



Community Drug Advisory Council
Address: G/F, 12 Borrett Road, Hong Kong
Phone : 2521 2880 Fax: 2525 1317

E-mail : cdac@netvigator.com

Website : www.cdac.org.hk

A member agency of the Hong Kong Community Chest

Live Healthy, Live Drug-Free

-New bilingual programs accommodated for secondary school students

In celebration of the 25th anniversary of its establishment, the Community Drug Advisory Council (CDAC) proudly presents a new series of anti-drug and health education programs titled “Live Healthy, Live Drug-Free”. Topics covered in the new series include:

1. Introduction to Drugs
2. Feel Good! Say “NO!” to Drugs (Self-Concept and Drug Abuse)
3. My Body, My Choice (Body Image and Drug Abuse)
4. Stress Management: How Not to Use Drugs to Cope with Stress
5. Love, Sex, and Drugs

All programs in the series are bilingual, and are supported by the Hong Kong Community Chest. Please refer to the attached session plans for more information. For application or inquiry, please contact Ms. Sylvaine Leung or Ms. Angel Li by E-mail cdac@netvigator.com or by phone at 2521 2880.



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About CDAC

Established in 1985, Community Drug Advisory Council (CDAC) is a charitable organization that aims to raise community awareness about drug abuse in Hong Kong and to promote the importance of healthy living. We remain dedicated to our founders' work by conducting bilingual anti-drug and health education programs to students, teachers, parents, and community members in Hong Kong.

Up-to-date programs

Our programs are catered for young people by addressing issues related to drugs and encouraging healthy lifestyle alternatives. Most importantly, we also focus on inspiring students to **take an active role** by spreading the message to the community. Having over 25 years of experience and exposure in anti-drug education, our bilingual programs have received excellent feedback from both **local and international institutions**.

Format

Our quality programs are interactive and educational in order to encourage students' involvement. By maintaining **experiential learning**, students are better equipped with the knowledge, attitude, and skills to make sound decisions. In the past, we have tailor-made our programs to **integrate** fully into the existing **school curriculum**. Students have found it particularly helpful to study topics after they are equipped with the basic knowledge.

Target Students

With our **bilingual facilitators**, there is great flexibility around our program content and language level. Activities and case studies are drawn from both **local and overseas**, and are used based on students' age groups and backgrounds. The table below provides an overview of our programs. Please refer to the session plans for full details.

Program Fees

We are proudly supported by the Hong Kong Community Chest to offer complimentary anti - drug education programs at schools.

Application procedure

For application, please complete and return the application form via E-mail to cdac@netvigator.com or via fax to 2525 1317. For further inquiry, please do not hesitate to contact Ms. Sylvaine Leung or Ms. Angel Li.

Suggested Programs:

<u>Program Topics</u>	<u>Main Focus</u>
A. Introduction to Drugs	Understanding of Drugs
B. Feel Good! Say "NO!" to Drugs	Self-Concept
C. My Body, My Choice	Body Image
D. Stress Management: How Not to Use Drugs to Cope with Stress	Stress Management
E. Love, Sex, and Drugs	Sex Education

Teachers' Feedback

- Very educational and informative! As Always! (Sha Tin Junior School)

- Thank you! This fits in perfectly to what we are doing! (Hong Kong International School)



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Session Plans

A. Introduction to Drugs

Duration: 60 minutes

Objectives:

- a. To develop students' understanding of drugs
- b. To help students understand the consequences of drug abuse
- c. To encourage students refuse drug abuse

Duration	Content	Objectives
5 minutes	Introduce myself, CDAC and today's program	To help students understand the objectives of the program
15 minutes	<u>Activity One- What are Drugs?</u> Through interactive activity, students consolidate their existing knowledge and develop the right attitude towards drugs	To develop students' understanding of drugs
25 minutes	<u>Information- What Are the Most Commonly Abused Drugs?</u> Through active class discussion and case studies, students learn about: - Most commonly abused illegal drugs by teenagers in Hong Kong - Consequences of drug abuse	To enhance students' understanding of the consequences of drug abuse
10 minutes	<u>Activity Two- My Future, My Choice!</u> Through interactive activity, students develop decision-making skills by learning basic refusal skills	To encourage students to refuse drug abuse
5 minutes	Conclusion and Q&A	To consolidate information covered

B. Feel Good! Say "NO!" to Drugs

Duration: 60 minutes

Objectives:

- a. To help students understand self-concept and individual differences
- b. To enhance students' understanding of the consequences of drug abuse
- c. To encourage students to build a positive self-concept

