

KELY Support Group

**DRUG & ALCOHOL AWARENESS
WORKSHOPS**

Secondary-Aged Workshops



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KELY Drug & Alcohol Awareness Workshops Secondary School Students

Year/Form	Content	Title	Code
Y7 and 8 Forms 1 and 2	Alcohol Prevention	Beyond the Influence – The Basics*	BTIB
	Positive Self-esteem	Being Me: When Under Pressure*	BMUP
	Smoking Prevention	Not For Me*	NFM
	Drug Awareness	The Real True/False*	RTF1
		The Real True/False Part 2	RTF2
		Drug InfoCentre Visit*	DIC
	Bullying Prevention	UPstanders Unite! - Offline	UPOF
		UPstanders Unite! - Online	UPON
Y9 and above Form 3 and above	Alcohol Awareness	Beyond the Influence *	BTI1
		Beyond the Influence Part 2	BTI2
	Drug Awareness	Everything You Need to Know *	ENK1
		Everything You Need to Know Part 2	ENK2
		Everything You Need to Know about Cannabis*	ENKC
	Drug and Alcohol Awareness	It Happened to Me*	HTM1
		It Happened to Me Part 2	HTM2
	Y12 & 13 Form 6	Drug Awareness	Breaking News: Drugs Update*
Drug and Alcohol Awareness		Safer Partying Plan*	SPP

* These workshops are funded and can be provided free of charge. Please see below for more details.

Thank you for booking our Drug & Alcohol Awareness Workshops. We aim to deliver informative, interactive and fun sessions for students that meet the stated learning objectives. We'd be grateful if you would read and follow the booking guidelines below.

- Please fill in the booking form attached to these guidelines and either:
fax it to us at **2521 6853** or email it to us at contact@kely.org
- Once we receive your booking form with **your signature and school chop**, we'll get back to you within one working week to confirm your booking.
- Each student can attend **one workshop free of charge, per school year**. These workshops are indicated in the list about with an asterisk (*). There is no limit on the number of school funded workshops that students can attend. For the school-funded workshops we request a donation of **\$46 per student** for the 2016-2017 school year.
- We ask for one hour to deliver our sessions to cover all our learning outcomes and include evaluation in every workshop. We can deliver to groups of up to 200 students or a **minimum of 26**.
- At the end of every workshop, we require an evaluation form to be signed by a school staff member and a **confirmation slip to be chopped by the school**.
- Our workshops cover a range of topics that might raise issues for some students. We ask that teachers be aware of students who may need support as KELY cannot be responsible for students' support needs after workshops.
- Workshops can be postponed & rescheduled if necessary by the school with prior agreement from KELY.
- All workshops will be cancelled if a Typhoon 8 or red or black rainstorm signal is hoisted or if schools are closed by the government for other reasons.
- We also offer bespoke workshops and other learning opportunities for students, teachers and parents and would be happy to discuss these with you. Please get in touch with our team on the number or email below.

If you have any questions about the form or our workshop programme, please contact us by email at contact@kely.org or call the office on 2521 6890.

Booking Form

KELY Drug & Alcohol Awareness Workshops 2017-18

School/Agency : _____

Address : _____

Contact Person : _____ Position: _____

Telephone : _____ Fax: _____

Email Address : _____

Date	Time	Form/ Year	# of Students	Workshop Title	CODE

Signature : _____

School/Agency Chop:

Date : _____

Once complete, please fax to our office on 2521 6853 or email the form to contact@kely.org.

KELY will contact you within one week to return your confirmation.

BEING ME: WHEN UNDER PRESSURE

Positive Self-esteem

Learning Objectives:

- Increase knowledge about the importance of healthy self-esteem
- Identify ways in which self-esteem can be built
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours
- Practice using resistance strategies in response to peer pressure associated with risk-taking behaviours

Research from the UNODC (2015) shows that positive self-esteem and personal skills make individuals less vulnerable to substance misuse. This workshop helps students understand the importance of self-esteem and self-awareness, and how these affect their decisions. Role plays and scenarios will encourage students to practise making positive choices, especially focusing on instances involving peer influence. They will learn tips to improve their own self-esteem and that of their peers.

Programme Type: Funded

Target Group: Years 7-8 / Form 1 & 2

DRUG INFOCENTRE (DIC) SITE VISIT

Drug Awareness

Learning Objectives:

- Increase knowledge of drugs commonly used in Hong Kong through an interactive exhibition
- Increase knowledge about some common reasons for drug use, and the process and outcomes of addiction
- Increase knowledge about different ways negative peer pressure can be applied and resistance strategies

Students are able to learn outside of the classroom through the interactive exhibition at The Hong Kong Jockey Club Drug InfoCentre (DIC). Case studies will be used to learn about the effects of specific drugs and some of the consequences of addiction. Through an interactive video, students will learn from real-life situations to consider how different situations can impact on a decision to use or not use drugs and about resistance strategies to overcome peer pressure. A debriefing prior to leaving the centre will consolidate the learning.

NOTE WHEN BOOKING THIS WORKSHOP:

This workshop is only available between 10 am to 5 pm, Monday – Friday.

