

# DRUG & ALCOHOL AWARENESS WORKSHOPS

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FOR SECONDARY  
SCHOOL  
STUDENTS



# **Thank you for your interest in KELY's Drug & Alcohol Awareness Workshops!**

Our workshops aim to provide a structured curriculum for schools to easily implement for each form, to raise awareness on the issues related to drugs and alcohol. The content of the workshops is designed to be age-appropriate, focusing on baseline knowledge for younger students and equipping older students with resistance skills, and making informed decisions. We provide information from a variety of sources, especially in the context of Hong Kong. As an organization that promotes peer support, we strive to empower students to deal with stress and peer pressure, which are the top two reasons for young people to use drugs in Hong Kong, and in turn, become positive role models for their friends. Through informative and fun sessions, the workshops will also satisfy students' curiosity towards drug and alcohol use. Where possible, we utilize technology, such as Kahoot and Mentimeter, to enhance interaction with students, whether workshops are conducted online or in-person. The ultimate goal of the workshops is to prevent drug and alcohol use in young people. We encourage schools to start early and progress slowly to provide a safe and supportive school environment for students to learn about drugs and alcohol.

**We look forward to working with your school!**

**KELY Support Group**

# Drug & Alcohol Awareness Workshops Secondary School Students

**START EARLY, PROGRESS SLOWLY AND MAKE A DIFFERENCE  
EMPOWERING STUDENTS TO BECOME EFFECTIVE  
PEER DRUG EDUCATORS**

YEAR/ FORM	CONTENT	TITLE	FUNDING TYPE*
Year 7/ Form 1 & above	Smoking Awareness	UP IN SMOKE	GF
		NOT THE NORM?	SF
	Drug Awareness	WHAT ARE DRUGS?	GF
		BEING ME: PRESSURES & INFLUENCES	SF
Year 8/ Form 2 & above	Alcohol Awareness	BEYOND THE INFLUENCE	GF
		BECOMING AN UPSTANDER - BINGE DRINKING	SF
Year 9/ Form 3 & above	Drug Awareness	EVERYTHING YOU NEED TO KNOW: 101	GF
		EVERYTHING YOU NEED TO KNOW: CANNABIS	GF
	Drug & Alcohol Awareness	IT HAPPENED TO ME: THE PRESSURE IS ON	GF
		IT HAPPENED TO ME: FIRST HAND	SF
Year 11/ Form 5 & above	Drug & Alcohol Awareness	ASK ME ANYTHING	GF
		SAFER PARTY PLANNING	GF
		ARE YOU UNI READY?	SF

\*With funding support from the Narcotics Division, KELLY Support Group can provide **one** drug and alcohol workshop to every student at approved schools each school year **for free**. Please see booking guidelines for more details.

**GF:** Government-funded    **SF:** Self-financed by school

# WORKSHOP LIST



# YEAR 7/FORM 1 & ABOVE



## AIM OF SERIES

The goal of workshops for this age group is to increase baseline knowledge and awareness of smoking and drug use. Topics including short-term and long-term effects, legality, myths, and impacts of popular culture will be discussed. Students will learn through various images and activities to develop anti-smoking/drug attitudes. Resistance strategies and healthy coping mechanism will also be explored.

# UP IN SMOKE



## LEARNING OBJECTIVES:

In this session, students should:

- Establish or refresh the students existing knowledge about smoking tobacco and e-cigarettes.
- Consider the range of short-term and long-term harms associated to smoking tobacco and e-cigarettes.
- Develop applied skills to deal with scenarios involving cigarettes and e-cigarettes.

## OVERVIEW:

This workshop refreshes and builds upon students' knowledge of the harmful effects of smoking tobacco and introduces the risks associated with e-cigarettes and vaping. Clarity is given on the legal framework concerning smoking tobacco and e-cigarettes in Hong Kong. Activities are designed for students to explore and develop their current knowledge of the effects of e-cigarettes. Students will discuss the short-term and long-term effects on the body connected with smoking. Finally, students will practice resistance strategies through role-play, which will prepare them to counter peer pressure they may experience.

