



**Worried Abt
Ur Future???**



Stressed Out
B4 Exams?



Feeling
Pressured?



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It Begins With One Story:

Top Tips for Coping with Pressure



Student
@WAITT

HWK piling up!? [#WAITT](#)



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12



**Feelin'
sleepy?**



[#WAITT](#)

z z Z



**We're All in
This Together**
[#WAITT](#)

Compiled by *It Begins With One Story*
programme participants 2015-16,
Delia Memorial School (Hip Wo)
Edited by KELY Support Group

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Dedication

This booklet is dedicated to our peers who have been facing a variety of pressures in different aspects of their lives. We want to acknowledge how many of us are facing the same pressures and hope this booklet will guide them to choose positive ways to cope with them. We are all in this together.

Hey, my friend how you been? What are you going through? What is this trouble that's been troubling you?

Anonymous, Form 4

Contents

Foreword.....	V
Introduction by the participants.....	1
What is the current drug situation in Hong Kong amongst secondary school students?.....	3
What do we know might make young people less likely to use drugs?.....	5
What we asked our peers.....	6
What did our peers say?.....	7
 Top tips for coping with:	
Stressed out b4 exams?.....	9-12
Feelin' sleepy?.....	13-16
Worried abt ur future?.....	17-20
Feelin' pressured?.....	21-24
HWK piling up?.....	25-28
Small Steps.....	29
Acknowledgements, Youth Contributors.....	30
About Us.....	31

Foreword

Readers are advised to read this FOREWORD with great care before flipping through this magnificent booklet!

This project brings me back to the Christmas of 2014 and recalls one of my cherished moments that I had with my two students, namely, Aljon and Anthony. We discovered that many ethnic minority (EM) students in Hong Kong had a lot of questions and queries in relation to different aspects of their lives, like education and their future prospects. There were a limited number of platforms where they could conveniently raise their questions - sometimes leaving them in a state of confusion and fear of the unknown.

So the two lads and I decided to begin to fill this void by launching Top Tips with Dr. Riz to provide EM students in Hong Kong a platform designed for them where they can access information, support and guidance so that they may smoothly 'drive' through critical junctions of their lives and make the best decisions for themselves. We do this by covering topics that are specific to EM students through a series of 1-2 minute videos on Youtube - a medium that is relevant, and where the information is kept concise and direct.

Wait! Is Top Tips for Coping with Pressure part of Top Tips with Dr. Riz's Youtube channel? The answer is NO, but likewise, it is an honour to see our young students speak out and launch a campaign that culminated in this booklet Top Tips for Coping with Pressure in an innovative manner by addressing the 5 recurring themes they have identified as most relevant to them. Not only have they shown the much needed researcher's acumen in the process, but also have come up with practical TOP TIPS to offer in response. Our Top Tips with Dr. Riz team wish these young people all the best and encourage them to continue with this meaningful endeavour.

Until then...
Dr Riz

Dr. Rizwan Ullah

(Important News: Top Tips with Dr. Riz will produce the upcoming 5 episodes based on the top tips from Top Tips for Coping with Pressure)

Rizwan ULLAH is a frontline educational practitioner for EM students and an active community leader in EM affairs



Introduction by the participants

We, students from Form 4 and Form 5 of Delia Memorial School (Hip Wo) began participating in the programme *It Begins with One Story* organised by KELY Support Group in October 2015.

We started out learning all about the drug situation in Hong Kong, knowing we'd be creating a campaign to raise awareness about substance use, but we just couldn't get motivated about the topic:

“We know about drugs. We’ve been learning about drugs since Form 1. We know it’s important. Right now though, we want to learn something new, that we can connect to”

- Anonymous

Our idea was that instead of focusing on the problem of substance use, we wanted to focus on the root causes of the issues faced by teens that lead to such use instead. This is because, we found out that talks about drugs can feel irrelevant to teens, especially in our school and they may find it hard to connect with the topic.

“Sometimes I don’t see the purpose. I think, I’m not a drug addict why should I listen? Solution? Let’s learn about other topics around drugs, not just drugs”

- Anonymous

Thus, we surveyed students of form 4 and form 5, aged 14 to 21 and encouraged them to share through written responses the biggest stress that they are dealing with at the moment. We collected over 300 responses.

Then all the responses showing their thoughts, concerns and issues were collected and categorised into a few main issues that showed up over and over.


As a result of what we found, we decided to have our campaign tackle issues faced more frequently by teens. For instance, being overloaded with assignments, being puzzled with future plans, tackling peer pressure, suffering from fatigue and being plagued by anxiety due to examinations.

