

LEAP

跳蹦蹦 LEAPS & Bounds

The Newsletter of
Life Education Activity Programme
生活教育活動計劃通訊
Autumn 2021 秋季



主席的話 From Our Chairman



James Tong Chairman, LEAP
唐偉邦先生 生活教育活動計劃主席

歡迎大家閱讀2021年的「跳蹦蹦」！

疫情不僅妨礙我們的日常生活，亦對很多人的精神健康造成影響。由封城及經濟帶來的壓力、加上對病毒的恐懼，導致濫用藥物人數顯著增加，對於人們把濫用藥物視作解決問題的一時方法，LEAP深表關注。我們會於本期刊第6至7頁討論有關危機。

雖然學校授課時間尚未能回復正常，LEAP在2021/22學年可說是迎來了好的開始。除了我們的控煙及特殊教育課程均有幸獲得延續資助，我們同時亦祝賀LEAP健康大使劉德華先生出道40週年。

LEAP的成長及發展得以成功實有賴我們的主要贊助商：太古公司及國泰航空公司的長期支持；我們亦非常感謝香港賽馬會慈善信託基金、教育局、保安局禁毒處及衛生署控煙酒辦公室；我們的健康大使劉德華先生，愛生命之友譚燕玉小姐；東源大地有限公司、新興機構及亞聯貨運有限公司，以及各學校、校長、教師、義工及支持者，LEAP特此向他們致謝。

Welcome to our 2021 newsletter!

The COVID-19 pandemic has not only caused serious disruption to our everyday life, but also impacted the mental health of many people. LEAP is most concerned that fear of the virus, economic stress and depression caused by lockdown have led to a significant rise in substance abuse, as people resort to drugs as a temporary solution to their problems. Our feature article on pages 6-7 sheds light on this alarming trend.

While schools are yet to resume their normal schedule, the 2021/22 academic year has begun on a positive note for LEAP. Funding for our smoking prevention and special needs programmes has been extended. We also congratulate our Health Ambassador, Andy Lau Tak Wah, who is celebrating the 40th anniversary of his debut in show business.

LEAP's success and future development depend on the long-term support of our two major sponsors, Swire and Cathay Pacific Airways, as well as the Hong Kong Jockey Club Charities Trust. We are also indebted to the Education Bureau, the Narcotics Division of the Security Bureau, and the Tobacco and Alcohol Control Office, Department of Health; our Health Ambassador, Mr Andy Lau Tak Wah and our Life Buddy, Ms Vivienne Tam; Eastern Worldwide Co. Limited, the Sun Hing Group of Companies and Orient Trucking Limited; schools, principals, teachers, volunteers and friends of LEAP. I would like to express our sincere thanks to them all.

主要贊助商的話 From Our Major Sponsor



Guy Bradley Chairman, Swire Pacific Limited
白德利先生 太古股份有限公司主席

太古公司自LEAP於1994年成立以來，一直為其主要贊助商。多年來，LEAP不斷發展，在本地教育制度備受推崇，成為不可或缺的一部分，教導無數年青人認識濫用藥物的危險，並協助他們在生活中作出合適的決定及建立正確的生活方式。

我於8月接任太古股份有限公司主席，所以這是我首次在LEAP的期刊與大家見面。然而，我對LEAP並不陌生。數年前，我已到訪過LEAP在流動教室進行的課堂，親身體驗LEAP團隊出色的工作。我在此恭賀LEAP榮獲飛越品牌大獎，這獎項足證LEAP在疫情期間迎來眾多挑戰，仍堅守預防濫用藥物的使命。

太古作為香港社會的一份子，長期以來致力回饋社會。透過LEAP幫助孩子成為健康又自信的年輕人，為社會作出正面貢獻，我們相信這是為香港未來作出了一項非常寶貴的投資。

Swire has been a major sponsor of LEAP in Hong Kong since its inception in 1994. Over the years, LEAP has expanded its scope and influence to become an integral and highly respected part of the education system in Hong Kong, teaching thousands of children about the dangers of substance abuse and helping them to make safe, responsible choices in life.

