



A Message from the White House Office of National Drug Control
Policy and The National Youth Anti-Drug Media Campaign

來自白宮全國毒品控制政策辦公室和全國青少年反毒宣導活動的訊息

What Chinese American Parents
Need To Know About Marijuana

大麻毒品教育

華裔家長對於大麻需要瞭解些什麼



Educate Yourself, Educate Your Family

It is hard for Chinese American parents to imagine that their child is at risk for experimenting with drugs. But the reality is, most children will be faced with situations that force them to make a decision about using marijuana or other drugs. You can help your child make healthy choices by educating yourself about the harmful effects of marijuana and other drugs.

Many Chinese American parents view substance abuse and its prevention as a sign of weakness – burdens that bring shame to the family and possible rejection from the community. However, factual drug information and parenting suggestions can help break down the barriers of communication and denial.

Here are some facts about kids and drug use:

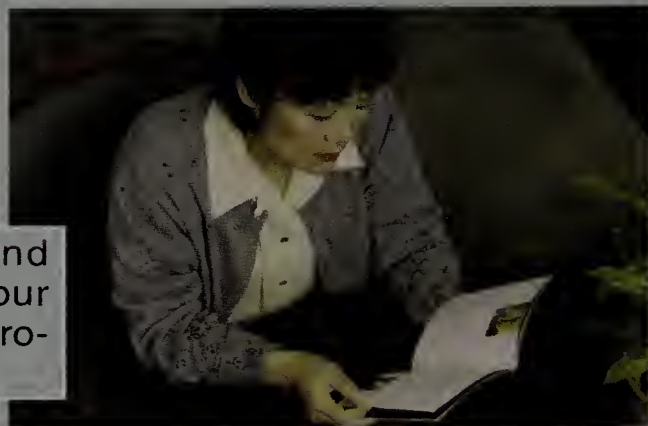
- In the U.S., one out of every five kids in 8th grade has already tried marijuana.
- Asian American and Pacific Islander teens who smoke cigarettes are more likely to drink alcohol. Asian American and Pacific Islander teens who smoke and drink are more likely to use marijuana. And those who do all three are more likely to use other illicit drugs.

- Forty percent of teens living in the U.S. say they expect to use a drug in the future.
- Long-term studies show that among all youth, use of other illicit drugs almost never occurs unless they have first used marijuana.

It is likely your child will be exposed to marijuana and other drugs. Of all the influences in your child's life – friends, family, sports, music, television, religious and cultural traditions – your words and actions matter most! Reports indicate that children who learn about the risks of using marijuana from their parents are half as likely to use it.

Some parents think that drug education is only for parents with problem children. Other parents rely solely on schools to provide their children with prevention messages. The most powerful deterrent to your children using drugs is you! Educate yourself about the signs and effects of marijuana so that you can have important talks with your children. Talk with them. They will listen.

Educate yourself, talk and spend quality time with your kids. Simple things can protect your child from drugs.



自我教育，教育您的家人

華裔家長都很難想像孩子會有嘗試毒品的危險。事實上，大部份的孩子都會面臨是否嘗試大麻或其他毒品作出選擇的情形。您可以就有關大麻和其他毒品的有害影響進行自我教育，以幫助您的孩子做出健康的選擇。

許多華裔家長認為藥物濫用及其預防本身就是一種軟弱的表現——它會給家庭帶來恥辱，還可能因此遭到社會的唾棄。然而，有關毒品的事實資訊和提供給家長的建議可以幫助消除溝通上的障礙及抗拒心態。

以下是部份有關孩子和吸毒問題的事實：

- 在美國，每五個八年級的孩子中就有一個已經嘗試過大麻。
- 十幾歲亞太裔吸煙的孩子較有可能喝酒。既吸煙又喝酒的十幾歲亞太裔孩子較有可能嘗試大麻。而三樣都會的孩子較有可能嘗試其他非法毒品。

- 全美十幾歲的孩子中，有百分之四十表示他們將在未來使用某種毒品。
- 長期的研究顯示，在所有的青少年中，如果他們從未使用過大麻，他們就幾乎不會使用其他非法毒品。

