一家人齊齊整整
（取材自基督教香港信義會天朗中心－「創造生命奇蹟」家長分享集）

Ling（化名）和丈夫作了一生人當中最痛苦的決定，那就是報警告發女兒吸毒。他們甘於承受被女兒怨恨和痛罵，一心只希望能幫助她戒除毒癮。

Ling自言屬於中產家庭，夫婦倆很愛惜兩名子女，對他們亦沒有太大要求，只要讀書成績合格便可。子女可說自小生活無憂。不過隨著年紀漸長，女兒開始變得野性貪玩，並受一群中學同學的影響，染上了「索 K」的陋習。

「第一次知道女兒吸食毒品，我好迷惑及驚慌。害怕她會因此而失去性命。」Ling自言女兒吸毒的那段日子讓她變得精神緊張，擔心女兒不在自己身邊時會吸毒。在屢勸不聽的情況下，夫婦倆有想過把女兒趕出家門便一了百了。

有一次，女兒吸食了混入玻璃粉的劣質毒品後導致鼻血直流而須送往醫院。眼見女兒吸毒變本加厲，夫婦倆終於忍無可忍，由丈夫打電話報警，告發女兒吸毒。對於父母「大義滅親」，女兒自然感到十分怨恨。其後，夫婦倆仍然對她不離不棄，想不到事隔不久，女兒在被判感化令後仍然吸毒，Ling無奈通知感化官，感化官建議她女兒接受自願戒毒。

經社工幫助，Ling終於為女兒找到一所戒毒中心。可是跟院舍負責人約見那天，女兒仍然吸毒並且身體不適。Ling唯有央求負責人收容女兒，幸好得到負責人答允。父親第一次前往戒毒中心探望女兒時，她仍然十分責怪母親。後來，她跟院舍內的人傾談多了，開始有了正面的轉變，並希望父親每個月探望她一次。在院舍只住了很短時間後，女兒變得樂於分享心事，不會過分追求物質，並學懂為別人著想。

書信來往成為了雙方溝通及表達情感的主要橋樑。Ling不斷鼓勵女兒，表示全家人都支持她，關心她，希望她可以堅持下去。Ling的一番苦心終於得到最好的回報，有一次女兒的信中說道：「現在我終於重拾家庭的感覺。」

曾經被女兒傷害過無數次，Ling自言令她有勇氣繼續走下去。全憑一個很簡單、很傳統的信念：「希望一家人齊齊整整，不想失去任何一個。」她對於那些發現子女吸毒卻不知如何是好的父母有以下忠告：

「千萬不要放棄，繼續跟他說話，給予耐心一直支持和關心他，他是會感到得到的。」
漫長的暑假

阿輝

7月31日
7月30日
7月29日
7月28日
...

阿輝，試下呢樣野，好刺激架！
幫我運貨仲即賺$500！

阿輝，試下呢樣野，好刺激架！
幫我運貨仲即賺$500！

返去自己房度試下先！幫阿輝運貨仲即收$500，幾正！

阿輝的母親

家長如遇到以上情況，應先保持冷靜，
聆聽子女的心聲，避免指責子女，並儘快尋求專業協助。

留意子女是否藏有來歷不明的粉狀物質、藥袋、鐵紙、
有藥飲管的膠樽或飲品盒、短管等。

多與子女溝通，向他們灌輸正確的金錢觀念。
在暑假期間與子女一起安排有益身心的活動。
認識並教導子女遇犯毒品法例的刑責。

超過八成青少年吸毒者
選擇在家/朋友家中吸食

根據「藥物濫用資料中央檔案室」的統計數字，愈來愈多青少年吸毒者選擇在家/朋友家中吸食（由2011年的75%上升至2014年的82%），情況值得家長關注。

家長可瀏覽以下網址，以了解其他有關吸食毒品的統計數字：
http://www.nd.gov.hk/tc/statistics_list.htm

家長錦囊

186 186
禁毒電話諮詢服務
98 186 186
即時通訊程式查詢吸毒問題
WhatsApp, WeChat

行為 罰款 監禁
尚有、吸食毒品 港幣 1,000,000 7年
販運毒品 港幣 5,000,000 終身

青少年吸食毒品地點（21歲以下）

2011

2014

只在家/朋友家
在家/朋友的家及其他地點
只在其他地點
（包括休憩地方、公園、公廁等）
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

Bored with computer games and I’ve no money to go out for fun!

31 July  
30 July  
29 July  
28 July  

Brian

Let me try it in my room and get $500 for helping Skin to deliver it!

Brian, try this exciting stuff! You can also have $500 just for helping me to deliver it.

Why my son has strange behaviour recently? So many weird stuffs appear in his room. What is he doing? I am so worried!

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.

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: