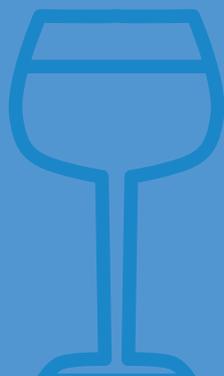
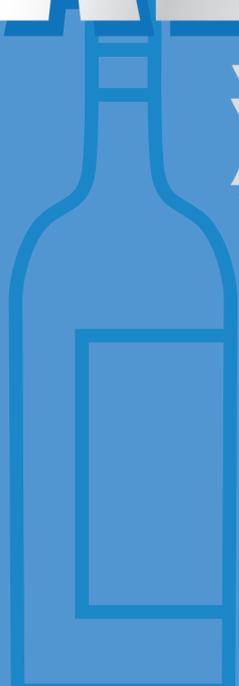


ALL ABOUT

ALCOHOL

酒精知多D



A young person's guide to staying safe around alcohol

青年如何應對酒精指引

# INTRODUCTION 簡介

As part of the ExCEL! 2016-17 programme organised by KELY Support Group and funded by Operation Santa Claus, we, students from Form 3, 4 and 5 from Delia Memorial School (Glee Path) felt that there was a need to share credible information about alcohol with our peers.

由啟勵扶青會主辦，愛心聖誕大行動贊助的 2016-17 年 ExCEL！項目，我們，來自地利亞修女紀念學校（吉利徑）的中三、中四及中五學生認為，我們有必要將有關酒精的可靠資訊與其同輩分享。

This booklet represents information and resources about the risks, myths and effects of alcohol that we put together. It is our response to the lack of relevant information written by young people, for young people within our school community.

此小冊子包涵學生共同整合有關酒精的資訊和資源，包括酒精的危機，迷思和影響。學生希望透過是次展覽，傳達校園環境缺乏由青年親手製作相關資訊的需求。

Aside from raising awareness of some of the risks, we wanted to share ideas specifically about how to minimise harms associated with alcohol use and how to respond to pressure, especially to consume alcohol.

除了提升校內同學對飲酒的危機意識外，我們亦希望透過分享，引導同輩如何減低飲酒之相關危害，以及怎樣應對壓力，尤其是在被要求飲酒的情況之下。

We also wanted to share ideas about healthier ways of coping and ultimately encourage our peers to reach out for support.

我們亦希望分享應對壓力的健康之法，並鼓勵同學有需要時尋求協助。

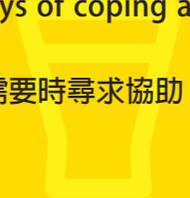
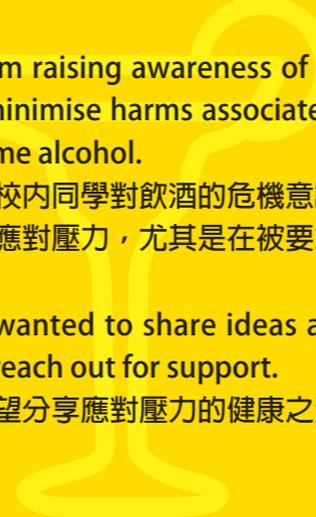
Compiled by ExCEL! programme participants 2016-17,  
Delia Memorial School (Glee Path)  
Edited by KELY Support Group

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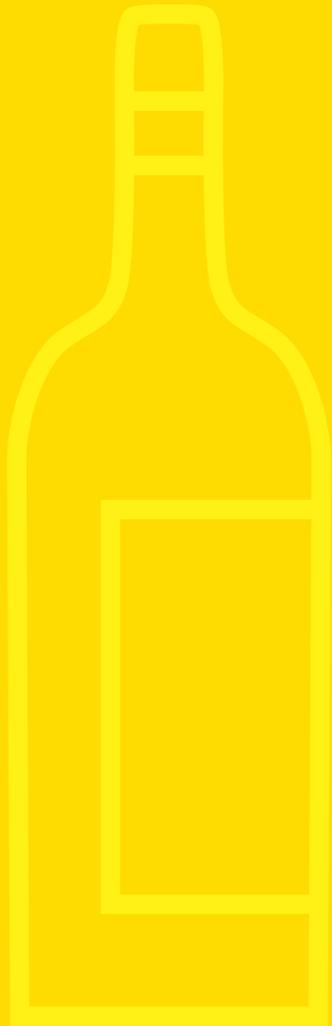
Printed in Hong Kong

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# WHY MIGHT A YOUNG PERSON USE ALCOHOL?

## 為甚麼年輕人會飲酒？

Stress is one of the big issues we are dealing with, and could be a reason why we might use alcohol or other drugs as a way of trying to cope.