您的孩子有可能會接觸到大麻和其他毒品。在所有能夠對孩子的生活產生影響的因素中——朋友、家人、運動、音樂、電視、宗教和文化傳統，您的話和行動的影響力最大！研究報告顯示，從家長那裡得知使用大麻危害的孩子使用大麻的機率減少一半。

有些家長認為，只有問題兒童的家長才需要進行毒品教育。而另外一些家長則完全依賴學校給孩子提供有關預防吸毒的信息。事實上防範孩子吸毒最有效的方法就是您自己！請就有關使用大麻的症狀和影響進行自我教育，以使您能與您的孩子進行重要的溝通。和他們談談吧，他們會聽的。

自我教育，與孩子交談，有效地共渡時光。這些看似簡單的事情可以保護您的孩子免受毒品之害。

Your Child Is At Risk!

Marijuana is the most commonly used illegal drug among teenagers age 12-17 and can be a gateway to other illicit drugs. Marijuana and other drugs are part of popular culture. It does not matter whether your child is a "straight A" student or that you live in a wealthy and secure neighborhood. Your child may be exposed to drugs at school, parties, shopping malls and even at home.

There are many factors that contribute to Chinese American youth being at risk for experimenting with drugs. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), factors include:

- **Immigration**

Social and peer pressure brought on by language, cultural barriers, change in economic status and a minority status.

- **Acculturation**

Balancing or merging traditional cultural values and norms with the American culture.

- **Family Conflict**

Communication problems between children and their immigrant parents who uphold their traditional values, beliefs and practices.

Take time to talk with your children about the pressures often brought on by school, language, generation gaps and cultural barriers. Immigrant children may be at an even higher risk due to their desire to fit into the American culture.

You can help your children prepare an automatic and direct rejection response. Tell them very clearly that you do not want them using illegal substances – tobacco, alcohol, marijuana, inhalants or other drugs. Setting a firm zero tolerance rule will help your children find their way around the various pressures to use drugs.



您的孩子身處險境！

十二至十七歲的青少年最常使用的非法毒品就是大麻，大麻還可能是通往其他非法毒品的橋樑。大麻和其他毒品是流行文化的一部份。這與您的孩子是否是「全A」學生或是您住在富有而安全的社區無關。您的孩子可以在學校、派對、購物中心甚至家裡接觸到毒品。

造成亞太裔青少年發生嘗試毒品危險的因素很多。根據藥物濫用與心理健康服務中心（Substance Abuse and Mental Health Services Administration, SAMHSA）的報導，有關因素包括：

- **移民**

因為語言、文化的障礙，經濟狀況的改變和少數民族身份所帶來的社會和同伴壓力。

- **文化認同**

將傳統文化價值觀和準則融入美國文化或在二者間取得平衡。

- **家人間的衝突**

孩子與他們的移民家長之間出現溝通問題，家長堅持他們的傳統價值觀、理念和做法。

花一點時間和孩子談談由學校、語言、代溝和文化差異帶來的壓力。移民孩子可能因為想要融入美國文化而面臨著更大的危險。

您可以幫助孩子準備一個無需思索、直截了當的拒絕方式。清清楚楚的告訴他們不可以使用非法藥物—包括煙草、酒精、大麻、吸入劑或其他毒品。對於吸毒問題採取堅決的絕不姑息的態度能夠幫助您的孩子在面臨各種壓力時擺脫毒品的誘惑。

What Is Marijuana?

Marijuana is a drug made from the leaves and flowering tops of the plant *Cannabis sativa*. Cannabis contains unique chemicals called cannabinoids. One of these chemicals, THC (delta-9-tetrahydrocannabinol), is responsible for many of the psychoactive effects of cannabis.

Cannabis is a term that refers to marijuana and other drugs made from the same plant. Strong forms of cannabis include **sinsemilla** (sin-seh-meyah), hashish ("hash" for short) and hash oil. All forms of cannabis are mind-altering (psychoactive) drugs.

THC changes the way information is processed by the area of the brain that is fundamental to learning, memory and integrating sensory experience with emotion. Today, the THC content of marijuana is higher than it was in the past. This makes marijuana more potent, increasing the likelihood of anxiety, memory impairment and confusion.

Marijuana is the most commonly used illegal drug in this country.



