



Education Bureau Healthy School: Tips for Parents

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<http://www.edb.gov.hk/antidrugforparents>

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A Complete and Whole Family

(Taken from “「創造生命奇蹟」家長分享集” (a booklet on parents' sharing) published by Evangelical Lutheran Church Hong Kong, Enlighten Centre)

Ling (alias) and her husband made the most difficult decision in their lives – to report to the Police that their daughter was taking drugs. They were willing to bear the resentment of their daughter only to hope that their daughter would be able to quit drugs.

Ling said that she had a middle-class family. Both her husband and she loved their two children. They never demanded too much from their children and only required them to get passing grades at school. The children could be said to have a worry-free childhood. But as the daughter got older, she became unruly and started going out for fun. Under the influence of a group of classmates in secondary school, she got into the bad habit of taking Ketamine.

“When I first found out that my daughter had been taking drugs, I was lost and so panic. I was afraid that she would get killed.” Ling said that she became really anxious during the time her daughter was taking drugs. She was worried that her daughter would be abusing drugs when she was not by her side. After repeatedly persuading their daughter without success, Ling and her husband thought of putting an end to the incident by kicking their daughter out of the house.

In one case, their daughter had a nosebleed because she took inferior drugs that were mixed with powdered glass and was sent to the hospital. As their daughter's drug abusing situation worsened which they could no longer tolerate, her husband called the Police and reported his daughter was taking drugs. Their daughter resented them for “betraying” her by calling the Police. But Ling and her husband had never abandoned her. Not too long later, they found out their daughter was still taking drugs even though she had been placed on a probation order. Reluctantly, Ling informed the probation officer, who then suggested their daughter should undergo voluntary drug rehabilitation.

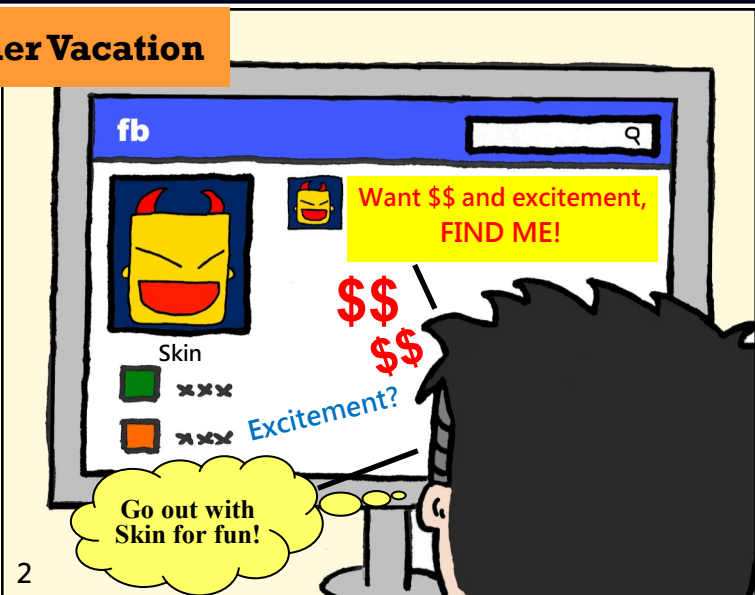
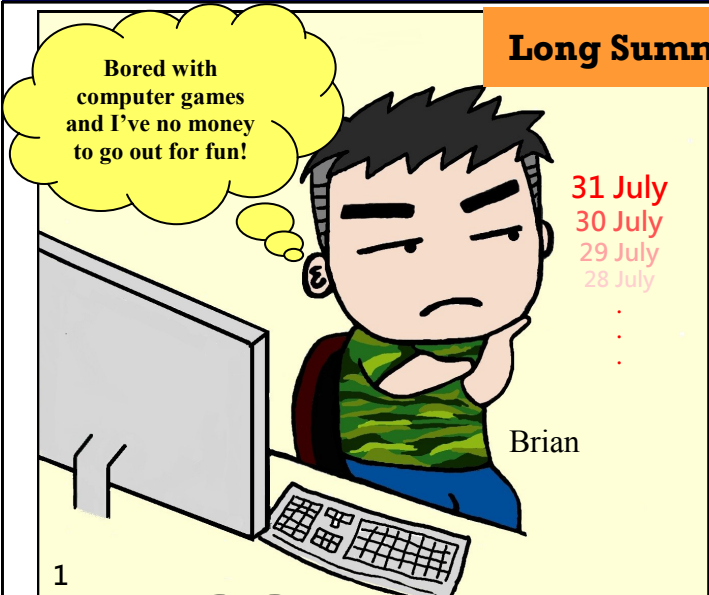
With the assistance of social workers, Ling had successfully found a drug rehabilitation centre for her daughter. However, she continued to take drugs and felt unwell even on the day she met the manager of the centre. Ling pleaded with the manager for accepting her daughter to the centre. Fortunately, the manager agreed to do so. The first time the father visited her daughter at the centre, she still loathed her mother. After talking to other inmates for quite some time, she started to have positive changes and hoped that her father would visit her once a month. Only staying at the centre for a short period of time, her daughter learned to open her mind to those around her, to stop pursuing materialistic desires and to think in the shoes of other people.

Correspondence became the main bridge between both parties which allowed them to communicate and express their feelings to each other. Ling always encouraged her daughter and told her that the whole family supported her, cared for her, and hoped that she would be able to persevere. Ling's efforts were finally repaid when she read a letter from her daughter stating that she “finally regained a sense of family”.

After being hurt by her daughter countless times, Ling said the thing that gave her the courage to carry on was a very traditional belief “A complete and whole family without missing anyone”. She gave the following piece of advice for parents who discovered their children taking drugs and didn't know what to do:

“Never give up! Continue to talk to them and give them your patient support and love. They can feel it.”

Long Summer Vacation



Tips for parents

STAY CALM if you find your children taking drugs. Avoid criticizing, listen to them first and seek professional assistance.

- ◆ Take notice if your children possess powder from unknown source, medicine bags, aluminum foil, plastic bottles or cartons of drink with two straws, short straws, etc.
- ◆ Communicate with your children and instill proper concepts on money to them.
- ◆ Arrange healthy activities with your children during summer vacation.
- ◆ Be aware and educate your children on the legal liability for committing drug-related offences.

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Anti-drug
Telephone Enquiry Service

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Anti-drug enquiry service through
instant messaging platforms -
WhatsApp, WeChat

Activity	Fine	Imprisonment
Possession or consumption of drug	HK\$1,000,000	7 years
Trafficking in drug	HK\$ 5,000,000	Life imprisonment

More than 80% of young drug abusers took drugs at home/ friend's home

According to the statistics from "Central Registry of Drug Abuse", more and more young drug abusers took drugs at home / friend's home (from 75% in 2011 to 82% in 2014), the situation is worth parents' concern.

Parents can visit the following website to access other relevant drug abuse statistics:

http://www.nd.gov.hk/en/statistics_list.htm