壓力是其中一個我們經常面對的問題，這亦屬我們嘗試借助酒精或其他藥物應對壓力的原因之一。

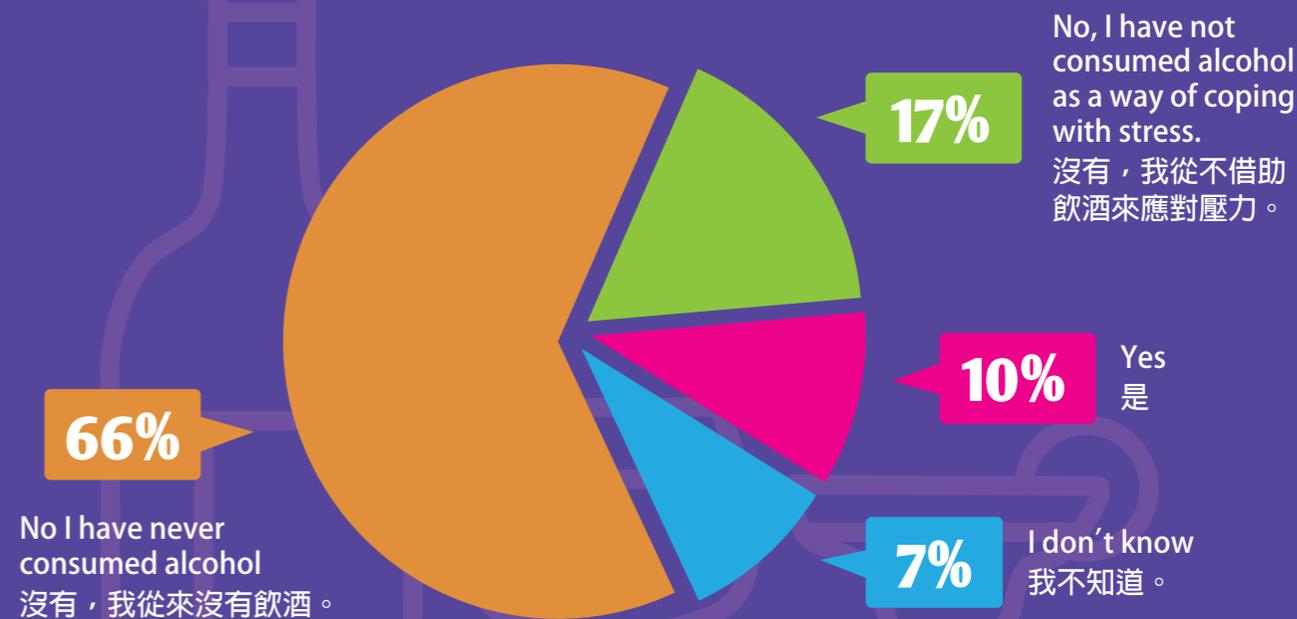
We asked our classmates at Delia Memorial School (Glee Path) what some of the biggest stressors they are facing at present are:

我們訪問了我們的同學，地利亞修女紀念學校（吉利徑）的學生，有關他們現正面對的主要壓力來源：



We asked them if they have ever consumed alcohol as a way of coping with stress:

我們訪問了他們有關是否曾經借飲酒來應對壓力



No I have never consumed alcohol 沒有，我從來沒有飲酒。

No, I have not consumed alcohol as a way of coping with stress. 沒有，我從不借助飲酒來應對壓力。

Yes 是

I don't know 我不知道。

Only 10% said they had used alcohol as a way of coping with stress. This isn't a healthy way, so it's great to know most people are looking for healthier alternatives!

只有 10% 受訪者表示，他們曾透過飲酒來應對壓力。飲酒這個方法並不健康，故我們很高興知道，大多數人都在尋找其他更健康的選擇應對壓力。

Sometimes it can feel like "everyone is doing it" but it's not common to drink! The majority in school aren't!

有時候，你覺得「所有人都這樣做」，但其實喝酒並不普遍！學校裡有許多人都不飲酒呀！

WHY IS

# UNDERAGE DRINKING RISKY?

## 為什麼未成年人士飲酒具風險呢？

Our brains are still developing until we're in our twenties. Alcohol can have some serious effects on this process and stop someone from reaching their full potential.

在我們踏入二十歲之前，我們的大腦都在處於發展狀態。酒精能會對大腦發展造成嚴重影響，導致該人無法充分發揮潛能。

### Did you know? 你知道嗎？

Alcohol is considered a Class 1 Carcinogen (cancer causing) just like tobacco and can have toxic effects on our bodies.

酒精和煙草一樣，被視為一級致癌物，對我們身體產生毒性作用。

### Did you know? 你知道嗎？

The younger you start, the more you drink and the more often you drink the higher the risk of disease and other health and social issues.

你愈年輕開始飲酒，你會愈飲愈多；你愈頻繁地喝酒，患上疾病或面對其他健康及社會問題的風險亦較高。

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risk of 自殺危機  
**suicide**

**violent** 暴力傷害  
injury

academic failure 成績倒退  
accidental injury 意外受傷

risky sexual behaviour 高風險性行為  
**injury**

mental health issues 精神健康問題

social problems 社會問題

alcohol 依賴酒精  
**dependence**

liver disease & cancer 肝病及肝癌  
**heart disease** 心臟病

mouth and throat cancer 口腔及咽喉癌  
**mental health issues** 精神健康問題

breast cancer (women) 乳癌(女性)  
**stroke** 中風

bowel cancer 腸癌  
**memory problems** 記憶問題

Memory function 記憶力衰退

Slurred speech 口齒不清

Slow reaction 反應遲緩

Blurred vision 視綫模糊

Loss of balance 失去平衡力

Slow movement 動作遲緩

Irrational thinking 非理性思維

Blackout 喪失意識

抑鬱症  
**depression**

self-harm 自我傷害

relationship issues 人際關係問題

alcohol use 酗酒  
**disorders**

illegal drug use 非法使用藥物

tobacco use 吸食煙草

# WHAT DO YOUNG PEOPLE THINK ABOUT ALCOHOL REGULATION IN HONG KONG?

## 大家對香港的酒精管制有甚麼看法？

Alcohol is the most widely used substance by young people in Hong Kong.  
酒精是香港年輕人最常使用的藥物。



**10.9**  
years old 歲

Young people may be consuming alcohol from a very young age.  
年輕人可能從小就開始接觸酒精。

Evidence says proper age restrictions on alcohol will protect young people from harm caused by alcohol use.

實證證明，訂立飲酒年齡限制有助保護年輕人免受酒精引致之危害。

### HK LAW 香港法例

ONLY restricts purchase within licensed premises.  
只限制持有酒牌地方之酒類銷售。

But  
不過

There aren't legal restrictions to purchase elsewhere.  
年輕人可在其他不受限制的地方合法購買酒精。

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## Operation Big Bird

KELY conducted a survey to gather young people's response to this. 927 young people aged 13-21 from 12 schools told us:

啟勵訪問了 12 間學校，合共 927 名年齡介乎 13-21 歲的年輕人有關以下問題：

Do you believe there needs to be better regulation of underage access to alcohol in HK?