什麼是大麻？

大麻是一種名叫 *Cannabis sativa* 植物的葉子和花尖製成的藥物。Cannabis 含有幾種稱為 Cannabinoids 的特殊化學成份，THC (delta-9-tetrahydrocannabinol) 是成份之一，它就是多種因 Cannabis 所造成對精神狀態發生影響的元凶。

Cannabis 一詞泛指大麻以及用同一種植物製成的其他毒品。其中毒性較強的包括**森森米亞** (sinsemilla)，哈舒舒 (hashish，簡稱哈舒) 和哈舒油。各種形式的 Cannabis 製品都是能夠改變精神狀況 (精神扭曲) 的藥物。

THC 改變腦部主管學習、記憶和融和感官知覺與情感的部份處理信息的方式。目前大麻中的 THC 含量高於以往，因此使大麻的效力更強，造成焦慮、記憶力衰退和迷惑的可能性也更高。

大麻是全美最為廣泛使用的非法毒品。

How Is Marijuana Harmful?

Marijuana can be harmful in a number of ways. Some health effects are immediate and some result in damage over an extended period of time. Marijuana smoking affects brain cells and leads to impaired motor coordination skills by slowing down the reaction time of the central nervous system. Marijuana use can result in:

- Poor short-term memory (memory of recent events).
- Problems with perception and reaction time, often resulting in automobile crashes.
- Trouble handling complex tasks like driving a car.
- Reduced inhibitions causing risky sexual behavior and excitability.

- Difficulty concentrating, creating poor study habits.
- Hallucinations, delusions of grandeur.
- Long-term effects include addiction and damage to the lungs and brain.

Marijuana use can also impair a child's decision-making ability, which may lead to risky behaviors and adverse physical and social consequences. These can include increased involvement in violence and crime; unsafe driving; and unprotected sex, leading to unplanned pregnancy and acquiring sexually transmitted diseases such as HIV/AIDS.

According to the Substance Abuse and Mental Health Services Administration, in 1998, more than 208,000 people entered drug programs reporting marijuana as their primary drug of abuse.



大麻為什麼有害？

大麻可能以數種不同的方式對人體產生傷害。某些身體上的傷害是即時的，某些則是通過較長一段時間逐漸造成傷害。吸食大麻能夠傷害腦細胞，同時減慢中樞神經系統的反應速度，從而影響身體行動的協調能力。吸食大麻可以導致：

- 短期記憶力的衰退（對於最近發生的事情的記憶力）。
- 理解能力和反應速度的減弱，往往引起車禍。
- 無法勝任複雜的工作，例如開車。
- 自我約束力的減弱，以致從事危險的性行為或是過度興奮。

- 無法集中精力，產生不良學習習慣。
- 產生幻想、錯覺或是過度炫耀。
- 長期傷害包括上癮和對肺臟和腦部的傷害。

大麻還可以影響孩子做決定的能力，進而導致危險的舉止和社交與生理上的負面結果。上述舉止可包括暴力和犯罪行為的增加、不安全的開車方式、無保護措施的性行為，因而導致非計劃懷孕或是染上例如愛滋病之類的性病。

根據藥物濫用與心理健康服務中心的統計，一九九八年有二十萬零八千多人接受藥物勒戒治療，他們表示所濫用的藥物以大麻為主。

Current Slang Terms For Marijuana

There are many different names for marijuana. The following is a list of some common street names for marijuana:

Aunt Mary	Grass
Boom	Green Goddess
Blond	Hay
Blunt	Herb
Bud	Jay
Cheebea	Kif
Chunky	Leaf
Colombian Pot	Magic Dragon
Dew	Mary Jane
Don Juan	Rasta
Doobie	Reefer
Dope	Sen
Fu	Skunk
Gangster	Tea
Ganja	Weed

There are also informal street names for different strains or "brands" of marijuana:

Chronic	Maui Wowie
Kona Gold	Texas Tea



目前用來稱呼大麻的俚語

大麻還有很多不同的名字。以下是一些常見的大麻代名詞：

Aunt Mary (瑪麗阿姨)	Grass (草)
Boom (砰)	Green Goddess (綠色女神)
Blond (金髮)	Hay (乾草)
Blunt	Herb (香料)
Bud	Jay (傑)
Cheeba	Kif
Chunky (大個兒)	Leaf (樹葉)
Colombian Pot	Magic Dragon (魔術龍)
Dew (露珠)	Mary Jane (瑪麗珍)
Don Juan (唐璜)	Rasta
Doobie	Reefer (縮帆)
Dope	Sen
Fu	Skunk (臭鼬鼠)
Gangster (流氓)	Tea (茶)
Ganja	Weed (雜草)

對不同植物種屬或「品牌」
的大麻還有其他俗稱：

Chronic (克勞尼克)
Kona Gold (可娜金牌)
Maui Wowie (毛伊瓦伊)
Texas Tea (得克薩斯茶)

How Is Marijuana Used?