# SMOKING AWARENESS

# SMOKING AWARENESS



## NOT THE NORM?

### LEARNING OBJECTIVES:

In this session, students should:

- Become aware that tobacco and e-cigarette use is not the norm for young people.
- Consider the changing patterns of cigarette smoking over time and the reason behind these patterns.
- Compare and contrast direct and indirect marketing campaigns of tobacco and e-cigarettes.
- Establish and identify the impact of media and marketing on attitudes and behaviours related to e-smoking and smoking.
- Developing skills to be a supportive friend and positive role model to peers.

### OVERVIEW:

This workshop explores the changing attitudes of smoking and how the negative health effects of smoking tobacco have been increasingly recognized, as fewer people choose to smoke. Students will explore what has contributed to this changing pattern over time and how media, cost, health and legal implication may have played a role. Students will analyse the impact of media and marketing, its role in influencing, initiating, and ceasing smoking. In contrast, students will compare and contrast how e-cigarettes are directly and indirectly marketed and the role this may play on their willingness to smoke. Finally, student will draw upon their knowledge to explore scenarios where they will give advice to friends who are considering smoking for the first time.

# WHAT ARE DRUGS?



## LEARNING OBJECTIVES:

In this session, students should:

- Develop baseline knowledge or increase existing knowledge on legal and illegal drugs commonly used amongst students in Hong Kong.
- Establish or increase skills in identifying certain illegal drugs and understanding the effects and risks associated with their use.
- Practice using resistance strategies in response to peer pressure associated with drug use.

## OVERVIEW:

This workshop is an introduction to students who may not have learnt nor spoken about drugs before. Starting from the basic question “what is a drug?”, they will be guided through an overview of legal and illegal drugs. Students will be informed of the most frequently used illegal drugs by young people in Hong Kong. Baseline knowledge will be established on the drugs effect, legality, street names and physical appearance in an aim to foster anti-drug attitudes among them. Finally, simple resistance strategies will be introduced and applied to scenarios as a way of combating peer pressure and developing skills on how to say “no”.

# DRUG AWARENESS



## BEING ME: PRESSURES & INFLUENCES

### LEARNING OBJECTIVES:

In this session, students should:

- Identify and clarify misconceptions about drugs and their associated risks.
- Learn how media and popular culture may influence and shape those perceptions.
- Discuss and identify healthy coping mechanisms to deal with change and challenging situations.

### OVERVIEW:

This workshop aims to explore the pressures and influences students may face concerning drug use. Firstly, students will quickly consolidate knowledge on drug use, effects, risks, and legality in Hong Kong through a competitive True or False quiz format. Drawing upon their own experiences, students will consider how media and popular culture affects myths, misinformation, and perceptions about drugs and drug use. How media may seek to normalize and minimize drug use.

Changing track, students will explore the change, challenge, and opportunities of shifting from childhood to adolescence and the recognition that these changes may cause stress, which is a commonly reported reason for drug use. Through interactive activities, students will discuss and develop healthy coping strategies of dealing with these changes and challenging situations.



# YEAR 8/FORM 2 & ABOVE



## AIM OF SERIES

Being at the age where students may make initial contact with alcohol, this series aims to foster an anti-drinking attitude through exploring the effects and risks of alcohol consumption on the body. In interactive settings, students will identify the impact of media and marketing on attitudes of drinking alcohol, as well as identify and clarify misconception surrounding alcohol use. The workshops also aim to develop skills in students to become a supportive friend and a positive role model for peers. Students will practice ways in which they can support intoxicated peers and manage short-term risks associated with alcohol use and binge drinking.



## BEYOND THE INFLUENCE

### LEARNING OBJECTIVES:

In this session, students should:

- Identify the effects of alcohol consumption at different levels and the short-term and long-term effects of alcohol on the body.
- Consider a number of commonly held myths about sobering up and debunk these myths with facts.
- Practice using resistance strategies and ways to stay safe associated with alcohol consumption.

### OVERVIEW:

This workshop develops a baseline knowledge around alcohol use. Starting from the question “what is alcohol?”, the workshop introduces the effects of alcohol consumption at different levels, as well as the short-term and long-term risks of alcohol consumption on the body. Through the use of videos and mixed media, students will analyse the impact of advertising and the social acceptance of this legal drug. Finally, students will practice resistance strategies and ways to stay safe if they or their friends consume alcohol.

