⑰
- ⑱

22a. Have you ever been offered any psychotropic substances? If yes, by whom on the first such occasion?

- No
- Yes, my close friends did
- Yes, my schoolmates did
- Yes, my neighbours did
- Yes, my parents did
- Yes, my brothers / sisters did
- Yes, drug pushers did
- Yes, some other friends did
- Yes, others

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨

22b. How old were you when you first used such psychotropic substances?

- 10 or below
- 11 - 12
- 13 - 14
- 15 - 16
- 17 - 18
- 19 - 20
- 21 or above
- I can't remember

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧

( No. 23a )

( No. 23 b )

### List of Psychotropic Substances

1. K,King,Ket Kit-kat, Special k, Vitamin k (Ketamine)
2. Ecstasy (MDMA)
3. Grass, Marijuana, Pot, Hash, Joint (Cannabis)
4. Codeine / Cough Medicines (Codeine)
5. Ice (Methylamphetamine)
6. Halcion / Dormicum (Triazolam / Midazolam)
7. Glue, Solvent thinner, Lighter fuel gas (Organic Solvents)
8. Give-me-five (Nimetazepam)
9. Mandrax, MX, Ludes (Methaqualone)
10. Valium (Diazepam)
11. Imovane (Zopiclone)
12. Snow, Crack, Coco (Cocaine)
13. Rohypnol (Flunitrazepam)
14. Methadone / Physeptone
15. Speed, Uppers Pep pills, Dexies (Amphetamines)
16. Lendormin, 13A (Brotizolam)
17. GHB (Gamma Hydroxybutyric Acid)

## Answer Column

**23a. Where were you first offered psychotropic substances?**

- Not applicable. I have never been offered any psychotropic substances (1)
- My home (2)
- My close friend's home (3)
- My schoolmate's home (4)
- My neighbour's home (5)
- School (6)
- Internet / cyber café in Hong Kong (7)
- Video game centre in Hong Kong (8)
- Rave party in Hong Kong (9)
- Karaoke / disco in Hong Kong (10)
- Bar/ pub in Hong Kong (11)
- Public playground / park in Hong Kong (12)
- Holiday rental resort in Hong Kong (13)
- Entertainment venues in Mainland China (14)
- Private places in Mainland China (15)
- Others (16)

**24a. How did you refuse the offer?**

- Not applicable. I have never been offered any psychotropic substances (1)
- I refused directly myself (2)
- My friends helped me to refuse at the scene (3)
- I left the place with an excuse (4)
- I changed the topic / suggested something else to do (5)
- I sought help from others (6)
- By other ways (7)

**25a. Which was the most important factor leading to your successful refusal?**

- Not applicable. I have never been offered any psychotropic substances (1)
- My friends at the scene warned / stopped me (2)
- I had strong will which helped me resist taking any drugs (3)
- I was afraid of the consequences of trying drugs (4)
- I recalled anti-drug messages from parents / teachers / mass media etc. (5)
- I didn't trust the person who offered me the substances (6)
- Others (7)

**26a. Did you tell any others about the fact that you were offered psychotropic substances? If yes, to whom? (Multiple answers are allowed.)**

- Not applicable. I have never been offered any psychotropic substances (1)
- No, I did not tell anyone (2)
- Yes, I told my close friends (3)
- Yes, I told my parents (4)
- Yes, I told my brothers / sisters (5)
- Yes, I told my teachers (6)
- Yes, I told the social workers (7)
- Yes, I told the police (8)
- Yes, I told other persons (9)

**27a. Which is the most important factor which keeps you away from psychotropic substances?**

- Drugs are harmful to health (1)
- Possessing psychotropic substances is illegal (2)
- Influence of parents / brothers / sisters (3)
- Influence of non-drug using friends (4)
- Influence of teachers (5)
- There are more interesting things to do other than taking drugs (6)
- I have strong will power to resist drugs (7)
- I don't like the image of drug abusers (8)
- Others (9)

( No. 28a )