你認為本港需要加強監管未成年人士接觸酒精的規制嗎？

No 不需要 38.5%

Yes 需要 64.5%

### Top 2 Reasons 兩大主要原因：

- Current regulations were good enough  
現行法制已經足夠
- Drinking was a benefit to their health and reputation  
飲酒有助增強健康及確立名聲

### Top 2 Reasons 兩大主要原因：

- Young people already access alcohol easily  
年輕人很容易接觸酒精
- Concerns over how alcohol would affect their health  
關注酒精對健康的影響

### Apart from regulation, what else could be done for young people in Hong Kong in regards to access to alcohol?

除了法例管制外，我們還可以在年輕人接觸酒精方面做些甚麼？

Top 3 recommendations given by youth on supporting young people other than regulation:

青年提出修定法例以外，支援年輕人的三大方法：

1 More education, workshops  
提供更多教育、工作坊。

23.4%

2 Restrict or ban alcohol sales, regulating where they can be sold  
限制或禁止售賣酒精、監管售賣地點。

5.8%

3 Enforce regulations, increase penalty for underage drinking  
加強執行法例，提高未成年飲酒之刑罰。

5.2%

# HOW MUCH IS TOO MUCH?

## 多少才是暴飲？



**What is binge drinking?**  
什麼是過量飲酒？

Drinking lots of alcohol in a short space of time.  
在短時間內大量飲酒。

OR Drinking to get drunk. 為喝醉而飲酒。

**What is a standard drink?**  
什麼是標準杯？

A standard drink is any drink that contains 10g of pure alcohol. This is referred to as one unit of alcohol. 一個標準杯含有 10 克純酒精。這亦代表一個酒精單位。

One unit always contain the same amount of alcohol no matter what volume or size of the bottle, can or glass, or the type of alcohol. 一個酒精單位所指的是，無論酒精飲料的容量為多少，一杯、一罐抑或一瓶，其酒精含量均是一樣的。

Most people can only process approximately one unit per hour. Any extra alcohol will add up in the body, making someone drunk. 大多數人每小時只能夠消化一個酒精單位，剩下的酒精會囤積在身體內，導致人有醉意。



Beer Bottle  
啤酒瓶

1



Wine: Full  
紅酒：一杯

2

Half  
半杯

1



Cocktail  
雞尾酒

1.5



Shot  
烈酒

1

**But I won't get drunk if it's just a few right?**

但是如果我只喝一點點，應該不會喝醉吧？

Wrong! Everyone responds differently to alcohol. It depends on your weight, age, gender, body chemistry, genetics, amount of food and alcohol consumed - so many factors. But also it depends how you're feeling that day, and what's going on around you. It's impossible to predict!

不是！每個人對酒精的反應都不一樣。這個跟你的體重，年齡，性別，體內的化學物質，基因，攝取的食物和酒精含量等眾多因素影響。同時，這亦取決於你當天的心情和經歷，故無法判斷！

**But alcohol always cheers people up right?**  
酒精時常讓人心情愉快，對嗎？

Wrong. Alcohol is a depressant so at first it lowers people's inhibitions, but after that it means they aren't as able to control their emotions and may begin to get emotional.

不！酒精是一種鎮靜劑，剛開始時，它會降低人的抑制能力，之後卻會演變成讓人無法控制自己情緒，甚至變得情緒化的東西。

**But I see adults drinking so surely it can't be that bad?**  
我看到很多成年人都飲酒，所以飲酒不會太壞吧？

It's different for young people while their body and brain are still developing. It's much more harmful. Also teenagers take risks, so are more likely to binge drink than adults too!

年輕人和成年人飲酒是有分別的。年輕人的身體和大腦仍在發育，如果在這階段喝酒，將對他們的身體造成更大傷害。再者，年輕人傾向冒險，因此相對成年人，他們較容易暴酒。

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# WHY DO WE CHOOSE NOT TO DRINK?

## 為甚麼我們选择不飲酒？

Choosing not to drink until you're at least 18 can be one of the healthiest choices we can make. Even if you come under pressure from your friends, stick to your choice - it can lead to many positive things now and in the future!

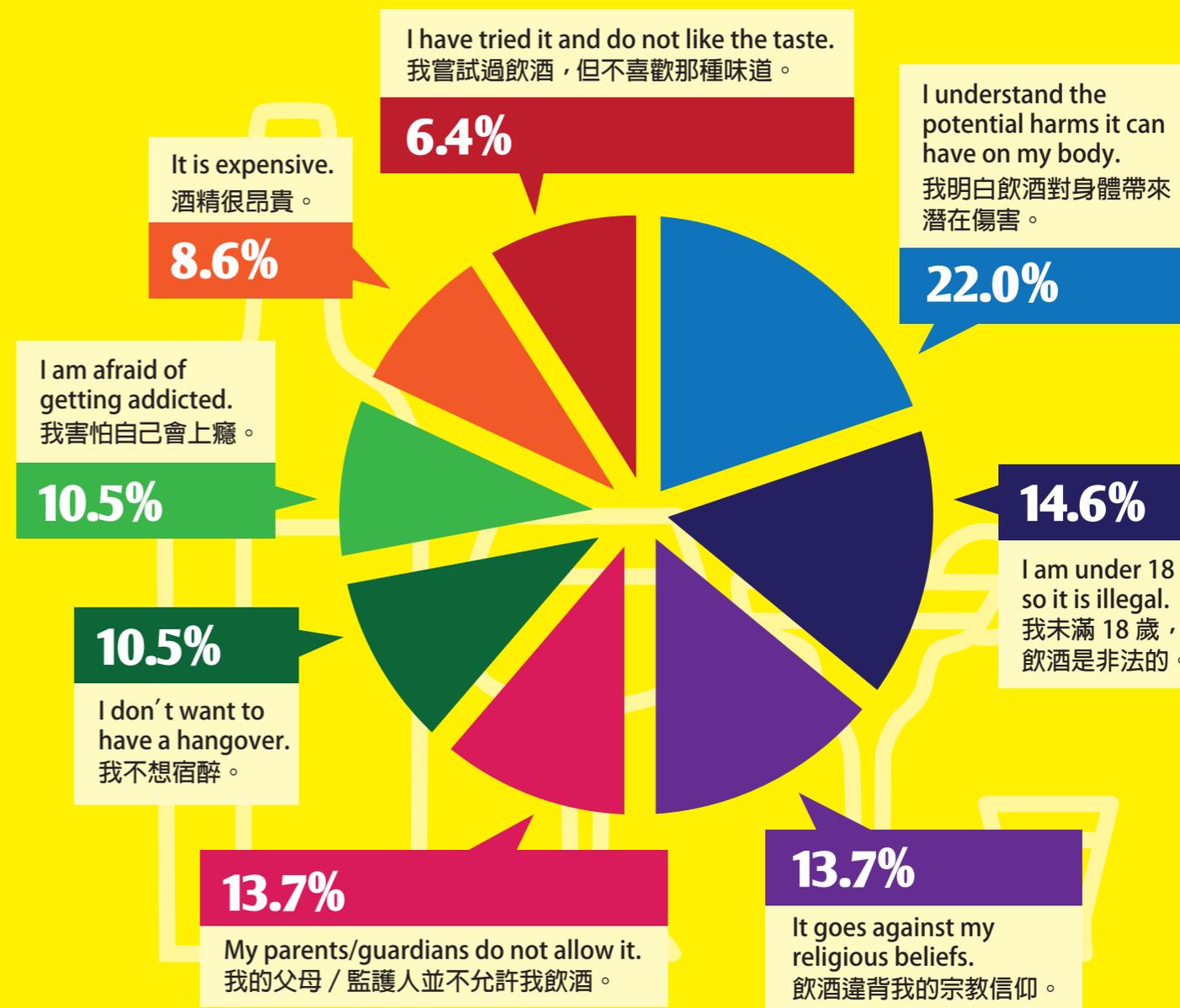
我們可以作出很多健康決定，選擇不在 18 歲以前飲酒就是其中一個。就算你在朋友圈中感受到壓力，也請堅持你的決擇吧—這會讓你的現在和未來變得更加美好！