Programme Type: Funded

Target Group: Year 7-8 / Form 1 & 2

NOT FOR ME Smoking & Drug Prevention

Learning Objectives:

- Increase knowledge about the risks and effects of smoking tobacco, e-cigarettes and cannabis.
- Practice using resistance strategies in response to peer pressure associated with smoking and drug use
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours
- Identify the impact of media and marketing on attitudes and behaviours related to smoking and drug use

This workshop refreshes and builds upon student's knowledge of the harmful effects of smoking tobacco and introduces risks associated with e-cigarettes and cannabis. This workshop aims to increase awareness of the risks associated with smoking both legal and illegal substances.

Students will analyse the impact of media and marketing and its role in people initiating smoking. Finally students will practice resistance strategies through role plays, that will prepare them to counter peer pressure they may encounter in everyday situations.

Programme Type: Funded

Target Group: Year 7-8 / Form 1 & 2

THE REAL TRUE/ FALSE Drug Awareness

Learning Objectives:

- Increase skills in identifying some common drugs used in Hong Kong
- Increase knowledge about some effects and risks associated with common drugs, drug trends and laws regarding illegal drugs
- Identify and clarify misconceptions about drugs and their associated risks, and how media and popular culture may play a role in these perceptions
- Practice using resistance strategies in response to peer pressure associated with drug use

The Real True/False – Part 1

This is an introduction to drugs for students who may not have learnt or spoken about drugs before. Starting from the most basic question: “What is a drug?” students will be guided through an overview of both legal and illegal drugs. Activities will increase knowledge about many drugs found in Hong Kong, including risks and effects, and aiming to encourage anti-drug attitudes amongst students. Resistance strategies will be introduced to students as a way of combating peer pressure and refusing drugs.

Programme Type: Funded

Target Group: Year 7-8 / Form 1 & 2

The Real True/False – Part 2

Putting some of their basic knowledge about drugs into context, this workshop uses a team quiz format to raise awareness about the context and trends of drug use by young people in Hong Kong. Students will consider how the media and popular culture affects myths, misinformation and perceptions about drugs. Through role-plays students will have the opportunity to apply their knowledge and practice resistance strategies that they learnt in the previous session, which can be applied to everyday situations.

Programme Type: School-funded

Target Group: Year 7-8 / Form 1 & 2

UPSTANDERS UNITE! Bullying Prevention

Learning Objectives:

- Identify the difference between a bystander and an upstander and identify ways to be a supportive peer
- Enhance skills to respond more effectively when the individual or a peer is being bullied
- Classify bullying as an unhealthy way of coping and increase knowledge about healthier ways of coping
- Define what constitutes cyber bullying and identify both healthy and unhealthy ways of coping

Upstanders Unite! - Offline

Building on students' knowledge in defining and identifying bullying, this workshop encourages students to become supportive peers, through consideration of the role of bystanders and upstanders in bullying. Students will develop their own role plays and use them to practice strategies for dealing with bullying, as well as speaking assertively. Students will begin to consider bullying as an unhealthy way of coping with stress and understand the role low self-esteem and negative peer influence can have in driving it.

Programme Type: School-funded

Target Group: Years 7 – 8

Upstanders Unite! - Online

Students are given an opportunity to deepen their understanding of how bullying and peer pressure can affect an individual, this time through online mediums. Realistic scenarios are introduced to raise awareness of what constitutes cyberbullying, highlighting similarities and differences between bullying online and offline, and how personal values may differ depending on the medium. Students will consider how to deal with cyberbullying and create their own checklist to avoid contributing to, and appropriate actions in response to, cyber bullying.

Programme Type: School-funded

Target Group: Years 7 – 8

EVERYTHING YOU NEED TO KNOW Drug Awareness

Learning Objectives:

- Increase knowledge about commonly used drugs in Hong Kong, including cannabis, and their effects and risks
- Develop skills in identifying and analysing sources of information about drugs for credibility
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours

Everything You Need to Know – Part 1

This workshop builds students' knowledge about drugs, by breaking down the drugs into categories, to understand both their immediate and long-term risks and effects on the body. This is supplemented with short videos to highlight some of these risks. Small group discussions encourage students to analyse some of these risks, and to consider why young people might continue to want to try drugs, despite this knowledge.

Programme Type: Funded

Target Group: Year 9 and above / Form 3 and above

Everything You Need to Know – Part 2

This workshop will build on the knowledge from the previous session and focus on drugs that are most commonly used by secondary students in Hong Kong. Students will design their own age-appropriate and culturally relevant Drug Awareness Campaigns. Tools will be shared, enabling students to analyse the credibility of sources of drug related information. Through sharing plans for their campaigns, students will gain a deeper understanding of effects and trends of different drugs, and compare and contrast their risks.

Programme Type: School-funded

Target Group: Year 9 and above / Form 3 and above

Everything You Need to Know about Cannabis

This workshop focuses on cannabis as it is the drug most widely used by secondary school students in Hong Kong and there is evidence of a decreasing perception of harm associated with it. Short videos, a quiz style format and other media will be used to share to information about cannabis, including its physical, psychological and social effects both in the long and short-term. Through this sharing, common misconceptions about cannabis will be addressed and students encouraged to analyse sources of these misconceptions. Role plays will be used to practice resistance strategies in response to peer pressure to use cannabis.