**23b. What was the main reason for your first trial of psychotropic substances?**

- Curiosity (1)
- Peer influence (2)
- Relief of boredom / depression / anxiety (3)
- To show off (4)
- To seek euphoria / sensory satisfaction (5)
- To keep up spirits (6)
- To relieve pressure (7)
- Others (8)

**24b. Have you experienced severe conflict / failure before you first tried psychotropic substances? If yes, which led you to try psychotropic substances?**

- No, I have not had such experience before I first used psychotropic substances (1)
- Yes, death of a close friend / relative (2)
- Yes, severe personal sickness (3)
- Yes, severe conflict with parents or other family members (4)
- Yes, sudden and drastic changes in family circumstances (5)
- Yes, very poor results in major examinations (6)
- Yes, severe conflict with teachers (7)
- Yes, severe conflict with peers / friends (8)
- Yes, others (9)

**25b. Where was the main source of money for you to buy psychotropic substances usually?**

- Pocket money (1)
- Earn from part time jobs (2)
- Borrow from friends or schoolmates (3)
- Illegal sources (e.g. stole or robbed from others) (4)
- Others (5)

**26b. Who usually supplied psychotropic substances to you?**

- From my close friends (1)
- From my schoolmates (2)
- From my neighbours (3)
- From my parents (4)
- From my brothers / sisters (5)
- From my relatives (6)
- From drug pushers (7)
- From pharmacy (8)
- From some other friends (9)
- From strangers (10)
- From others (11)

**27b. Whom were usually with you when you used psychotropic substances?**

- I used psychotropic substances alone (1)
- My close friends (2)
- My schoolmates (3)
- My neighbours (4)
- My parents (5)
- My brothers / sisters (6)
- My relatives (7)
- Drug pushers (8)
- Some other friends (9)
- Strangers (10)
- Others (11)

( No. 28b )

**Answer Column**

**28a. Which is the second most important factor which keeps you away from psychotropic substances?**

- Drugs are harmful to health
- Possessing psychotropic substances is illegal
- Influence of parents / brothers / sisters
- Influence of non-drug using friends
- Influence of teachers
- There are more interesting things to do other than taking drugs
- I have strong will power to resist drugs
- I don't like the image of drug abusers
- Others

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨

**28b. Where did you use psychotropic substances usually?**

- My home
- My close friend's home
- My schoolmate's home
- My neighbour's home
- School
- Internet / cyber café in Hong Kong
- Video game centre in Hong Kong
- Rave party in Hong Kong
- Karaoke / disco in Hong Kong
- Bar / pub in Hong Kong
- Public playground / park in Hong Kong
- Holiday rental resort in Hong Kong
- Entertainment venues in Mainland China
- Private places in Mainland China
- Others

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩
- ⑪
- ⑫
- ⑬
- ⑭
- ⑮

**29a. What will you do when you realise your close friends are using psychotropic substances? (Multiple answers are allowed.)**

- I will pretend I know nothing
- I will tell my teachers or parents
- I will talk with them directly to understand the situation
- I will persuade them to seek help from others
- I will stay away from them
- Others

- ①
- ②
- ③
- ④
- ⑤
- ⑥

**29b. Have you ever sought help from others in dealing with problems resulting from psychotropic substances use? If yes, who gave you the greatest help?**

- No, I did not seek any assistance
- Yes, my close friends did
- Yes, my parents did
- Yes, my brothers / sisters did
- Yes, my teachers did
- Yes, the social workers did
- Yes, the police did
- Yes, others did

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧

**30a. Have you experienced severe conflict / failure in the last 6 months? If yes, which is the most unforgettable one?**

- No, I have not had such experience in the last 6 months
- Yes, death of a close friend / relative
- Yes, severe personal sickness
- Yes, severe conflict with parents or other family members
- Yes, sudden and drastic changes in family circumstances
- Yes, very poor results in major examinations
- Yes, severe conflict with teachers
- Yes, severe conflict with peers / friends
- Yes, others