**I choose not to drink**  
我选择不飲酒

**I'm going to wait until I'm at least 18**  
我要等到年滿 18 歲的時候。

### Some reasons that prevent our classmates from Delia Memorial School (Glee Path) from consuming alcohol:

我們地利亞修女紀念學校（吉利徑）的學生选择不接觸酒精的一些原因：



# HOW CAN YOU HELP A FRIEND WHO HAS DRUNK TOO MUCH?

## 如何幫助一個暴飲的朋友？

Drinking a lot of alcohol in a short space of time could cause alcohol poisoning. This is when the level of alcohol is so high that the brain's basic functions, like breathing, are blocked. This can mean someone ends up in hospital or even dead.

在短時間內暴飲過量會導致酒精中毒。當體內的酒精濃度上升至某個程度時，酒精會導致大腦無法正常運作，例如：不能自主呼吸等。當事人需要送院治療，嚴重者甚至會死亡。

### Know the signs of alcohol poisoning 酒精中毒的症狀包括 . . . . .



**If they show any of these signs, call for help immediately! 999 for an ambulance**  
 如果你的朋友有以上情況，立即致電 999 尋求協助！

### Use the recovery position 使用復原臥式 . . . . .

If someone is unresponsive and breathing then you should put them in the recovery position. This is to keep their airway open so they can still breathe and prevent them choking on their own vomit, which could be fatal.

如果當事人沒有反應但能夠自主呼吸，你可使用復原臥式幫助他們。  
 復原臥式能夠保持呼吸道暢通，幫助當事人正常呼吸，防止他們因嘔吐物堵塞呼吸道而導致死亡。

**1**



Bend their elbow and lay their arm flat with palm facing upwards. 把當事人靠近自己那邊的上臂向外橫放，手肘成直角彎曲，手掌向上。

**2**



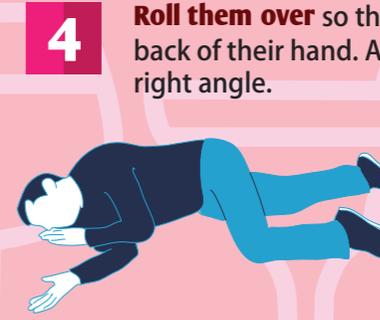
Take the arm furthest away from you, bringing it across their chest, and place the back of their hand on their cheek. 將與你距離較遠的手臂拿起，帶過當事人的胸腔部分，手背貼面。

**3**



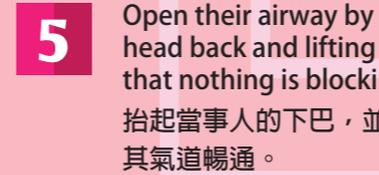
Reach across and raise the leg that is furthest away from you, into a bent position so their foot rests on the floor. 一隻手抓緊當事人與你距離較遠的大腿，拉起及提高其膝部，直至當事人的腳掌平放在地上。

**4**



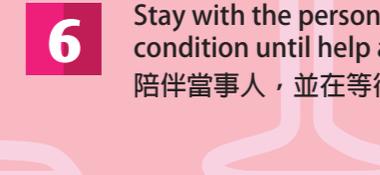
Roll them over so their cheek rests on the back of their hand. Adjust the upper leg at a right angle. 把當事人向自身方向拉動，使他側臥。整當事人提起的大腿，並把髖關節和膝關節置於一直角。

**5**



Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway. 抬起當事人的下巴，並把其頭部昂後，保持其氣道暢通。

**6**



Stay with the person and monitor their condition until help arrives. 陪伴當事人，並在等待救援期間觀察其情況。

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# WHAT CAN WE DO TO PREVENT OR DEAL WITH HANGOVERS?