Programme Type: Funded

Target Group: Year 9 and above / Form 3 and above

IT HAPPENED TO ME... Drug & Alcohol Awareness

Learning Objectives:

- Increase knowledge about the most commonly reported reasons for drug use amongst young people
- Raise awareness of drug and alcohol dependence, including the physical, psychological and social impact
- Increase awareness about the benefits of resisting drug and alcohol use
- Practice using resistance strategies in response to peer pressure associated with drug and alcohol use

It Happened to Me – Part 1

This workshop breaks down the term ‘addiction’ allowing students to understand some of its physical, psychological and social components. It includes a series of experiential and interactive activities that focus on overcoming curiosity, peer pressure and stress, which young people report are the most common reasons for using drugs. Finally some of the negative impacts of addiction are considered, not only for the individual but also on friends, family and the community.

Programme Type: Funded

Target Group: Year 9 and above / Form 3 and above

It Happened to Me – Part 2

Recovering addicts give students a first-hand account of drug use and their experience of addiction. Students have the opportunity to ask questions anonymously and hear responses from the speakers. This can range from the curiosity behind what sparked an addiction, how the addiction affected their lives and those around them to how they stopped using drugs or alcohol. Personal stories will increase understanding of how addiction can affect a person and highlight the benefits of resisting drug use.

Programme Type: School-funded

Target Group: Year 9 and above / Form 3 and above

BEYOND THE INFLUENCE

Alcohol Awareness

Learning Objectives:

- Increase knowledge about the risks associated with alcohol and binge drinking for young people
- Practice using resistance strategies in response to peer pressure associated with alcohol consumption
- Develop simple and age-appropriate tips to reduce some short-term risks associated with alcohol consumption

Beyond the Influence – the basics

This workshop introduces some of the risks around alcohol consumption, focusing on the particular effects on the body for young people. Through the use of videos and mixed media, students analyse the impact of advertising and the social acceptance of this legal drug. Some of the immediate risks of alcohol consumption will be considered. Realistic scenarios are also used to practice resistance strategies and engage students in ways to cope with peer pressure as well as to introduce tips to reduce some immediate risks of drinking too much.

Programme Type: Funded

Target Group: Year 7-8 / Forms 1 & 2

Beyond the Influence – Part 1

This workshop addresses the risks involved when people binge drink. It not only considers how it can affect the drinker but also those around them. Realistic tools, our 'beer goggles', are used to mimic the sensory distortions caused by alcohol consumption and increase their understanding of the short-term harms that are associated with binge drinking. Students will learn how to reduce these risks as well as what to do when they do happen, ultimately encouraging them to be a supportive friend and positive role model to their peers.

Programme Type: Funded

Target Group: Year 9 and above / Form 3 and above

Beyond the Influence – Part 2

In this workshop, students will develop a more in-depth and age-appropriate understanding of the harmful effects of alcohol on their body and its immediate risks. Through experiential activities, students will practice ways to support peers who are severely intoxicated, including using the recovery position and identifying symptoms of alcohol poisoning. Students will create their own short videos, with some of the key points to take away regarding the risks and harms associated with binge drinking, as well as resistance strategies, that they can take away and share.

Programme Type: School-funded

Target Group: Year 9 and above / Form 3 and above

BREAKING NEWS

Drug Awareness

Learning Objectives:

- Increase knowledge about lesser known drugs, their associated trends in Hong Kong and the risks associated with drug use both at individual and wider societal levels
- Practice skills in identifying and critically analysing sources of information for credibility
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours

Building upon existing knowledge of commonly used drugs in Hong Kong, this workshop will introduce up-to-date information on drug trends, including new psychoactive substances and emerging party drugs for an older age group. In small groups, students will analyse different sources of information, and present key information and risks to their peers, in innovative ways. This workshop will be discussion oriented, with time to respond to key questions that young people might have, with the aim of addressing curiosity. It will go beyond the risks to the individual, to consider some of the wider societal impacts of drug use.

Programme Type: Funded

Target Group: Year 12 and 13 /Form 6

SAFER PARTYING PLAN

Drug and Alcohol Awareness

Learning Objectives:

- Increase awareness of the negative effects of drug and alcohol use and their association with other risky behaviours
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours
- Produce an age-appropriate and culturally relevant plan to reduce risks associated with drug and alcohol use.

Designed for students preparing to leave secondary school, students will identify and respond to risks associated with their own typical night out. In this workshop, students will develop an age appropriate and culturally relevant Safer Partying Plan, with the aim of getting home safely. Through discussion, and analysis of relevant resources, the plan will reduce risks that could lead to accidents, drink driving, sexual risks as well as dealing with peer pressure, supporting intoxicated friends, and any other issues brought up and of relevance to the students.

Programme Type: Funded

Target Group: Year 12 & 13/ Form 6