

# B.R.I.G.H.T.



社區藥物教育輔導會  
Community Drug Advisory Council

## Message from the Editorial

This year marks the 25<sup>th</sup> anniversary of the establishment of the Community Drug Advisory Council (CDAC). It is a very special time for the organization. It is a time for reflection and a time for change. The publication of “B.R.I.G.H.T.” represents CDAC’s determination to provide services with six attributes, which are Bilingual, Right-information-based, Informed-decision-centered, Gradual, Health-based, and Train-the-trainer-focused. It is hoped that through “B.R.I.G.H.T.”, CDAC can spread anti-drug and healthy living messages to students, parents, teachers, and community members. For enquiry and comment, please contact us via phone at 2521 2880 or via E-mail at [cdac@netvigator.com](mailto:cdac@netvigator.com). We hope you enjoy this issue of “B.R.I.G.H.T.”.

### In this Issue

- \* Feature Articles:  
**Ecstasy, Ketamine, Coke, and then What?**  
**\$14 Million Drug Testing Project: Are We Ready for This?**
- \* Research Corner:  
**Survey on Teachers’ View on Anti-drug Education Training**
- \* News Express:  
**CDAC Crossover Disney**

The **Community Drug Advisory Council (CDAC)** is a bilingual charitable organization founded in 1985 by a group of parents and professionals motivated by a concern about teenage drug abuse in Hong Kong. With over 25 years of experience in anti-drug education, CDAC continues to provide services for the whole Hong Kong community.

Target Groups	Program Topics	
A. Preschool students	A1. Hello, Healthy Me! A3. Bye-bye Unhealthy Habits	A2. Happy Kiddos
B. Primary school students	B1. Junior Drug Detectives B3. How to Say “No!” to Drugs	B2. Smoking and Alcohol B4. Healthy Living
C. Secondary school students	C1. Introduction to Drugs C3. My Body, My Choice C5. Love, Sex, and Drugs	C2. Feel Good! Say “No!” to Drugs C4. Stress Management: How Not to Use Drugs to Cope with Stress
D. Parents and Teachers	D1. Knowledge of Current Drug Issues	
E. Other	E1. Hong Kong Jockey Club Drug Info Centre Visit	E2. Display Boards Rental

## Feature Articles

# Ecstasy, Ketamine, Coke, and then What?

Written by Boman Wong, Agency Head, CDAC  
Translated by Angel Li, Education Officer, CDAC

567 kilograms of cocaine with a street value of approximately HK\$600 million. The over-half-billion-cocaine-bust became the talking point of the city overnight. People are astonished by the quantity of the drug busted this time; yet, drug issues in Hong Kong are really nothing new.

Since the new millennium, we have observed the rise and fall of the Ecstasy/Rave Culture (the recent statistics is a decrease of 58.6% in reported cases of abuse compared to the same figure obtained in 2010), followed by the rapid rise and depreciation of ketamine (street value is around HK\$60 to HK\$80 per “tick” today). Our star of the day: cocaine? A “drop” of it used to worth HK\$1,200, and now one can get a “drop” for HK\$450 in certain districts. The only thing that seems to be consistent over the year maybe the ever-changing nature of the drug issue itself.

In response to the drug issues, the government has invested heavily on anti-drug promotion. If you ask a child what the negative consequences of ketamine abuse are, he or she can probably give you a decent list of them. Is this kind of promotion successful? It depends on which direction you are looking at.

When we look at the number of reported cases of ketamine abuse in 2011 (until August), we see a 19.3% decrease compared to that of 2010. A sign that more people are clean? Not necessarily. An increasing amount of teenagers turn to new drugs, such as “K2”, “Meow Meow”, “Woof Woof”, and the list goes on. The government can continue to chase the trend and invest most money on promoting the harmfulness of “the most popular” drug at the time, but the truth is, it is a match that the government will never win.

Advice on winning the war on drugs? Spend more on preventive education. There is tremendous wisdom in the saying “prevention is better than cure”.



Source of Picture: 19 September 2011 The Standard





## Feature Articles

### \$14 Million Drug Testing Project: Are We Ready for This?

Written by Boman Wong, Agency Head, CDAC  
Translated by Angel Li, Education Officer, CDAC

The Narcotics Division of the Security Bureau announced on October 19, 2011 that a total of \$14 million was approved to support 43 schools to jump-start the Health School Programme with a drug testing component (HSP (DT)). According to the governmental press release, 30 of the 43 participating schools will adopt the urine screening test and the other 13 will adopt the hair test.

From the Trial Scheme in Tai Po District to today's \$14 million and counting drug testing project, it is apparent that the government is dedicated to win the "War on Drugs." Yet, is drug testing really the preferable way to go? Doubtful. When it comes to teenage drug abuse, one core problem is that their drug of choice is always evolving. One day ketamine is in, the other day it is out. The question of the day is: Can drug testing catch up with drug trend?