The number and complexity of ways that marijuana is used has increased in recent years. Most users roll loose marijuana into a cigarette (called a "joint" or a "nail") or smoke it in a pipe. One well-known type of pipe is a water pipe, also known as a bong. Some users mix marijuana into foods (like brownies or cookies) or use it to brew a tea.

In some cases, users combine marijuana with other drugs. Below are some names and ways that marijuana is used:

A-bomb or Atom Bomb:
Marijuana joint with heroin or opium

Joint:
Marijuana cigarette

3750, Oolies, P-dogs:
Marijuana and crack cocaine rolled in a joint

Banano:
Marijuana joint laced with cocaine

Blunt:
Hollowed-out cigar filled with marijuana

Woolah, Primo:
Hollowed-out cigar filled with marijuana and crack

B-40:
A blunt smoked with a 40-ounce bottle of malt liquor

Candy Blunt:
A blunt dipped in cough syrup

Caviar, Champagne:
A combination of cocaine and marijuana

Dust Blunt, Happy Stick, Wicky:

A joint with PCP and marijuana

Speedboat, Squirrel:
A combination of marijuana, PCP and crack

Spliff:
A large marijuana cigarette



如何使用大麻？

近年來，吸食大麻的方式漸多，方法也日益複雜。大多數人將零散的大麻葉捲成煙卷（稱為「joint」或「nail」）或是以煙斗吸食。其中很常見的一種是水煙斗，又名「bong」（梆）。也有人將大麻混入食物中（例如甜糕或餅乾）或用來泡茶。

有的時候，吸食大麻者將大麻和其他毒品混合使用。以下是使用大麻的部份俚語和使用方式：

原子彈（A-bomb或Atom Bomb）：

將大麻與海洛因或鴉片混合使用

Joint:

大麻煙卷

3750, Oolies, P-狗：

將大麻與純古柯鹼混合捲成煙卷

Banano:

沾有古柯鹼的大麻煙卷

Blunt:

將雪茄煙的煙草取出改裝大麻

Woolah, Primo:

將雪茄煙的煙草取出改裝大麻和純古柯鹼

B-40:

在吸Blunt的同時喝下一罐四十盎斯的麥芽酒

糖果Blunt:

沾有咳嗽糖漿的Blunt

魚子醬，香檳：

將古柯鹼與大麻混合

Dust Blunt, Happy Stick,

Wicky:

含有PCP和大麻的煙卷

快艇，松鼠：

將大麻、PCP和純古柯鹼混合

Spliff:

大型大麻香煙

How Can I Tell?

Paying attention to your children and their habits will make it easier to recognize the warning signs of marijuana use. Below are some physical signs of marijuana use:

- Dizziness and loss of coordination
- Silliness, giggling
- Uninhibited or extreme behavior change
- Red, bloodshot eyes
- Poor short-term memory
- Hunger for snacks or "munchies"
- Sleepiness (generally occurs once the early effects fade)

Parents should also be aware of signs of drugs and drug paraphernalia. Some include:

- Pipes and cigarettes or "rolling" papers
- Scent of burnt leaves on clothes and in the bedroom
- Use of incense and other deodorizers
- Use of eye drops to clear redness in eyes
- Clothes, posters, jewelry and accessories with images of marijuana, drugs or phrases that promote drug use

Parents should be aware of changes in their child's behavior. Some signs include:

- Withdrawal
- Depression
- Fatigue
- Loss of short term memory
- Carelessness with grooming
- Hostility
- Deteriorating relationships with family members and friends
- Change of peer or social group
- Secrecy, vagueness or not being open
- Changes in academic performance
- Absenteeism or tardiness
- Loss of interest in sports or hobbies
- Changes in eating or sleeping habits

The short-term effects of marijuana use include problems with memory and the ability to learn; distorted perception; impaired problem solving ability; loss of coordination and increased heart rate; anxiety and panic attacks. (Please note that these signs may also indicate problems other than use of drugs.)