## 如何防止或處理宿醉？

A hangover is a severe headache or other after effects caused by drinking an excessive amount of alcohol. This could include trembling, headaches, nausea, fatigue, dehydration and diarrhea. 宿醉為大量飲酒過後出現的劇烈頭痛及其他症狀，包括：顫抖、頭痛、噁心、疲勞、脫水、腹瀉等。

### Preventing a Hangover 防止宿醉

1

**Remember how a hangover** feels before you drink. Think whether you and your body want to feel that.  
飲酒前回想一下宿醉感受，你是否希望你的身體經歷那些感受。

2

**Plan ahead!** Drink water and eat some food before, during and after consuming any alcohol.  
事先計劃！飲酒前、飲酒期間以及飲酒後，你都需要喝水和吃東西。

3

**Know your limits.** Consider drinking in moderation: set a limit and only keep a small amount of money on you.  
知道自己的極限。考慮適當地飲酒：為自己設定飲酒上限，並攜帶少量金錢。

4

**Don't drink when you are sad or upset.** It will only make it worse. Don't be afraid to seek help to deal with your problems.  
切勿借酒消愁。飲酒只會讓你的情緒變得更糟糕。當你面對問題時，不要害怕尋求他人協助。

5

**Drinking games aren't a good idea.** Peer pressure and drinking a lot quickly can add up quickly.  
飲酒遊戲不是好玩意。在朋輩壓力下大量飲酒，將會令你很快超出自己酒量之極限。

## Did you know alcohol is a diuretic?

### 你知道酒精是利尿劑嗎？

So it makes you pee more, and makes you lose water. That's why alcohol can lead to dehydration and headaches!

它會令你需要頻繁地到洗手間，並讓你失去水分，這就是酒精導致人們脫水和頭痛的成因！

## Dealing with a Hangover 處理宿醉



### Accept that rest is the best!

You probably didn't sleep enough.  
最好的辦法是休息！你大概沒有足夠的睡眠。



### Hydrate yourself!

Drink lots of water and drinks with electrolytes.  
補充水分！喝下大量的清水和含有電解質的飲品。



**Get some fresh air.** Take some deep breathes and do light exercise like going for a walk.  
呼吸新鮮空氣。深呼吸和做簡單運動，如：散散步。



**Don't add to it.** More alcohol will only drag the hangover out.  
別繼續飲酒。繼續飲酒只會加劇宿醉問題。



**Ease the pain.** Consider taking some mild painkillers.  
舒緩痛楚。可考慮服用溫和的止痛藥。



**Eat sensibly.** Stick to bland food, something with potassium like bananas, or anything with extra liquid like soup.  
謹慎選擇食物。盡量選擇清淡的食物，含有鉀質的食物，如：香蕉，或其他液體，如：湯水。

## Remember 緊記

The best option is not getting a hangover in the first place!  
最好的選擇就是避免宿醉！

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# WHAT ABOUT DRINK SPIKING?

## 那麼在飲料中落藥呢？

Drink spiking is when drugs or alcohol are put in someone's drink without them knowing, and so without their permission.

「飲料下藥」指的是在當事人不知悉及未有批准的情況下，遭人於其飲料中加入藥物或酒精。

## What would this do to you? 這會對你造成甚麼影響？

Depending on the amount and type of substance used this may cause the person targeted to: 飲料下藥對當事人的影響，會跟有關藥物的份量及種類而異，包括：

**1** Feel really drunk, confused, disoriented and unable to remember things  
感到醉意、困惑、迷失方向，無法記清事情。

**3** Be more likely to do something they wouldn't normally do because of lowered inhibitions  
因個人抑制力大為降低，當事人或會作出異於平常的舉動。

**2** Feel dizzy, faint, sick or sleepy  
感到暈眩、暈倒、感到不舒服或有睡意。

**4** Pass out or become unconscious and unable to protect and defend themselves  
昏迷或不省人事，以及無法保護自己。

Some reasons might be: 當中原因包括：

As a joke  
開玩笑

To rob the person  
打劫當事人

To sexually assault/rape someone.  
(This is called drug facilitated sexual assault, DFSA)  
意圖侵犯 / 強姦當事人 (這亦可稱作藥物誘姦 / 迷姦)

## What drugs might be used? 有甚麼常用的藥物？



**Rohypnol 羅眠樂**  
(Roofies) (迷姦藥)



**Ketamine 氯胺酮**  
(K-Tsai) (K仔)



**GHB 伽馬 - 羥基丁酸**  
(Cherry meth) (G水)



**Alcohol 酒精**

### Remember 緊記

- You won't be able to see, smell or taste most of these drugs if they're mixed in!
- 這些藥物混入飲料後，會變得無色、無嗅、無味！

This is the most commonly used drug  
這是最常用的藥物

## How to avoid it? 如何防止有關問題？

Watch your drink being made  
親眼看着飲料製作之過程

Avoid sharing drinks with others  
避免與人共飲同一杯飲料

Keep your eye on your drink at all times  
小心翼翼留意自己的飲料

Don't accept open bottled drinks and cans  
不接受已被開啓的枝裝及瓶裝飲料

Look for obvious signs of tampering like your drink being moved or a straw being taken out  
留意自己飲料是否有被“加料”的明顯跡象，如：飲料曾被移動，或飲管被拿走等。

## What should you do if you think this has happened to you or a friend?

當你認為自己或朋友正遇上這個情況時，該怎麼辦？

Make sure you are with people you trust and go to a safe place  
和你信賴的人一起前往安全地方。

Call an adult you trust for help, and tell them what you think has happened  
向你信賴的成年人求救，告訴他們你認為發生了的事情。

If the person becomes unconscious then call for an ambulance immediately (999)  
若有人不省人事時，請即召救護車 (致電 999) 尋求協助

SOURCES  
資料來源

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# WHAT ABOUT ALCOHOL & OTHER RISKS?

## 酒精還具備甚麼其他風險？

Alcohol affects your ability to make good decisions for yourself and can lead to negative things happening.  
酒精會影響你為自己作出良好決策的能力，導致負面事情之發生。

### Risky Sexual Behaviour 高風險性行為



Less likely to use protection  
傾向不採取保護措施

More likely to have unplanned sex  
傾向發生預期以外的性行為

Higher risk of Sexually Transmitted Infections (STIs)  
增加較高性傳播感染的風險性傳播疾病

More likely to have unplanned pregnancy  
增加意外懷孕機會

### Drug Facilitated Sexual Assault (DFSA) 毒物致使的性侵犯

Sexual assault is engaging in sexual act without the other person's consent. Alcohol is involved in a large number of cases of sexual assault. When deciding to engage in sexual activity with someone, it is important to communicate - check in and talk to each other and ensure everything they say and do is about YES!