Moreover, even the schools have the intention to develop the most up-to-date drug tests, they may not have enough resources to do so at the mean time. \$14 million for 43 participating schools, which means it leaves no more than \$330 thousand for each school to not only conduct drug testing but also to implement preventive anti-drug programmes which include "a variety of activities such as anti-drug talks, skills development courses, leadership training programmes, mentorship schemes, workshops on emotion management and problem-solving skills, adventure activities and visits" (see reference). With less than \$330 thousand, it makes one wonder how the participating schools can meet all the objectives and also handle follow-up issues, such as post-test counseling and legal issues.

Any change in policies will affect a wide range of individuals and institutions. It is crucial for the government to carefully evaluate the progress made by the 43 participating schools and to rethink the direction anti-drug strategy should follow before approving more drug testing projects all-year round.

Reference:

<http://www.info.gov.hk/gia/general/201110/19/P201110190312.htm>





## Research Corner

# Survey on Teachers' View on Anti-Drug Education Training

Survey done by Community Drug Advisory Council

### Background:

Over recent years, the HKSAR Government has put significant effort in promoting anti-drug work, and she has especially put emphasis on frontline primary and secondary school teachers' role in promoting anti-drug messages.

Yet, do teachers have adequate knowledge, skills, and mental preparedness in doing so? What kind of training and support do they require most?

The objective of this survey is to find out how primary and secondary school teachers look at "Anti-Drug Education Training for Teachers". Also, this survey aims to analyze what teachers need when they put anti-drug work into practice.

### Method:

This study was conducted in the form of questionnaire survey.

### Subjects:

There are in total 2,003 local primary and secondary school teachers participated in "Train-the-Trainers: Anti-Drug Education Training for Teachers" conducted CDAC over the past 16 months. Their view on "Anti-Drug Education Training for Teachers" is being studied.

### Results:

Overall, most teachers considered "Anti-Drug Education Training for Teachers" to be useful. The results of the survey are summarized in Table 1 and 2.

Table 1 Total Scores\*

N = 2003	Number of subjects	Percentage %
32 or above	1931	96.4
31 or below	72	3.6

\*There are 8 questions in total. The highest total score is 48. A total score of 32 or above means "useful" overall.

Table 2 Mean Scores\*

Question	Mean
Q1. Training could raise my knowledge and awareness towards drug issues	5.2
Q2. Training could help me understand why teenagers abuse drugs	5.0
Q3. Training could increase my understanding on anti-drug education	5.1
Q4. Training could help me understand the importance of teacher's role in anti-drug education	5.0
Q5. Training could prepare me to conduct anti-drug education in school	4.8
Q6. Training could increase my ability in identifying at-risk students	5.0
Q7. Training could assist me in finding community resources related to anti-drug education	4.9
Q8. Overall, I was satisfied with the training	5.1

\*There are 8 questions in total. The score for each question is 1 - 6. A score of 4 or above stands for "useful".





## Research Corner (Cont.)

### Discussion:

Several statistical analyses were done on the 2,003 surveys collected. The results are as follows:

1. *Primary school teachers found “Anti-Drug Education Training for Teachers” more useful compared to secondary school teachers*

Since it is commonly believed that drug issues are more serious among secondary school students than among primary school students, primary schools are generally less concerned about anti-drug education compared with secondary schools. As a result, “Anti-Drug Education Training for Teachers” received by primary school teachers may be less than that received by secondary school teachers, and the former may be less familiar with drug information and trends compared with the latter. These may explain why primary school teachers found “Anti-Drug Education Training for Teachers” more useful compared with secondary school teachers.

2. *More experienced staff found “Anti-Drug Education Training for Teachers” more useful compared to less experienced staff*

This result can be related to the fact that anti-drug education has received a significant amount of attention from the public in recent years. Since a recognizable amount of teachers with less teaching experience have received training in anti-drug education in college, they are more likely to be familiar with drug information, for instance, street names of drugs and signs of drug abuse. On the other hand, more experienced teachers are less likely to be trained in these areas in college; therefore, they are more likely to find “Anti-Drug Education Training for Teachers” useful.

3. *Senior or administrative staff found “Anti-Drug Education Training for Teachers” more useful compared to junior staff*

It is reasonable to hypothesize that these results are associated with policies set by the Education Bureau (EDB). In November 2008, the EDB issued the Circular Memorandum No. 167/2008, “advising all schools to formulate a school-based Healthy School Policy (HSP) with an anti-drug element for institutionalizing an anti-drug culture in schools and setting out support measures provided by the Administration to schools” (HKSAR Education Bureau, 2010). In February 2010, the EDB issued the Circular No., 2/2010 “announcing the implementation details of the HSP and introducing the Anti-drug Resource Kit for Schools”. And starting from the 2010/11 school year, schools are encouraged to formulate a school-based HSP by reintegrating their existing resources to develop a healthy school environment” (HKSAR Education Bureau, 2010). It is possible that since senior or administrative staff have to lead the school in the formulation and implementation of the HSP, they are more likely to find “Anti-Drug Education Training for Teachers”, which provide them with relevant information, to be useful.