我如何知道孩子在吸食大麻？

注意孩子和他們的習慣讓您比較容易發現孩子使用大麻的警訊。以下是吸食大麻後經常出現的生理狀況：

- 頭昏和身體不協調
- 傻裡傻氣，傻笑
- 無法自我控制，極端的行為改變
- 紅紅的，充血的眼睛
- 短期記憶力衰退
- 常想吃點心或零食
- 昏昏欲睡（通常在早期症狀開始減退時發生）

家長亦應注意毒品和與吸毒有關的用品，包括：

- 煙斗、香煙或「捲煙紙」
- 衣服和臥室裡有燃燒樹葉的味道
- 使用熏香和其他除臭劑
- 使用眼藥水去除眼裡的血絲
- 衣服、海報、首飾和其他用品上有與大麻或其他毒品相關的圖樣或有倡導吸毒的字眼

家長應注意孩子行為的改變。應留心的狀況包括：

- 孤僻
- 憂鬱
- 疲倦
- 失去短期記憶力
- 不修邊幅
- 有敵意
- 與家人朋友關係日益冷淡
- 同伴或社交圈子改變
- 好像有秘密，答話含糊或是不肯開誠佈公
- 學業成績變化
- 曠課或者遲到
- 對體育運動或嗜好失去興趣
- 飲食或睡眠習慣發生變化

吸食大麻的短期影響包括記憶和學習能力發生問題；認知的扭曲；無法思考和解決困難；身體協調能力喪失，心跳加快；焦慮和驚惶失措。（請注意，以上的症狀也可能是由與吸毒無關的問題所引起。）

How Can I Protect My Child?

Establishing open channels of communication and keeping your child involved in positive activities are key ways to keep your child from developing substance abuse and other problems. Research shows that children who are involved in constructive, adult-supervised activities outside of school are less likely to use drugs. Involving children in school, church, family and community activities should be part of your family's drug prevention program.

Below are a few suggestions to help keep your child drug-free.

Ask questions

- Ask open-ended questions that encourage conversation. Avoid questions that children can answer with a simple yes or no.
- Find out who your child's friends are, and get to know them.
- Know where your child is going and when he or she will return.
- Discover what your child likes to do and do those activities together.

Listen

- Make time to listen to your child when he or she asks to talk to you. Avoid saying, "in a minute" or "not right now."

Questions... The Anti-Drug Ask Who, What, When, and Where
Keeping up with your child is not always easy. Experts say that to create an environment that combines talking with action, you should know where your kids are and what they are doing.

- When your child uses words or slang that you don't understand, ask him or her to explain.
- Establish regular weekly time together.
- Do something together that allows your child a chance to talk.

Talk

- Initiate ongoing conversations with your child; when appropriate, guide the subject to drugs and why drugs are harmful.
- To introduce the topic, ask what your child has learned about drugs in school. What does he or she think of them? Has anyone ever asked them to try drugs?
- Be prepared to answer the tough questions: "What is so bad about smoking marijuana?" "Have you ever tried it?" or "What if I only try it once?"

Set Rules!

- Kids say their parents do not talk to them about drugs – even though their parents report that they do. Don't leave your child guessing. Tell your child you don't want him or her to use marijuana and other drugs.



我如何保護我的孩子？

和孩子之間建立起開放的溝通管道，讓孩子參與正面的活動是防範孩子開始濫用藥物和發生其他問題的主要方法。研究顯示參與有建設性、有大人監督的校外活動的孩子比較不容易濫用藥物。讓孩子參與學校、家庭、教會和社區活動應是您的家庭防範孩子濫用藥物的計劃的一部分。

以下是協助您的孩子遠離藥物的幾點建議：

詢問

- 提出可以促進溝通的問題，鼓勵孩子參與討論。避免問一些讓孩子可以用簡單的是或者不是來回答的問題。
- 知道孩子的朋友是誰並且認識他們。
- 知道孩子的去向和返家時間。
- 瞭解孩子喜歡做些什麼事，與他們一起從事他們喜歡的活動。