性侵犯指在未得到對方同意下進行性行為。許多性侵犯的案件都牽涉酒精。當你決定是否與某人發生性行為時，溝通是非常重要的。以言語表達和交流，確保雙方都同意這個決定！

#### The difference between

在酒精影響之下，「好」與「不好」之間的界線變得模糊

# YES

Can be hard to read when alcohol is involved.

**If in doubt, don't do it!**  
若有任何疑問，切勿為之！

## What about mixing alcohol and other drugs?

### 那麼混合酒精和其他藥物呢？

The effect of an illegal drug will always be unpredictable. Mixing drugs can lead to a higher chance of having a bad time. Let's explore why mixing with alcohol can be risky:

非法藥物帶來的影響往往無法預測的。將藥物混合或會增加發生負面事情後果的機會。讓我們探索為甚麼將酒精和藥物混合會帶來的風險：

#### Heroin 海洛英

This is one of the most dangerous combinations. Overdose & death are serious risks.  
將海洛英和酒精混合，屬其中一種最危險的混合飲料。混合它們或會致使當事人濫用藥物，甚至死亡。

#### Depressants 鎮靜劑

Combining two drugs with similar slowing effects can exaggerate them. This means a higher risk of your body shutting down all together.  
當兩種鎮靜劑混合在一起時，將進一步減慢你大腦的活動狀況，繼而增加休克的風險。

#### Cocaine 可卡因

Causes the liver to produce a highly poisonous substance called cocaethylene that increases risk of heart attack and fits.  
讓肝臟大量生產一種高毒性物質——卡乙鹼。這種物質將增加心臟病發作之風險。



#### Alcohol 酒精

A depressant, that blocks and slows both physical and psychological activity.  
一種鎮靜劑，防礙及減慢生理及心理上的活動。

#### Cannabis 大麻

There's a higher chance of dizziness, nausea and vomiting and can make some feel more panicked, anxious or paranoid.  
大麻會增加暈眩、噁心和嘔吐的可能性，導致感到驚慌失措、焦慮或出現幻覺。

#### Depressants 鎮靜劑

Mixing a depressant and a stimulant can hide the effects of the stimulants. This means a higher risk of overdosing.  
混合鎮靜劑和興奮劑，將隱藏興奮劑的效果，同時增加服用過量藥物的風險。  
Or, the stimulant will take away the sleepiness and someone might stay up longer and drink more.  
或許，興奮劑會消除困倦，讓人更有繼續飲酒的精力，繼而飲下超出預期的酒精。

#### Ecstasy 搖頭丸

Both dehydrate you. Heatstroke is a serious risk.  
酒精和搖頭丸都會讓人出現脫水狀態，增加中暑的風險。

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# NEED IDEAS ON HOW TO REFUSE A DRINK?

## 需要拒絕飲酒的方法嗎？

Feeling pressure from your friends to drink alcohol is a big reason why someone might drink alcohol. Or, drink more than they planned to. 因朋輩壓力而飲酒，是很多人決定飲酒或比想像中飲用更多酒精的主要原因。

### Feeling pressured? Here's the trick! 感到壓力？有個小技巧可以幫到你！

- N** — **No! 說不!**  
Say "No" firmly and clearly.  
清楚並堅定地說「不」。
- I** — **Speak using "I" instead of "You"**  
表達自己時使用「我...」而不是「你...」  
This will make it harder for people to argue with you.  
從你自身角度出發，減低別人質疑你的可能。
- C** — **Change the topic or situation**  
轉換話題或轉移視線  
Try talking about something else, or do a different activity.  
嘗試談及其他話題，或參與其他活動。
- E** — **Exit 離開**  
Remember you can always leave at any point.  
記住你在任何時候都可以隨時離開

### Make excuses 製造藉口 ••••• Be honest 如實相告

NO, that stuff makes me sick, I would rather play football!  
不，這讓我感到不舒服，我寧願去踢足球！

Nah, I know my mom would be so mad at me if she found out.  
不了，我媽媽知道後會非常生氣。

NO, I can't, I've got something urgent to do.  
不，我不能，我有其他急事需要處理。

Nah, I'm not into that so let's play some games instead!  
不了，我不喜歡這個，不如玩其他遊戲！

NO, I'm supposed to meet someone in a few minutes.  
不，我幾分鐘後要去見個朋友。

Nah, I'd be suspended from school. I've got more to do with my life!  
不了，我會被停學，我還有很多事情想做呢！

### Remember 緊記

- Look out for your friends too. Try to find ways to help them resist the pressure too!
- 記得留意你朋友的情況，尋找辦法幫助他們抵抗這種朋輩壓力！