Duration	Content	Objectives
5 minutes	Introduce myself, CDAC and today's program	To help students understand the objectives of the program
15 minutes	<u>Activity One- Who Am I?</u> Through interactive activity, students learn to appreciate their internal and external strengths	To help students understand self-concept and individual differences
25 minutes	<u>Information- Drugs (Legal/ Illegal)</u> Through active class discussion and case studies, students learn about: - Definition of drugs - Relationship between self-concept and drug abuse - Consequences of drug misuse	To help students understand the relationship between self-concept and drug abuse To enhance students' understanding of the consequences of drug misuse and clarify common misconceptions



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10 minutes	<u>Activity Two- I'm Unique!</u> Through interactive activities, students review and evaluate their qualities from activity one	To help students build a positive self-concept and evaluate how to become the person they like
5 minutes	Conclusion and Q&A	To consolidate information covered

C. My Body, My Choice!

Duration: 60 minutes

Objectives:

- To help students' become aware of their own values towards body image
- To enhance students' understanding of the consequences of drug misuse
- To encourage students to build a positive body image

Duration	Content	Objectives
5 minutes	Introduce myself, CDAC and today's program	To help students understand the objectives of the program
15 minutes	<u>Activity One- How much does it worth?</u> Through interactive learning activity, students can better understand the concept of body image, and how they view themselves <u>Activity Two- Video</u> Through video and discussion, students learn to clarify some common misconceptions on working towards the thin ideal	To help students' become aware of their own values towards body image
25 minutes	<u>Information- Drugs (Legal/ Illegal)</u> Through active class discussion and case studies, students learn about: - Definition of drugs - Relationship between body image and drug abuse - Consequences of drug misuse	To help students understand the relationship between body image and drug abuse To enhance students' understanding of the consequences of drug misuse and clarify common misconceptions
10 minutes	<u>Activity Three- I'm Unique!</u> Through interactive activity, students review and evaluate their results from activity one	To help students build a positive body image and evaluate ways to become the person they want
5 minutes	Conclusion and Q&A	To consolidate information covered

D. Stress Management: How Not to Use Drugs to Cope with Stress

Duration: 60 minutes

Objectives:

- To raise students' awareness of the variety of stressors
- To enhance students' understanding of the consequences of drug abuse
- To encourage students to establish healthy living and refuse drug abuse

Duration	Content	Objectives
5 minutes	Introduce myself, CDAC and today's program	To help students understand the objectives of the program



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20 minutes	<u>Activity One- How Stressed Are You?</u> Through interactive activity, students complete tests on stress levels and brainstorm stressors that they already know	To raise students' awareness of the variety of stressors and individual differences
20 minutes	<u>Information- Drugs (Legal/ Illegal)</u> Through active class discussion and case studies, students learn about: - Definition of drugs - Relationship between stress and drug abuse - Consequences of drug misuse	To help students understand the relationship between stress and drug abuse To enhance students' understanding of the consequences of drug misuse
10 minutes	<u>Activity Two- Stress Management and Decision Making Skills</u> Through interactive activity, students analyze healthy living alternatives, and basic stress management skills	To encourage students to establish healthy living lifestyle and to refuse drug abuse
5 minutes	Conclusion and Q&A	To consolidate all information covered

E. Love, Sex, and Drugs

Duration: 60 minutes

Objectives:

- To raise students' awareness on the close relationships of love, sex, and drugs
- To encourage students' to look at the topic from multiple perspectives
- To empower students with skills on refusing unsafe requests

Duration	Content	Objectives
5 minutes	Introduce myself, CDAC and today's program	To help students understand the objectives of the program
10 minutes	<u>Activity One- What About Sex?</u> Through interactive activity, students brainstorm on what they know about sex	To encourage students' to look at the topic from multiple perspectives
20 minutes	<u>Information- Sex and Drugs?!</u> Through active discussion and case studies, students learn about the close relationship between sex and drugs.	To raise students' awareness on the close relationship of sex and drugs
10 minutes	<u>Activity Two- Love Triangle</u> Through active discussion, case studies, and interactive activity, students review contraceptive methods and the love triangle.	To increase students' knowledge of contraceptive methods To help students understand the three elements of love are equivalently important
10 minutes	<u>Activity Three- My Choice!</u> Through interactive activity, students analyze peer pressure and learn core refusal methods	To empower students with skills on refusing unsafe requests
5 minutes	Conclusion and Q&A	To consolidate all information covered



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Application Form

Program List:

<u>Program Topics</u>
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C. My Body, My Choice (Body Image and Drug Abuse)
D. Stress Management: How Not to Use Drugs to Cope with Stress
E. Love, Sex, and Drugs

Please fill in the details below and return the form to us by E-mail or fax.

School Name: _____

Address: _____

Contact Person: _____ E-mail: _____

Telephone: _____ Fax: _____

Please indicate below your preferences:

Topic (e.g. A, B)	Grade (e.g. S1, S2)	No. of participants	Preferred Date	Preferred Time

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