傾聽

- 撥出時間來傾聽您的孩子講話。當他們要求和您說話時，不要說「等一下」或是「現在沒空」。

- 如果孩子使用您聽不懂的字眼或俚語，要求他們解釋。
- 每週建立固定時間與孩子共處。
- 一起從事某種活動讓您和孩子有機會講講話。

溝通

- 先與孩子展開對話，等到有適當機會時，把話題引到毒品和吸毒為什麼有害問題上。
- 談到這個話題時，可以問孩子在學校學到哪些有關毒品的知識。他們對毒品有什麼看法？是否曾經有人要他們嚐試毒品？
- 準備好回答這類棘手的問題：「吸食大麻究竟有什麼不好？」「您試過嗎？」「我如果只試一次又怎樣呢？」

制定規矩！

- 孩子們說爸媽沒有和他們談過吸毒問題，儘管家長說談過。不要讓孩子揣摹您的意思。清清楚楚地告訴他或她不可以吸食大麻或者其他毒品。

可以幫助您反毒品的問題

時常問有誰、做些什麼、什麼時候、在哪裡要隨時掌握孩子的動向並不總是那麼容易。專家們說要創造一個把言詞和行動結合起來的環境，您應該知道孩子身在何處和正在做什麼。

Regional Resources

Below are some Asian and Pacific Islander community-based organizations that provide assistance and additional information on substance abuse and other health-related issues.

**Asian American Family
Counseling Center**
6620 West Park, Suite 104
Houston, TX 77057
Tel: (713) 339-3688
Fax: (713) 339-3699
(Chinese, Korean, Vietnamese)
www.aafcc.org

Asian American Recovery Services
965 Mission Street, #325
San Francisco, CA 94103
Tel: (415) 541-9285
Fax: (415) 541-9986
(Cambodian, Chinese, Korean, Vietnamese)
www.aars-inc.org

**Asian Community
Mental Health Services**
310 8th Street, Suite 201
Oakland, CA 94607
Tel: (510) 451-6729
Fax: (510) 268-0202
(Cambodian, Chinese, Korean, Vietnamese)
www.acmhs.org

**Asian Counseling and
Referral Service**
710 8th Avenue, Suite 200
Seattle, WA 98104
Tel: (206) 695-7600
Fax: (206) 695-7606
(Cambodian, Chinese, Korean, Vietnamese)
www.acrs.org

Asian Human Services
4753 North Broadway, Suite 700
Chicago, IL 60640
Tel: (773) 728-2235
Fax: (773) 728-4751
(Cambodian, Chinese, Korean, Vietnamese)
www.asianhumanservices.org

**Asian Pacific Family Center
of Pacific Clinics**
9353 East Valley Boulevard
Rosemead, CA 91770
Tel: (626) 287-2988
Fax: (626) 287-1937
(Chinese, Korean, Vietnamese)
www.pacificclinics.org/rosemead_prevention.htm

Coalition for a Drug Free Hawaii
1130 North Nimitz Highway,
Suite A259
Honolulu, HI 96817
Tel: (808) 545-3228
Fax: (808) 545-2686
(English)
www.drugfreehawaii.org

**Hamilton Madison House
Asian American Mental Health &
Alcoholism Services**
253 South Street, 2nd Floor
New York, NY 10002
Tel: (212) 720-4520
Fax: (212) 732-9754
(Cambodian, Chinese, Korean, Vietnamese)
www.hmh100.com

地區性支援團體

以下是亞太裔社區團體，可以提供關於藥物濫用和其他與健康有關問題的協助和進一步資訊：

Asian American Family Counseling Center
6620 West Park, Suite 104
Houston, TX 77057
電話：(713) 339-3688
傳真：(713) 339-3699
(中文，韓文，越南文)
www.aafcc.org

Asian American Recovery Services
965 Mission Street, #325
San Francisco, CA 94103
電話：(415) 541-9285
傳真：(415) 541-9986
(高棉文，中文，韓文，越南文)
www.aars-inc.org

Asian Community Mental Health Services
310 8th Street, Suite 201
Oakland, CA 94607
電話：(510) 451-6729
傳真：(510) 268-0202
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1130 North Nimitz Highway,
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電話：(808) 545-3228
傳真：(808) 545-2686
www.drugfreehawaii.org (英文)