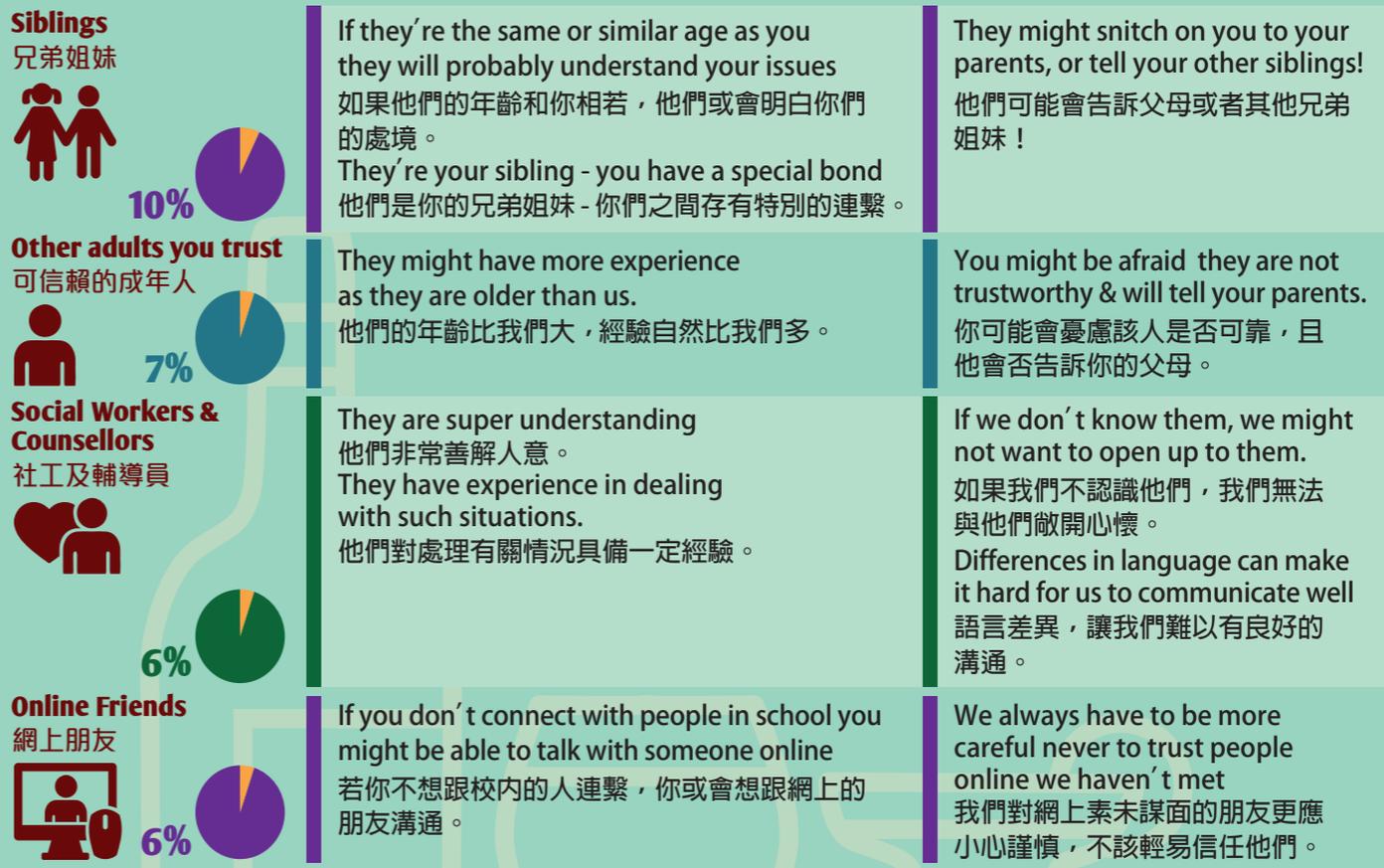
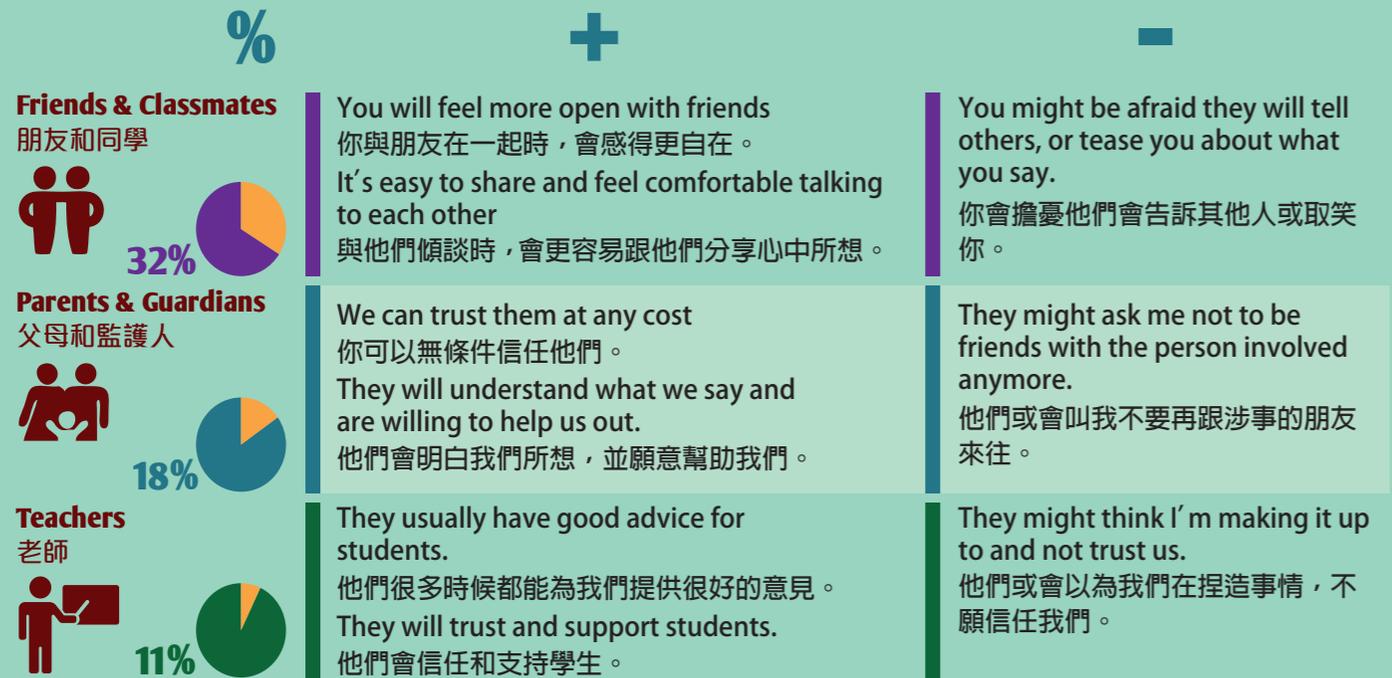
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# WHERE COULD WE GO IF WE NEED SOME SUPPORT?