We understand that some teens may try to alleviate their stress produced by homework, future and exams through substance use, so these common issues they recorded are root causes for drug use.

By finding out the common issues faced by teens, we are able to reach out to them, and respond to the issues they are facing right now. Moreover, we hope this will lead them away from the path of substance use. Finally, we know most teens are affected by their peers, so we want to share positive influences with our friends in our school community.

For this reason we decided to name our campaign ***We're All in This Together***, to acknowledge that we are all going through a lot of the same pressures and we hope we can work together to find positive ways of dealing with them, and create a supportive environment in our school community; **one where everyone would be less likely to turn to drug use.**

**WE'RE ALL
IN THIS
TOGETHER**
#WAITT

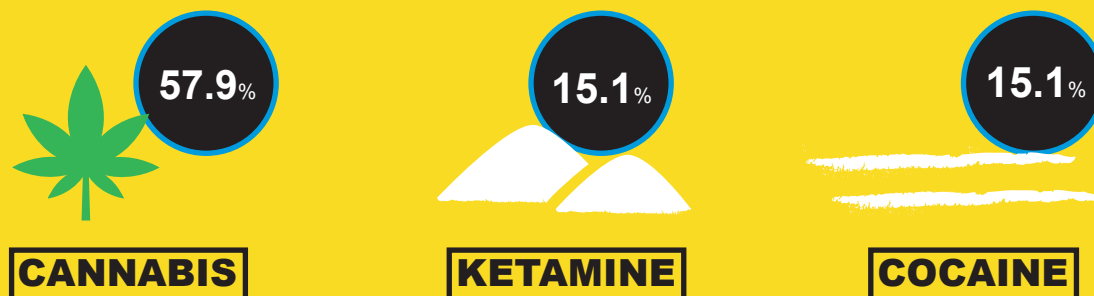
 11:52 AM 

What is the current drug situation in Hong Kong amongst secondary school students?

What did secondary school students report they have used?



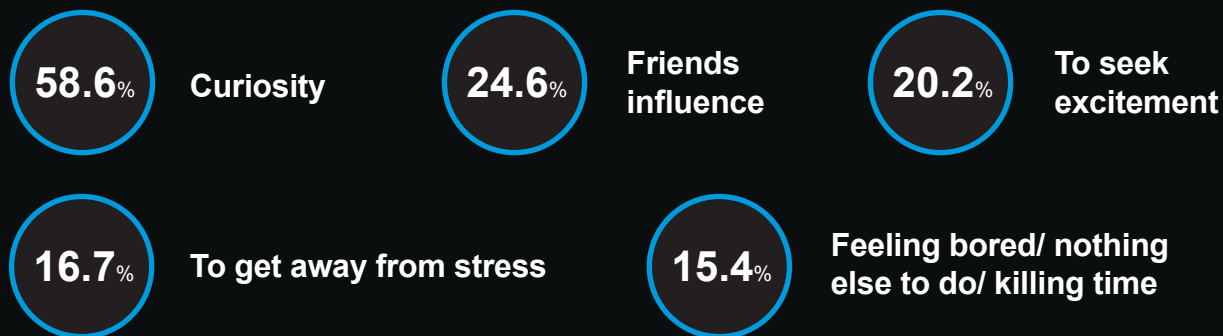
Of those 2.3%, the three most reported drugs were:



14.4
YEARS

The median age that secondary school students reported taking drugs for the first time.

Reasons they reported for taking drugs for the first time:

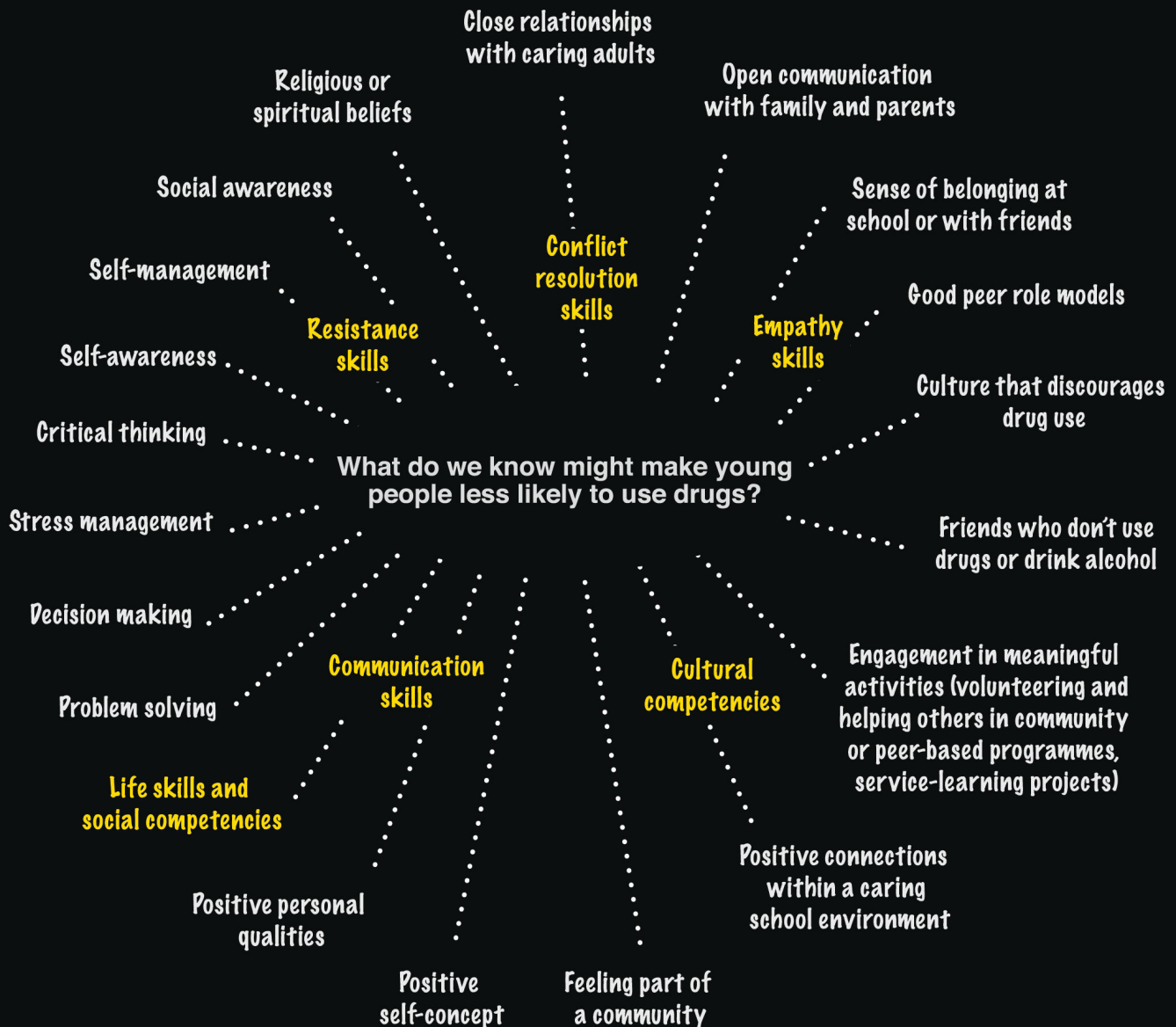


Only **17.0%** of secondary students who reported using drugs sought help of some form.

Of the 17% who reported seeking help, they sought help from:



Source: Narcotics Division. "2014/15 Survey of Drug Use among Students". Narcotics Division, Security Bureau. March 2016. PDF file.



Source: Alaska Division of Behavioral Health. "Risk and Protective Factors for Adolescent Substance Use (and other Problem Behavior)". Alaska Department of Health and Social Services. January 2011. PDF file.