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨

**30b. Did you use psychotropic substances in the last 30 days and how frequent?**

No, not in the last 30 days

- ①

- ② Once to three times in the last 30 days
- ③ Once to three times each week
- ④ More than three times each week but not everyday
- ⑤ Everyday in the last 30 days

(Please answer question 31b)

(Please answer question 31c)

**31a. Have you now overcome the negative feelings arising from the event mentioned above? If yes, how?**

- Not applicable, I have not come across such event
- No, I have not yet got over it
- Yes, I have got over it by sharing with others
- Yes, I have got over it by discussing with the party concerned calmly
- Yes, I have got over it by self-evaluation
- Yes, I have got over it by seeking help from professionals / family members / teachers/social workers
- Yes, I have got over it myself
- Yes, I have got over it by other means

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧

**31b. What was the main reason for you to stop using psychotropic substances?**

- I already quit psychotropic substances
- I have lost interest in psychotropic substances
- I felt uncomfortable when using psychotropic substances
- I felt psychotropic substances had done harm to my health
- My drug-using friends stopped using them
- My family stopped me
- My teachers stopped me
- My friends stopped me
- I had no money
- Others

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩

**31c. Have you tried to give up psychotropic substances? What was the main reason for having / not having tried?**

- ① No, because I don't think psychotropic substances are dangerous
- ② No, because I don't think I have become addicted
- ③ No, because my friends are still using psychotropic substances
- ④ No, because my family did not stop me
- ⑤ No, because \_\_\_\_\_
- ⑥ Yes, but I failed due to my craving
- ⑦ Yes, but I failed because my friends pressed me to use psychotropic substances again
- ⑧ Yes, but I failed because \_\_\_\_\_

( No. 32 )

( No. 32 )

( No. 32 )

## SECTION 4: PERCEPTION ON DRUGS

32. Do you agree with the following statements?

	Answer Column			
	Strongly disagree	Disagree	Agree	Strongly agree
a. My close friends would regard using drugs as very common	1	2	3	4
b. I have promised myself not to abuse drugs	1	2	3	4
c. Using drugs will make me more confident	1	2	3	4
d. If I abuse drugs, I will have trouble in my work or study	1	2	3	4
e. I believe that I can get along with my friends better after using drugs	1	2	3	4
f. My health will deteriorate if I abuse drugs	1	2	3	4
g. I believe that I will have a good time after taking drugs	1	2	3	4
h. Abusing psychotropic substances is harmful to health	1	2	3	4
i. My close friends think it is stupid to abuse drugs	1	2	3	4
j. I will use drugs when I am unhappy	1	2	3	4
k. Abusing heroin is harmful to health	1	2	3	4

## SECTION 5: HABITS, RISKS AND PROTECTIVE FACTORS

33. What do you do most frequently when you are with your close friends in your leisure time?

(Multiple answers are allowed.)

- |                         |   |                                      |
|-------------------------|---|--------------------------------------|
| 1 Chatting with friends | 2 Playing sports / games / outdoor activities | 3 Joining extra-curricula activities |
| 4 Watching movies       | 5 Shopping / wandering on streets             | 6 Joining volunteer services         |
| 7 Playing video games   | 8 Going to karaoke, discos or cyber café?     | 9 Staying at friends' homes          |
| 10 Others               |   |                                      |

34. What do you do most frequently when you are alone in your leisure time? (Multiple answers are allowed.)

- |  |   |   |
|--|---|---|
| 1 Watching TV / listening to radio / music | 2 Cultural activities (e.g. reading, playing musical instruments) | 3 Playing sports / games / outdoor activities |
| 4 Sleeping                                 | 5 Shopping / wandering on streets                                 | 6 Surfing the internet / ICQ                  |
| 7 Playing video games                      | 8 Playing at home (e.g. playing with toys)                        | 9 Others                                      |

35. Did you ever experience any of the following problems in the past 6 months? If yes, how frequent?

	No, I didn't	Yes, occasionally	Yes, frequently
a. Bullied by peers	1	2	3
b. Played truant	1	2	3
c. Reprimanded by school	1	2	3
d. Involved in triad society	1	2	3
e. Harassed by gangsters	1	2	3
f. Roaming around at night	1	2	3