# BECOMING AN UPSTANDER - BINGE DRINKING



## LEARNING OBJECTIVES:

In this session, students should:

- Understand the concept of blood alcohol concentration and what affects this.
- Engage in problem predicting, anticipating the pressures and risks associated with a range of situations involving the use of alcohol and binge drinking.
- Develop simple and age-appropriate tips to reduce some short-term risks associated with alcohol consumption and binge drinking.
- Practice ways in which they can support peers who are under the influence of alcohol or severely intoxicated.

## OVERVIEW:

This workshop addresses the risks involved when people are intoxicated or binge drinking and enables students to develop skills to be a supportive friend and positive role model for peers. Through an interactive quiz, students will consolidate knowledge related to the risks of alcohol consumption. Blood alcohol concentration will be discussed. Realistic tools, "beer goggles", will be used to mimic the sensory distortions caused by alcohol consumption, increasing the students' understanding of the short-term harms associated with binge drinking. Students will learn how to reduce these risks as well as what to do when they happen. Students will practice ways to support peers who are severely intoxicated, including using the recovery position and identifying symptoms of alcohol poisoning.

# YEAR 9/FORM 3 & ABOVE

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## AIM OF SERIES

This series aims to strengthen students existing understanding of drug use among students in Hong Kong, focusing on discussions around the risks of drug use and dispelling common misconceptions and myths. Through developing personal skills, hearing first-hand experience and real life role-plays, students will foster anti-drug attitudes and be empowered to use resistance strategies in response to peer pressure. A workshop is dedicated to cannabis given the recent increase in use amongst the student population. Illegal Drugs covered in this series are: cannabis, ketamine, ecstasy/MDMA, cocaine, and methamphetamine.



# EVERYTHING YOU NEED TO KNOW: 101



## LEARNING OBJECTIVES:

In this session, students should:

- Identify and categorize commonly used drugs in Hong Kong.
- Increase knowledge of the effects and risks associated with commonly used drugs.
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours.

## OVERVIEW:

Students will explore the different drug categories: stimulants, depressants, and hallucinogens using short video clips to explore and identify their long-term and short-term effects. Students will be informed of the most frequently used illegal drugs by young people in Hong Kong, establishing that drug use is not the norm. Knowledge will be established/refreshed on the drug effects, legalities, street names, and physical appearances in an aim to foster anti-drug attitudes among students. Students will explore the personal (mental and physical) and wider risks associated with drug use. Reasons why young people start using drugs will also be discussed. Finally, through a quick-fire role play, students will practice resistance to drug use.

# DRUG AWARENESS





## EVERYTHING YOU NEED TO KNOW: CANNABIS

### LEARNING OBJECTIVES:

In this session, students should:

- Dispel the common myths, misinformation and perceptions around cannabis use.
- Increase knowledge about the long term and short term effects and risks associated with cannabis.
- Enhance self-awareness and confidence to make informed decisions about risk-taking behaviours.

### OVERVIEW:

This workshop targets the misconceptions behind cannabis use amongst young people in Hong Kong and reinforces the message that cannabis use is still illegal in Hong Kong. Knowledge will be established/refreshed on the effects, methods of use, street names and physical appearance of cannabis. Student will be introduced to its short and long-term risks, and more specifically recreational use, in an aim to foster anti-drug attitudes among students. A discussion will take place on how the media, popular culture and the current legalization and decriminalization of cannabis in certain parts of the world may influence student opinions and how these may change their perceptions of cannabis use in Hong Kong. Through realistic role-plays, students will test their newfound knowledge and risk assessment capabilities.

# IT HAPPENED TO ME: THE PRESSURE IS ON



## LEARNING OBJECTIVES:

In this session, students should:

- Raise awareness of drug and alcohol dependence, including physical, psychological and social impacts.
- Increase knowledge about the most commonly reported reasons for drug use amongst young people.
- Develop healthy coping mechanisms to deal with the stress of expectations and practice resistance strategies in response to peer pressure associated with drug and alcohol use.

## OVERVIEW:

This workshop breaks down the term “addiction” allowing students to understand some of its physical, psychological and social components. Students will explore the most commonly reported reasons for drug use amongst young people. Students will then discuss and identify ways of dealing with these pressures to develop healthy coping mechanisms and understand why young people may turn to drugs. As a way of combating peer pressure, students will practice resistance strategies in quick fire role-plays presenting realistic opportunities to say no to smoking and alcohol and drug use.