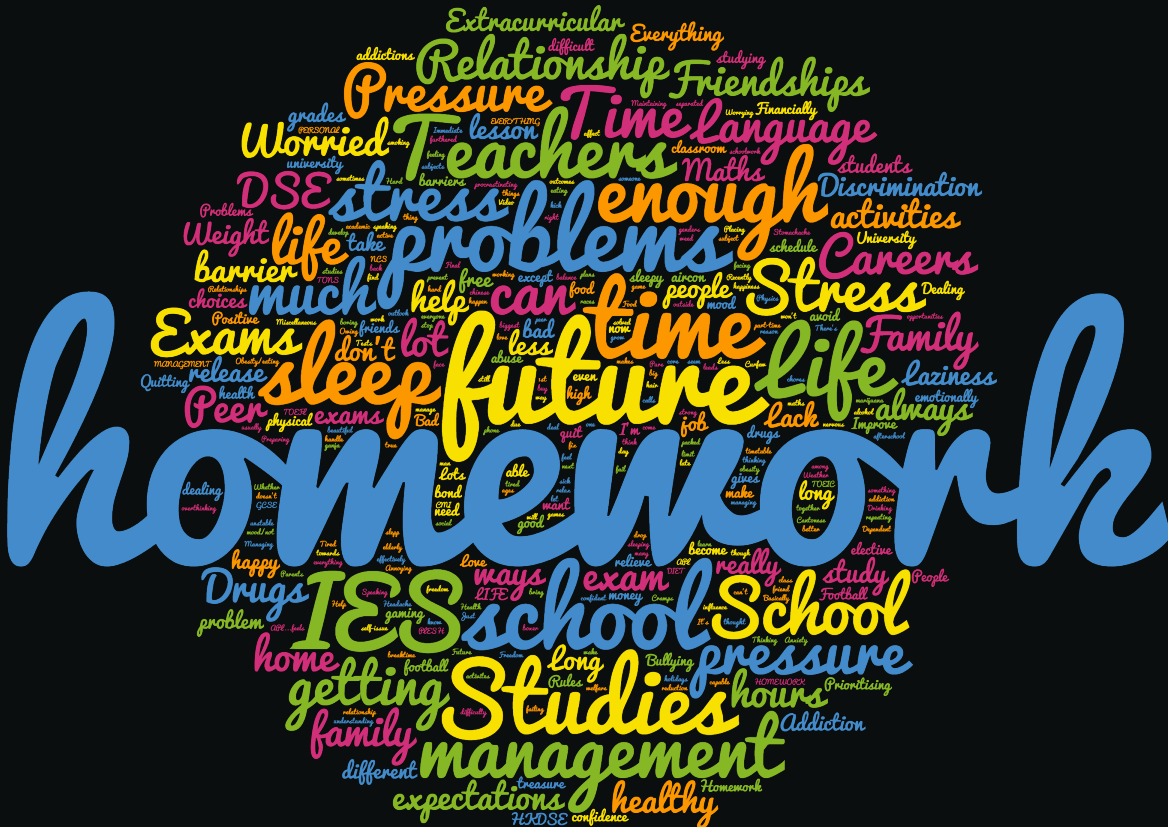
We asked our fellow classmates what their main stressors are right now and this is what we found:

What are the biggest issues you're dealing with right now?

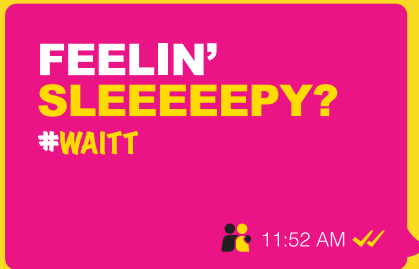
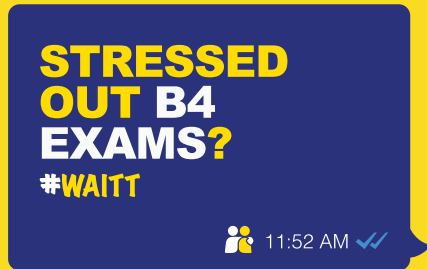
What's one thing is stressing you out that you'd like some tips/support on?

Over 300 responses were collected from students aged 14-21, predominantly from ethnic minority backgrounds.

What did our peers tell us?



We broke down all the responses into 7 key topics, and chose 5 that we thought would be most relevant to respond to:



The others that came up were:

- Dealing with relationship issues. Romantic, friendships, with parents and teachers: all types!
- Having low self-esteem, not feeling confident and generally just feeling down at times.

Let's focus on them one by one!

**STRESSED
OUT B4
EXAMS?**

#WAITT

What did our peers tell us?

A word cloud on a dark blue background. The words are in yellow and white, arranged in a circular pattern. The largest word is 'DSE' in yellow. Other words include 'Worried', 'school exams', 'Exams', 'Tests', 'exam', 'big', 'stress', 'Pressure', 'handle problem', 'DSE high', and 'I ES'.

Worried
DSE
school exams
Exams
Tests
exam
big
stress
Pressure
handle problem
DSE high
I ES

TOP TIPS FOR COPING WITH STRESS B4 EXAMS

**TIP
01**



Listen to music: breathe in sync and choose classical

**TIP
02**



Time management: make a schedule, balance family, friends and school

**TIP
05**



**TIP
03**

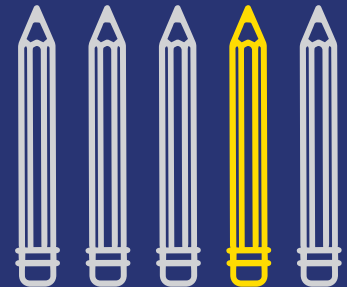


Take short naps:
20 min max

**TIP
04**



Do light exercise:
go for a walk or a swim



Do group studies:
good social support

Dear Stressed Out Student,

It's normal to feel a bit of stress before examinations. However, if it feels overwhelming at times, there are many things you can do to keep the stress at a manageable level, so you're feeling more prepared and in control!

The first way you could decrease stress is to study more effectively in the days or weeks before the exam. Preparing a realistic study plan (and sticking to it!) can help you break down large tasks to become smaller ones, which would seem more attainable.