36. Do you agree with the following statements?

	Strongly disagree	Disagree	Agree	Strongly agree
a. I can be influenced by my close friends very easily	1	2	3	4
b. I always have my own idea amongst my close friends	1	2	3	4
c. I get along well with my family members	1	2	3	4
d. My parents care about my feelings	1	2	3	4
e. My parents don't really understand me	1	2	3	4
f. I can always manage to solve difficult problems if I try hard enough	1	2	3	4
g. I am confident that I could deal efficiently with unexpected events	1	2	3	4
h. Sometimes I think I am no good at all	1	2	3	4
i. On the whole, I am satisfied with myself	1	2	3	4

## SECTION 6: PERSONAL PARTICULARS

### 37. Type of school/courses attending

- ① Ordinary secondary day school    ② International school    ③ Full time courses of Institute of Vocational Education    ④ Part time courses of Institute of Vocational Education

### 38. Level of study

- ① Form 1 (Grade 7)    ② Form 2 (Grade 8)    ③ Form 3 (Grade 9)    ④ Form 4 (Grade 10)  
⑤ Form 5 (Grade 11)    ⑥ Form 6 (Grade 12)    ⑦ Form 7 (Grade 13)    ⑧ Technician  
⑨ Higher Technician    ⑩ Craft / Craft Foundation Courses

### 39. Age

- ① 12 years old or below    ② 13 years old    ③ 14 years old    ④ 15 years old  
⑤ 16 years old    ⑥ 17 years old    ⑦ 18 years old    ⑧ 19 years old  
⑨ 20 years old    ⑩ 21 years old or above

### 40. Sex

- ① Male    ② Female

### 41. District of residence

- ① Central and Western    ② Wanchai    ③ Eastern    ④ Southern  
⑤ Yaumatei / Tsim Sha Tsui / Mong Kok    ⑥ Sham Shui Po    ⑦ Kowloon City    ⑧ Wong Tai Sin  
⑨ Kwun Tong    ⑩ Kwai Tsing    ⑪ Tsuen Wan    ⑫ Tuen Mun  
⑬ Yuen Long    ⑭ North    ⑮ Tai Po    ⑯ Shatin  
⑰ Sai Kung    ⑱ Islands    ⑲ Others \_\_\_\_\_

### 42. According to what you know, what is your family's monthly household income?

- ① below \$5,000    ② \$5,000 to below \$20,000    ③ \$20,000 to below \$50,000    ④ \$50,000 or above  
⑤ Don't know

### 43. Are your parents living with you? If no, where are they living?

- ① Both my father and mother are living with me.    ② Only my father is living with me. My mother is living elsewhere.  
③ Only my father is living with me. My mother has deceased.    ④ Only my mother is living with me. My father is living elsewhere.  
⑤ Only my mother is living with me. My father has deceased.    ⑥ Both my father and mother are not living with me. They are living elsewhere.  
⑦ Both my parents have deceased.

❧ ❧ The End ❧ ❧



## 詞彙

# GLOSSARY OF TERMS

### 物質

酒精、煙草、海洛英和精神藥物的統稱

### Substances

A collective term for alcohol, tobacco, heroin and psychotropic substances

### 藥物

海洛英和精神藥物的統稱

### Drugs

A collective term for heroin and psychotropic substances

### 酒精

指各類含酒精飲料，包括仙地、含酒精成分的果汁、啤酒、葡萄酒和烈酒

### Alcohol

Refers to all alcoholic beverages, including shandy, cooler, beer, wine and spirits

### 精神藥物

任何能使人上癮和因刺激或壓抑中樞神經系統而導致幻覺或活動機能、思維、行為、感知或情緒紊亂的天然或合成物質（包括麻醉鎮痛劑、迷幻劑、鎮抑劑、興奮劑、鎮靜劑等），如附錄 IV 所列各項藥物