# DRUG & ALCOHOL AWARENESS



## IT HAPPENED TO ME: FIRST HAND

### LEARNING OBJECTIVES:

In this session, students should:

- Identify the components of addiction.
- Raise awareness of drug and alcohol dependence, including the physical, psychological and social impacts
- Increased awareness concerning the benefits of resisting drug and alcohol use.

### OVERVIEW:

A panel of recovering users, front line/NGO drug workers and drug research academics, will be invited to share their personal or professional accounts of drug use, addiction or working with substance users in Hong Kong. Students will have the opportunity to ask questions anonymously and hear responses from the speakers. This can range from the curiosity behind what sparked initial use, different journeys and experiences of drug use and addiction, how drug use and addiction has affected their lives and those around them. A brief discussion will be held on where to go for help on drug use. Personal stories, answers grounded in research and front line experience will increase the students understanding of how drug use and addiction can affect a person's life and highlight the benefits of resisting drug use.

# YEAR 11/FORM 5 & ABOVE



## AIM OF SERIES

The series is aimed at empowering students to become effective peer drug educators, supportive friends, and positive role models to peers. The series consolidates knowledge on drug/alcohol use through fostering anti-drug attitudes. The series allows students to explore key impact factors on the risk(s) associated with drug use and how they are relative to the context in which they are been used (the drug, the person, the place). Students are given a safe and informative space to develop an age-appropriate and culturally-relevant safer party planning, with the aim of getting home safely.

# DRUG & ALCOHOL AWARENESS



## ASK ME ANYTHING?

### LEARNING OBJECTIVES:

In this session, students should:

- Consolidate knowledge on the effects and risks associated with alcohol and drug use.
- Identify and explore key impact factors on the risk(s) associated with drug use (the drug, the person, the place).
- Identify risks associated with poly-use and alcohol and drug use during COVID-19.
- Practice using resistance strategies in response to peer pressure associated with drug use, and enhance self-awareness and confidence to make informed decisions associated with risk-taking behaviours.

### OVERVIEW:

Students will be refreshed on the drugs-related knowledge in Hong Kong including the reasons for use and legality. Students are encouraged to submit topics of interest concerning drug use online before the workshop. Most selected topics will be discussed to overcome curiosity and offer clarity on key myths surrounding drug use. Students will also explore the risks of drug and alcohol use related to the context in which they are used (the drug, the person, the place), and be introduced to the risks concerning poly use and use during COVID-19. Students will explore the risks associated with drug use in news articles in smaller groups enabling them to apply their knowledge and practice resistance strategies in response to peer pressure, as well as practice the role of peer drug educators and positive role models to their peers.



# SAFER PARTY PLANNING



## LEARNING OBJECTIVES:

In this session, students should:

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

## OVERVIEW:

Designed for students preparing to leave secondary school, students will identify and respond to risks associated with their own typical night out. In the practical workshop, students will develop age-appropriate and culturally-relevant safer party planning. Through discussions and analysis of relevant resources, the plan will reduce risks that could lead to accidents, drink driving, sexual risk, as well as dealing with peer pressure, supporting intoxicated friends and where to get help if needed. Any other issues surrounding drug and alcohol use raised by the students in this supportive and open environment will be addressed. This workshop trains students to become, effective peer drug educators, and positive role models amongst their peers.

# DRUG & ALCOHOL AWARENESS



## ARE YOU UNI READY?

### LEARNING OBJECTIVES:

In this session, students should:

- Consolidate knowledge on the effects and risks associated with alcohol and drug use.
- Increase awareness of the legality of drug and alcohol use in Hong Kong and around the world.
- Enhance self-awareness, knowledge and confidence to make informed decisions concerning risk-taking behaviors.
- Produce an age-appropriate, personalized and culturally-relevant campaign to reduce risks associated with drug and alcohol use.

### OVERVIEW:

This workshop is aimed at preparing students to leave for university (in Hong Kong or further afield), go on their first holiday abroad, or enter the workplace. The workshop consolidates knowledge on drug and alcohol use, effects, risks through interactive activities. Students' knowledge of the legality of drug use around the world will be tested. Specifically, the risks of using alcohol and cannabis in different countries will be explored. Finally, students will develop an age-appropriate and culturally-relevant campaign, with the aim of having a safe graduation trip. Any other issues surrounding drug and alcohol use raised by the students in this supportive and open environment will be addressed.

**If you would like to book a workshop with us, please  
read our guidelines and fill in our booking form.**

**Thank you!**



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