Give yourself small rewards to make you more motivated and productive! Preventing distractions also creates a productive environment- you can achieve this by listening to soft classical music in a quiet room or by putting your phone away.

It's not all just about studying, though. Another way to relieve stress is to make gradual lifestyle changes that could make you healthier, happier and feel more productive.

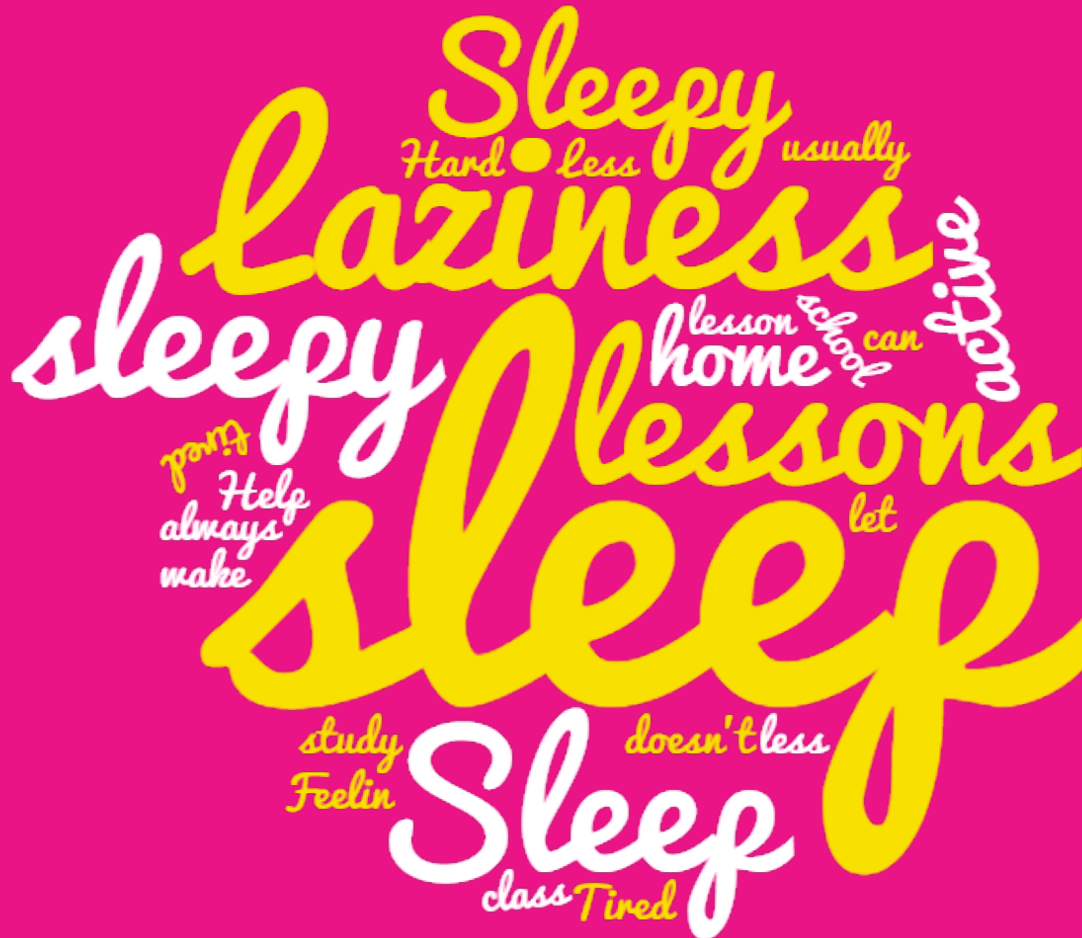
For example, you could do some light exercise in the days before the exam. Research has shown that taking short walks a few times a week can help boost your memory! Activities like meditation can also calm you down and help you focus. Finally, find time to get enough sleep. This can help you with recall on test day, as sleep helps store the knowledge into your long-term memory.

Last of all, talk to someone about the stress that you're feeling. This could be a friend, family member or someone you trust. Doing this can give you perspective on the bigger picture, so you can look beyond your current stress. By using some of these tactics, you can most definitely tackle the stresses of exam time much more efficiently.

**All the best,
Your fellow stressed out classmates**

FEELIN'
SLEEEEEEPY?
#WAITT

What did our peers tell us?



TOP TIPS FOR COPING IF YOU'RE FEELIN' SLEEPY



Exercise more:

This makes you relaxed and you can fall asleep faster



Do activities that relax you:

e.g. listen to music and reading books



Fix your timetable to have enough sleep:

Relax in a bed so you won't be a sleepy head!