### Psychotropic substances

Any substance, natural or synthetic (including narcotics analgesics, hallucinogens, depressants, stimulants, tranquillizers etc.), which has the capacity to produce a state of dependence and central nervous system stimulation or depression resulting in hallucinations or disturbances in motor function, thinking, behaviour, perception or mood, such as items given in Appendix IV

### 濫用藥物

吸食海洛英或非為醫療用途而服用精神藥物

### Use of drugs

Use of heroin or non-medical use of psychotropic substances

### 曾濫用 / 服用某項物質

在調查前曾至少一次濫用 / 服用某項物質

### Lifetime use of a substance

Ever used a substance at least once in the lifetime before survey enumeration

### 30 天內曾濫用 / 服用某項物質

在調查前 30 天內曾至少一次濫用 / 服用某項物質

### 30-day use of a substance

Ever used a drug at least once in the past 30 days before survey enumeration

### 濫用藥物的學生

在調查前曾至少一次濫用藥物(海洛英或任何精神藥物)的學生。

### Drug-taking students

Students ever used any drug (heroin or any psychotropic substances) at least once in their lifetime.

### 不會濫用藥物的學生

在調查前從未濫用過藥物(海洛英及任何精神藥物)的學生。

### Non-drug-taking students

Students never used any drug (heroin and any psychotropic substances) in their lifetime.

## 精神藥物列表

### LIST OF PSYCHOTROPIC SUBSTANCES

- |   |  |
|---|--|
| [1] K仔 (氯胺酮)                              | [1] K, King, Ket, Kit-kat, Special k, Vitamin k (Ketamine)     |
| [2] 搖頭丸 / 忘我 / E仔 / 狂喜 / 搖搖 (亞甲二氧基甲基安非他明) | [2] Ecstasy (MDMA)   |
| [3] 草 / 大麻花 / 大麻精 / 大麻油 (大麻)              | [3] Grass, Marijuana, Pot, Hash, Joint (Cannabis)              |
| [4] 咳水 / 咳丸 / O仔 / MB / 黃豆仔 / DM丸 (可待因)   | [4] Codeine / Cough Medicines (Codeine)                        |
| [5] 冰 (甲基安非他明)                            | [5] Ice (Methylamphetamine)                                    |
| [6] 白瓜子 / 藍精靈 / 速眠安 (三唑侖 / 咪達唑侖)          | [6] Halcion / Dormicum (Triazolam / Midazolam)                 |
| [7] 膠水 / 強力膠 / 天拿水 / 打火機油 (有機溶劑)          | [7] Glue, Solvent thinner, Lighter fuel gas (Organic Solvents) |
| [8] 五仔 / 黃飛鴻 / 哈哈笑 / Give-me-five (硝甲西泮)  | [8] Give-me-five (Nimetazepam)                                 |
| [9] 忽得 / MX / 糖仔 (甲喹酮)                    | [9] Mandrax, MX, Ludes (Methaqualone)                          |
| [10] 羅氏五號 / 羅氏十號 (安定)                     | [10] Valium (Diazepam)   |
| [11] 依務令 (佐匹克隆)                           | [11] Imovane (Zopiclone)                                       |
| [12] 可可精 (可卡因)                            | [12] Snow, Crack, Coco (Cocaine)                               |
| [13] 十字架 (氟硝西泮 / 氟硝安定)                    | [13] Rohypnol (Flunitrazepam)                                  |
| [14] 蜜瓜汁 / 帆船仔 (美沙酮 / 白色菲仕通)              | [14] Methadone / Physeptone                                    |
| [15] 大力丸 (其他安非他明)                         | [15] Speed, Uppers, Pep pills, Dexies (Amphetamines)           |
| [16] 屋仔 / 二拾蚊 / 13A (溴噻二氮草)               | [16] Lendormin, 13A (Brotizolam)                               |
| [17] G水 ( $\gamma$ - 羥丁酸)                 | [17] GHB (Gamma Hydroxybutyric Acid)                           |

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