## 我們可到哪尋找協助？

We asked our classmates at Delia Memorial School (Glee Path) who they would go to for support. Here are some of their responses:  
我們訪問了地利亞修女紀念學校（吉利徑）的學生，有關他們於需要協助時，願尋找何人幫助。以下為部分回應：



**Remember 緊記**

- We're all in this together! 6% said they wouldn't feel comfortable reaching out to anyone. Here are some places to go if you ever need it:
- 我們與你一起同行！有 6% 同學表示，他們不願想向任何人傾訴。
- 當你們有需要時，可往以下機構尋求協助：

- Organisations 機構**
- |   |  |   |   |
|---|--|---|---|
| <p><b>Samaritans</b><br/>撒瑪利亞會</p> <p>2896 0000</p> | <p><b>St John's Counselling</b><br/>聖約翰輔導服務</p> <p>info@sjcshk.com<br/>2525 7207</p> | <p><b>Resource Counselling Centre</b><br/>人際輔導中心</p> <p>2523 8979</p> | <p><b>HKSKH Lady Maclehoze Centre:</b><br/>Counselling Service for Ethnic Minorities</p> <p>香港聖公會麥里浩夫人中心：<br/>少數族裔輔導服務</p> <p>2423 5062 9692 4016</p> |
|---|--|---|---|

# WHAT ARE SOME HEALTHIER OPTIONS?

## 有甚麼健康之法應對壓力？

Alcohol is a depressant and can interfere with the chemical balance in our brain. So even though sometimes it might feel relaxing in the moment, alcohol can actually make it harder to deal with stress. It can even make feelings of depression and anxiety worse.

酒精屬鎮靜劑之一，它會干預我們大腦內化學物質的平衡。因此有時候，我們飲酒當下會感到很放鬆，但實際上，酒精讓我們更難應對壓力。它甚至會加劇我們抑鬱的症狀及焦慮問題。

**We asked our classmates at Delia Memorial School (Glee Path) how they have dealt with stress in the past 2 weeks:**

地利亞修女紀念學校(吉利徑)的學生告訴我們，他們在過去兩星期內，曾使用以下方法應對壓力：



## ACKNOWLEDGEMENTS 鳴謝

Our journey to complete these resources would not have been possible without the generous funding from Operation Santa Claus. We would like to acknowledge the support from Delia Memorial School (Glee Path), Dr. Chan Kui Pui, School Principal, Mr. Tsui Leut, Prefect of Discipline and Ms Leung Wing Yin, Student Counseling in-charge for their organisation & support throughout ExCEL!. And most importantly to the participants from Form 3, 4 and 5 at Delia Memorial School (Glee Path) for their dedication and commitment to listening, supporting and responding to each other throughout the year.

本刊物的出版，有賴愛心聖誕大行動的慷慨資助。我們亦希望鳴謝地利亞修女紀念學校（吉利徑）校長陳鉅培博士，訓導主任徐律老師及學生輔導主任梁穎賢老師對 ExCEL! 計劃的支持並為計劃的協調盡心盡力。而最重要的，當然是地利亞修女紀念學校（吉利徑）的一班中三至中五的學生在過去一年的投入和付出，同學間都願意互相聆聽和交流，盡顯互相支持的態度。

### EXCEL! 2016-17 Programme Participants from Delia Memorial School (Glee Path):

EXCEL! 2016-17 計劃 來自地利亞修女紀念學校（吉利徑）的參與學生：

**3B** Gurinder-Singh, Singh Satbir, Lanuza Sean Matthew C.

**4B** Bilasa Johannes Lejandro Canlas, Jovellana Jerusalem Montiel, Khan Saad Nadeem

**4C** Bibi Anam, Damai Denzel Carancio

**5B** Calalang Vince Gabriel, Frimpong Kevin, Gill Manraaj Singh, Gurung Chanuja, Hamaadullah Minhas, Ibrar-Ahmed, Kaur Komal prit, Khan Hamad, Malik Humza, Phimpakarn Phatarachai, Singh Gursewak, Singh Harveer, Singh Manjot, Singh Yogeshwer, Tamang Swetang

**5C** Ahmedzai Areej, Anum Zoya, Kaur Komalpreet, Sharma Chahana

## ABOUT KELY 關於啟勵

KELY Support Group (KELY) is a non-government funded bilingual organisation which provides support to youth between the ages of 14 and 24 in Hong Kong from Chinese-speaking, Ethnic Minority and English-speaking backgrounds.

啟勵扶青會（啟勵）屬非政府資助的雙語慈善機構，為本地 14 至 24 歲的華語、少數族裔，以及英語青年提供全面支持。

Our mission is to empower young people to reach their full potential.

我們的使命是啟發青年潛能，讓其盡展所長。

Our programmes and services focus on knowledge, resistance and harm reduction around drug and alcohol misuse. Using a positive youth development approach, with a priority to understand young people's perspective, we equip them with key life skills and resilience as they face various challenges growing up in Hong Kong.

我們的項目及服務，主要圍繞預防濫藥及酗酒。由傳遞知識、增強抗逆能力、展開緩害教育，以至裝備關鍵的生活技能及推動正向青年發展，我們均從青年角度及發展出發；並仔細考慮他們於成長路上遇上的各種挑戰。



KELY Support Group



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As part of the ExCEL! 2016-17 programme organised by KELY Support Group and funded by Operation Santa Claus, students from Form 3, 4 and 5 from Delia Memorial School (Glee Path) felt that there was need to share credible information about alcohol with their peers.

作為啟勵扶青會主辦，愛心聖誕大行動贊助的 2016-17 年 ExCEL 計劃的一部分，地利亞紀念學校 (吉利徑) 的中三，中四及中五學生認為他們需要將有關酒精的可靠資訊與其他同學分享。

This booklet represents information and resources about the risks, myths and effects of alcohol that the students put together. It is their response to the lack of relevant information written by young people, for young people within their school community.

此小冊子包涵學生共同整合有關酒精的資訊和資源，包括酒精的危機，迷思和影響。學生希望透過是次展覽回應學校環境內缺乏有關資訊的需求，由他們將合適的資訊帶給其他同學。

Organiser 主辦：



Participating School 參與學校：

Delia Memorial School (Glee Path)  
地利亞修女紀念學校(吉利徑)

Funder 資助者：