Maintain a healthy lifestyle:

Eat healthier food like fruits and veggies; drink lots of water

Dear Sleepyhead,

So you're feeling sleepy? But this isn't just the usual hard-to-get-out-of-bed typical teenage feeling. You get that enough, but this feels like more than that. You're feeling really tired. You've probably got tons of things to juggle: schoolwork, extra-curriculars, family, friends and hobbies, all at once. This might make sleep fall down the list of priorities- but there are definitely ways in which you can manage your day more efficiently and get more shut-eye!

First of all, you could look at your current schedule and reexamine what activities you're doing. Think about how important these things actually are, and you might realise that there are some things you could put off until a later time, especially those ways of procrastination like online articles or video games that could wait just a little longer. But don't go backing out of all your fun groups and activities: balance is the key!

Additionally, some small lifestyle changes can improve your sleep dramatically. Set a notification telling you to get ready to sleep, so you don't suddenly realise that it's super late! That way you can make it a habit to go to bed at the same time every day. Allocate at least 8 hours of sleep regularly- it sounds like a lot but any less can negatively affect your memory and attention during the day. And before you go to sleep, make sure that you put away your phone, computer, tablet or anything else that could stimulate your brain too much at least 30 minutes before!

Lastly, make sure you're eating well and drinking enough water. Pack a snack and a bottle of water in the morning so you can keep your energy up throughout the day. You may be surprised at the difference it can make.

Give some of these tips a go and try to get enough rest at night to help you stay alert and productive during the day!

**Hoping this help keeps you awake,
A trusted adult**

**WORRIED ABT
UR FUTURE?**

#WAITT

What did our peers tell us?

Discrimination because
someone is different

Do I really want to study
university back at home
and be separated from
my family?

Being dependent
on welfare

Less job
opportunities

Language barriers
(not speaking Cantonese)

Am I capable to study
at university in HK?

Is it true that if we fail
GCSE we won't be able
to find a good job?

Worrying about
repeating or failing

University choices

I'm feeling nervous and
scared that I won't be able
to complete my education

Careers in the future

I really have not
furthered my plans
in the future

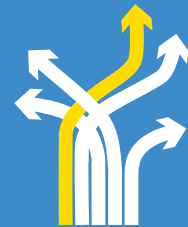
TOP TIPS FOR COPING **IF YOU'RE WORRIED ABT UR FUTURE**



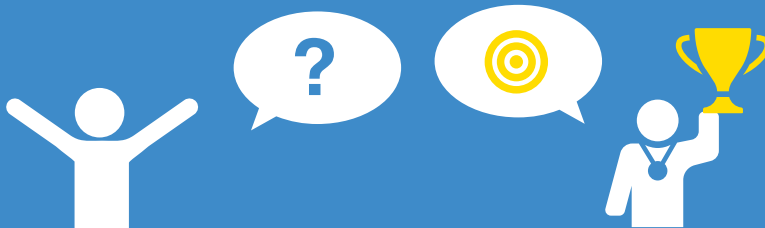
Set goals: start small and take it step by step!



• Learn your strengths and weaknesses: this will help in thinking about what type of job might suit you in the future



• Take your time: you don't need to rush. There's no one right path and we can take our time figuring it out!



• Get advice from someone who has more experience than you (like a former graduate or teacher): ask what they did to achieve their goals or to think about their future



• Look for opportunities to gain experience in job-related activities: even if it doesn't seem related to what you want to do later, it'll all help!

Dear Futureless,

Worrying a bit about this is alright, it shows it's on your mind! If it helps, everyone is just as worried as you about their future, but what matters is what you do about it. But losing sleep over it won't help you realise what you want.

Instead, go out and do what you like, build up your interests and learn from it. This can help you notice your strengths and work on your weaknesses while doing something fun. By focusing on yourself, you're happily walking into your future knowing what you're interested in. Having a rough idea of what you want in life and how you can use your strengths will help you get there step by step.

Joining different activities and sports or even pouring your heart into your favorite subjects is a good start. You will be able to build your own character from this, which can greatly benefit your future. It doesn't always have to be related to sports or academics; the world outside your school life is much more than that.

It may still be blurry to you now but that's okay. Your future is not a race, just because you're unsure now doesn't mean you won't have a future. It's a journey: you may not get there together with everyone else but I assure you, you will get there. Strive for what you want right now and do your best. Also, always remember that second chances exist. In due time, you will have reached your goals and dreams, and wonder why you were even worried in the first place.

**Cheers,
Your fellow worried classmates**

FEELIN'
PRESSURED?
#WAITT

What did our peers tell us?

