



21 May 2018

## Communicating Effectively about Drug & Alcohol Use

### A parent workshop at ESF

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While Hong Kong is a very safe environment, the city poses often-unseen risks for young people due to relatively easy access to alcohol and drugs.

On Monday, 28 May, ESF has organized for KELY Support Group to conduct a parent workshop entitled “**Communicating Effectively with Young People about Drug and Alcohol Use.**” The workshop will run from **6:30 – 8:00 PM on Monday, 28 May.** There is no charge for the session and space is limited to 150 attendees. Registration below will be based on a first come, first served basis. The workshop location will be ESF Centre, 25/F, 1063 King's Road, Quarry Bay, close to the Tai Koo MTR station.

The workshop will include information on the most commonly used drugs as well as evidence about what works in drug prevention and how parents can respond helpfully to these issues. KELY will display some paraphernalia and discuss language use around drugs and alcohol, so that parents can understand if they see or hear things that might be drug or alcohol related. The sessions are interactive with questions and input encouraged throughout. The workshop will broadly cover:

1. Local and global drug trends with a focus on local drug use
2. Three main categories of drug types, plus their effects and risks (depressants, stimulants, hallucinogens)
3. Most commonly used illegal drugs in Hong Kong: Cannabis, Cocaine, Methamphetamine, Ketamine, MDMA
4. Alcohol and the new law in Hong Kong
5. Risks and protective factors for problematic/damaging drug or alcohol use including communication skills for parents
6. Signs and symptoms to watch for related to drug and alcohol use

The session will be delivered by KELY's Programme Manager, Jenny Bate. Jenny has a background in Public Health and is the parent of two Secondary School students herself. The event will be targeted towards parents of teenagers, and parents of young people who will become teenagers in the next one to two years.



If you are interested in this session, please register by clicking the link below or scanning the QR Code at right. <https://goo.gl/AHn9cH>

Thank you and we look forward to seeing you.

Belinda Greer  
Chief Executive Officer

Charles Caldwell  
Director Human Resources

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