Hamilton Madison House
Asian American Mental Health & Alcoholism Services
253 South Street, 2nd Floor
New York, NY 10002
電話：(212) 720-4520
傳真：(212) 732-9754
(高棉文，中文，韓文，越南文)
www.hmh100.com

National Resources

全國性支援團體

To order additional copies of this brochure or for more information on keeping your child drug-free call:

(800) 788-2800 (English)
(888) 258-3139 (Cantonese)
(888) 258-3144 (Mandarin)

The National Youth Anti-Drug Media Campaign is a program of the White House Office of National Drug Control Policy. The Media Campaign is designed to educate and empower youth to reject illicit drugs.

www.theantidrug.com (English)
www.theantidrug.com/chinese (Chinese)

Partnership for a Drug-Free America (PDFA) is a non-profit coalition of professionals from the communications industry. PDFA uses national anti-drug advertising and other forms of media communication to decrease demand for drugs and other substances by changing societal attitudes that support, tolerate or condone drug use.

www.drugfreeamerica.org

National Clearinghouse for Alcohol and Drug Information (NCADI) offers a catalog of English, Spanish and Asian language publications, videotapes and educational materials to help parents talk to their children about drug use. For more information please contact:

P.O. Box 2345
Rockville, MD 20847
Tel: (800) 788-2800
(TDD Number 1-800-487-4889)
www.health.org

The National Institute on Drug Abuse (NIDA) is part of the National Institutes of Health (NIH), the principal biomedical and behavioral research agency of the U.S. Government. NIDA's scientific research program addresses the most fundamental and essential questions about drug abuse, including causes, consequences, prevention and treatment.

www.nida.nih.gov

National Asian Pacific American Families Against Substance Abuse (NAPAFASA) is a non-profit, membership organization dedicated to addressing the alcohol, tobacco and other drug issues of Asian American and Pacific Islander populations on the continental U.S., Hawaii and the Pacific Islands.

340 East 2nd Street, Suite 409
Los Angeles, CA 90012
Tel: (213) 625-5795; Fax: (213) 625-5796
www.napafasa.org

如果您需要索取額外手冊，或是希望得到如何防止孩子吸毒的進一步資訊，請打電話：

(800) 788-2800 (英文)
(888) 258-3139 (粵語)
(888) 258-3144 (國語)

全國青少年反毒宣導活動 (The National Youth Anti-Drug Media Campaign) 由白宮全國毒品控制政策辦公室所發起。這一項在一九九八年經由國會兩黨一致通過後成立，為期五年的宣導活動，目的在於教育青少年，同時強化他們抗拒非法毒品的能力。

www.theantidrug.com (英文)
www.theantidrug.com/chinese (中文)

Partnership for a Drug-Free America (PDFA) 是一個由社區中從事傳播工作的專業人士組成的非營利性團體。PDFA利用全國性的反毒廣告宣傳和其他形式的媒體宣傳來改變社會上某些人對毒品予以支持、容忍或贊成的態度，以降低社會對毒品和其他禁藥的需求。

www.drugfreeamerica.org

National Clearinghouse for Alcohol and Drug Information (NCADI) 提供以英文、西班牙文和亞洲語文發行的書刊、錄影帶和教材，協助家長與孩子討論有關毒品的問題。有意索取上述資料者，請聯絡：

P.O. Box 2345, Rockville, MD 20847
電話：(800) 788-2800
(聽障者電話1-800-487-4889)
www.health.org

The National Institute on Drug Abuse (National Institute of Health, NIH) 的一部份，也是美國政府從事生物和行為研究的主要機構。NIDA的科學研究著重包括藥物濫用的肇因、後果、預防和治療的最基本和實質上的問題。

www.nida.nih.org

National Asian Pacific American Family Against Substance Abuse (NAPAFASA) 是一個非營利性的會員組織，宗旨在解決居住在美國本土、夏威夷和太平洋各島的亞太裔民眾的酗酒、吸煙和其他與毒品有關的問題。

340 East 2nd Street, Suite 409
Los Angeles, CA 90012
電話：(213) 625-5795
傳真：(213) 625-5796
www.napafasa.org