My biggest stress?
Peer pressure

Since I am the eldest
son I have a lot of
responsibility at home,
in school, as a leader,
as an elder brother

Bullying

Pressure to
drink alcohol

Pressure to
take weed

Pressure to make my
family proud, but that
means putting my
happiness aside

Video game
addiction

How do you stop
yourself from doing
something you
want to do 24/7?

How can I help
someone quit drugs?

TOP TIPS FOR COPING **IF YOU'RE FELLIN' PRESSURED**

Be blunt on why you don't want to do it

B A + role model: invite ppl to + activities: sports, music, art, volunteering



Surround urself with supportive frnds!

Dear Pressured,

Being pressured by your friends or classmates can seem difficult to overcome, especially when it's something you know you don't want to do. But often these are times when you don't want to put your friendship at stake- so what do you do?

Know that saying a clear "No" might seem a bit obvious, but in these times of pressure it can be hard to say. Be clear that you're not interested, so that people won't try to keep convincing you, both now and later. Prepare an excuse, anything that would give you a quick out from an uncomfortable situation, like "I've got to head to basketball practice", "My friend is waiting to meet me", or "I'd better get home".

Surround yourself with positive and supportive people, and find someone you trust- it could be a friend, sibling or trusted adult- to discuss your feelings and options. Talking to someone can help to clear your mind and at times looking at the situation from a distance can help put things in perspective.

That also means thinking about what makes you happy and putting your needs first! This might help you think of healthy ways of coping with these stresses meaning you'd be less likely to turn to unhealthy ones like drug or alcohol use. Some alternatives could include doing physical activity, reading, listening to or playing music.

Lastly, be a positive role model for those around you too to create a supportive community for all!

**Don't let the pressure get you down,
A trusted adult**

HWK
PILING
UP!?

#WAITT

What did our peers tell us?

TOO MUCH HOMEWORK, LESS TIME TO SLEEP - TONS OF HOMEWORK :(- A LOT OF HOMEWORK - TOO MANY THINGS SUCH AS HOMEWORK - LOTS OF HOMEWORK - HOMEWORK- WHY DO WE HAVE TOO MUCH HOMEWORK? - DEALING WITH 10 HOURS OF SCHOOL AND HAVING TO GO HOME AND DO HOMEWORK - I WANT AN IMMEDIATE REDUCTION OF HOMEWORK - HWK - SO MUCH HOMEWORK OVER HOLIDAYS - THERE'S A LOT OF HOMEWORK :(- LOTS OF HOMEWORK - STRESS IN DOING HOMEWORK - TOO MUCH HOMEWORK - TOO MUCH HOMEWORK = LESS SLEEP (WHICH IS BAD FOR OUR HEALTH) - ALWAYS SO MUCH HOMEWORK- HAVE A LOT OF HOMEWORK - WHY DO WE HAVE HW? - A LOT OF HOMEWORK WHAT SHOULD I DO? - A LOT OF HOMEWORK - HWK, HWK, HWK - I'M ALWAYS UP LATE DOING MY HOMEWORK - TOO MUCH HOMEWORK - JUST THINKING ABOUT MY HOMEWORK -HOMEWORK LOAD - I DONT KNOW HOW TO TACKLE THE IMMENSE AMOUNT OF HOMEWORK I HAVE - THERE'S A LOT OF HOMEWORK L - STRESS IN DOING HOMEWORK - WHY DO WE HAVE HW? - TOO MUCH HOMEWORK AND NOT ENOUGH BREAKTIME - HOMEWORK HOMEWORK HOMEWORK HOMEWORK

TOP TIPS FOR COPING WITH HWK PILING UP



Reward
yourself
after a
task!



Take
breaks
between
tasks!



Prioritise tasks
and set a
deadline!



Avoid
distractions

Dear Flooded with Homework,

Secondary school can be a stressful time, especially towards the end of year. And that's without an ever growing pile of homework on your seemingly never-ending to-do list. Whatever the reason for this, sometimes the sheer amount of it can seem like a daunting and overwhelming task.

So let me offer you some solutions about how to deal with it:

Be realistic about time: put aside enough or more than enough time to actually do it, and then stick to it! Set a goal for it (I'll work on my essay one hour a day until the first draft is finished by the end of the week). Also, plan for regular short breaks (e.g. 10 minutes of break after 40 minutes of work), to keep focused.

Instead of doing homework the night before it's due, you could make a start the day it's assigned. That way, the instructions are fresh in your mind, and you'll have a better grasp on what you're doing. Even if it's just jotting down some notes, do something right from day one!

Keep track of it all. Does the school paper diary work for you? Then use it! Or you could also use one of the trillion organisation apps out there to help you. Set as many reminders as you need to bug and pester you!