### Reference

HKSAR Education Bureau. (2010). Retrieved June 14, 2011,  
from <http://www.edb.gov.hk/index.aspx?nodeID=8027&langno=1>

This survey was presented in The Survey on Teachers’ View on Anti-Drug Education Training Press Conference and in The 7th Mainland, Hong Kong and Macau Conference on Prevention of Drug Abuse. For more information on the survey, please contact Mr. Boman Wong or Ms. Angel Li at 2521 2880.



## News Express

### CDAC Crossover Disney

With the funding from the Disney Children's Fund, CDAC will for the first time expand its services to serve preschool students and their parents with anti-drug and health services. To celebrate the beginning of this collaboration, CDAC staff attended the 2011 Disney Children's Fund kick-off ceremony. Together with Disney's staff, we announced in the ceremony that we would provide services that are health-oriented, innovative, and most of all "FUN" to our service recipients. For bookings and enquiries of our services, please contact Ms. Angel Li at 2521 2880.

## Picture Gallery

A



B



C



D



- A. Group shot at 2011 Disney Children's Fund kick-off ceremony
- B. CDAC's staff explaining to primary school students about healthy eating
- C. An "ideal figure" sculpted by participants of CDAC's body image workshop
- D. Teachers engaging in drug identification activity





**Community Drug Advisory Council**

Address: G/F, 12 Borrett Road, Hong Kong

Phone : 2521 2880 Fax: 2525 1317

E-mail : [cdac@netvigator.com](mailto:cdac@netvigator.com) Website : [www.cdac.org.hk](http://www.cdac.org.hk)

## Programme Application Form

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

Name of School / Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

***Suggested topics for Preschool students:***

- A1. Hello, Healthy Me!
- A2. Happy Kiddos
- A3. Bye-bye Unhealthy Habits

***Suggested topics for Primary school students:***

- B1. Junior Drug Detectives
- B2. Smoking and Alcohol
- B3. How to Say "NO!" to Drugs
- B4. Healthy Living

***Suggested topics for Secondary school students:***

- C1. Introduction to Drugs
- C2. Feel Good! Say "NO!" to Drugs
- C3. My Body, My Choice
- C4. Stress Management: How Not to Use Drugs to Cope with Stress
- C5. Love, Sex, and Drugs

***Teacher and Parent Programmes:***

- D1. Knowledge of Current Drug Issues

***Other Services:***

- E1. Hong Kong Jockey Club Drug InfoCentre Visit
- E2. Display Boards Lending

Grade	No. of participants	Topic (Code)	Preferred Date	Preferred Time

For bookings and enquiries, please contact Ms. Angel Li by:  
 Tel: 2521 2880 Fax: 2525 1317 E-mail: [cdac@netvigator.com](mailto:cdac@netvigator.com)

## Donation and Volunteering Opportunities

CDAC is a registered charity supported by the Community Chest, and a range of other donors. Your support is very important to us. If you are interested in becoming our volunteer, making a donation, or both, please fill in the form below and fax to us at 2525 1317. You can also mail it to Community Drug Advisory Council, G/F., 12 Borrett Road, Hong Kong. Our staff will contact you as soon as possible. Thank you for your support.

Please  the appropriate box.

- I/ Our Organization want to volunteer to help CDAC.  
 I/ Our Organization want to offer a donation to CDAC.

Name (Individual/ Organization): \_\_\_\_\_

Contact Person: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

Amount of Donation:

HK \$100    HK \$300    HK \$500    HK \$1,000

Other Amount HK \$ \_\_\_\_\_

(Donation not less than HK \$100 can be claimed for tax deduction  
with formal receipt.)

### **7-ELEVEN**® Cash Donation

You can make cash donation with minimum amount of HK \$100 to Community Drug Advisory Council via any 7-Eleven in Hong Kong. The cashier will issue a transaction record to you when the transaction is completed. Please keep the transaction record and send to Community Drug Advisory Council, G/F., 12 Borrett Road, Hong Kong or fax to 2525 1317 to request for an official donation receipt. (Please present promotional materials with barcode for donation at any 7-Eleven in Hong Kong.)

7-11(HSBC)



3709 9000 0000 0014 3

### Contact Us

Address: G/F., 12 Borrett Road, Hong Kong

Tel: 2521 2880

Fax: 2525 1317

E-mail: [cdac@netvigator.com](mailto:cdac@netvigator.com)

Web-site: [www.cdac.org.hk](http://www.cdac.org.hk)

**The Community Drug Advisory Council (CDAC)** is a bilingual charitable organization founded in 1985 by a group of parents and professionals motivated by a concern about teenage drug abuse in Hong Kong. With over 25 years of experience in anti-drug education, CDAC continues to provide services for the whole Hong Kong community.

Publisher: Community Drug Advisory Council

Editors: Boman Wong, Angel Li

Published: November 2011

This newsletter is copyrighted. Please cite the information with proper citation.