Find ways of making yourself accountable for doing all your homework on time. Tell someone in your family or make a study group, You don't necessarily need to do your homework together, but having someone else to throw ideas around and solve issues with can be really useful (as long as you don't distract each other!!)

Hopefully using some of these tips will have that pile of homework on your desk shrinking down in no time!

**Wishing you the best to keep afloat,
A trusted adult**

Small Steps

Well we've reached the end, which is really just the start of something. We hope that our campaign has reached our fellow classmates, and this booklet will reach even further. We hope young people will realise that they aren't alone in experiencing these issues, and that they will have some useful tips for how to cope with them.

We put these tips on the steps of our school, so every student sees them everyday and is reminded: **We're All in This Together.**

WE'RE ALL IN THIS TOGETHER!

FIND BALANCE IN LIFE: SLEEP, EXERCISE, FRIENDS, FAMILY, SCHOOL

HANG OUT WITH POSITIVE PEOPLE! BE A SUPPORTIVE FRIEND!

BELIEVE IN YOURSELF! BE CONFIDENT!

SET GOALS: STEP BY STEP

GET MOTIVATED: MAKE A START!

Acknowledgments

Our journey to complete this resource book would not have been made possible without the generous support and assistance of the following people and organisations:

The British Chamber of Commerce of Hong Kong for generously supporting this programme.

Our mentors Alex Raper, Miranda Sheh, Stephanie Wong and Anmol Jain for their support as trusted adults.

Nicolas Tucker for design work and inspiration to the students.

To **Delia Memorial School (Hip Wo)** and all its school teachers and staff including the **Guidance Committee** for in-school support throughout the programme, particularly **Ms. Carolina Ng**.

To **Dr. Rizwan Ullah** for his interest and passion in supporting youth from ethnic minority backgrounds in Hong Kong.

Most importantly we would like to thank all students from **S4** and **S5**, especially **5C**, at **Delia Memorial School (Hip Wo)** whose contribution during our campaign by sharing their thoughts and concerns has shown us the importance of consistently listening and responding to our peers.

Finally a shout out to all organisers, referees, participants and spectators of the exciting and inclusive dodgeball competition.

It Begins with One Story Programme Participants

Roselyn Antonio, Rabia Aslam, Muhammad Usman Aslam, Natalie Bade, Gaurav Baya, Aaisha Bibi, Madia Bibi, Shazia Bibi, Farhan Choudry, Rochelle Cynthia, Joyce Espiritu, Bruce Fuellas, Joel Fulgencino, Riju Gurung, Aneeqa Hasnain, Denise Nicolette Inoceno, Jasmine Inoceno, Kemilly Interino, Michael Kan, Reena Kaur, Andrei Ledesma, Beverly Legaspi, Jimmy Limbu, Angela Ma, Oliver Ma, Kazumi Mangacat, Muhammad Rafi, Chetri Nipurna KC, Joshua Padua, Gursharan Pannu, Mark Posugac, Rana Samichhya, Abdul-Quddoos, Shehanshah, Thomas Shu, Jobanpreet Singh, Manjeet Singh, Stone Ashiff, Sarina Thapa, Freddie Tigue, Grace Vallejo

About Us

It Begins With One Story

Organised by KELY Support Group and supported by the British Chamber of Commerce of Hong Kong, this initiative raised awareness about relevant drug and alcohol related issues amongst young ethnic minorities. 45 participants in the programme attended intensive leadership and campaign development training to create culturally-relevant and age-appropriate materials encouraging healthy and drug-free lifestyles amongst their peers. The programme has empowered these young people to acknowledge their role in creating a supportive environment within their school community for themselves and their peers, and in doing so, addressing the root causes of drug use.

KELY Support Group (KELY)

KELY is a non-government funded bilingual organisation which provides empathetic, non-judgmental, confidential and inclusive support to youth between the ages of 14 and 24 in Hong Kong. Our programmes and services focus on drug and alcohol prevention and education and are specially designed to tackle the root causes of drug use.



KELY Support Group



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It Begins with One Story: Top Tips for Coping with Pressure

is an initiative led by secondary-aged students from ethnic minority backgrounds in Hong Kong. It responds to their request that education around substance use needs to address the root causes: the common pressures they tell us they are all facing that make them vulnerable to unhealthy ways of coping.

This booklet collates the voices of young people and offers tips for coping with these pressures in positive ways, with the aim of creating a supportive environment amongst students within their school community; one where they would all be less likely to turn to drug use.

Organiser:



Participating School:

Delia Memorial School (Hip Wo)
2015-2016

Supporter:



The British
Chamber of Commerce
in Hong Kong
香港英商會