I took over the role of Chairman of Swire Pacific in August, so this is my first LEAP Newsletter. However, LEAP is not new to me. A few years ago, I visited a LEAP class in one of its mobile classrooms, so I have had first-hand experience of the amazing work of the LEAP team. I would like to congratulate LEAP on winning an Extraordinary Branding Award which exemplifies its dedication to drug prevention as well as its ability to rise to the challenges presented by COVID-19.

Swire is one of Hong Kong's longest established companies and we aim to give something back to the community that has helped us prosper. Through LEAP, we believe we can make a valuable investment in Hong Kong's future, by helping children grow into confident, healthy young adults who can contribute to our community.

慶祝LEAP健康大使劉德華出道40週年

Andy Lau, LEAP's Health Ambassador – Celebrating 40 Years in Show Business



為慶祝出道至今40年，劉德華先生早前在抖音上直播兩小時，藉以答謝歌影迷一直以來的支持。直播總觀看人次達一億，為其演藝事業上這個里程碑留下美好紀念。

自1980年代起，劉德華先生參演超過130齣電影，是炙手可熱的歌影巨星之一，也在90年代成為粵語流行樂壇的四大天王之一。他獲獎

無數，包括三度奪得香港金像獎最佳男主角及兩度榮獲金馬獎最佳男主角。

然而，他並無被這些殊榮充昏頭腦。他以一貫的謙謙君子作風表示「自己只是個普通人，不是慶祝一個人紅了40年，而是慶祝一個人，認認真真地工作了40年。」他親切友善、沒有架子，充滿正能量，勤奮工作而且對公益慈善活動不遺餘力，無怪乎能贏得世界各地無數支持者的擁戴。

劉德華先生自1996年起擔任生活教育活動計劃(LEAP)健康大使，我們深感榮幸。有賴他的慷慨捐助，LEAP得以在司徒拔道舊址及現時荔景的辦事處，設立擁有先進教學設備的固定教育中心，他並先後兩次親身蒞臨擔任開幕典禮嘉賓，亦十分支持LEAP創立初期在禮賓府舉辦的慈善晚會及音樂會。劉先生一直很樂意為我們錄製宣傳短片，顯示他認可LEAP服務年青人的信念。LEAP有幸得其允許，在賣旗籌款宣傳海報及義工感謝狀上使用他的肖像和簽名，為活動帶來不可多得的宣傳效果。

我們衷心感謝劉德華先生多年來對LEAP預防藥物濫用工作的支持，值此劉先生出道40週年之際，我們謹此向他致以誠摯的祝賀！

This year Andy Lau Tak-wah is celebrating the 40th anniversary of his debut in show business. He commemorated this milestone with a two-hour live broadcast on Douyin to thank his fans for their continuing support, that attracted more than 100 million page views!

Andy Lau has been one of Hong Kong's most successful singers and film actors since the 1980s, performing in over 130 films. In the 1990s, Lau was named by the media as one of the "Four Heavenly Kings" of Cantopop. He has won multiple awards, including the Hong Kong Film Award for Best Actor three times and the Golden Horse Award for Best Leading Actor twice.

However, acclaim and matinée idol looks have never gone to Andy's head. With typical modesty, he said he was just an ordinary person celebrating not 40 years of fame, but 40 years of hard work. No wonder his friendly and approachable personality, as well as his positive energy, dedication to his work and active involvement in charity work have endeared him to millions of fans worldwide.

LEAP is proud that Andy Lau has been our Health Ambassador since 1996. Thanks to his generous donations, LEAP was able to set up its Static Centre first in Stubbs Road and then at our current office in Lai King. Andy kindly attended the opening ceremonies of both offices as our VIP guest. He also supported LEAP's charity balls and concerts at Government House. Andy has always been most willing to appear in our videos, showing a real interest and belief in LEAP's work with young people. Using his image for our Flag Day posters and his signatures for the thank-you certificates for volunteers has contributed inestimably to the success of such events.

The LEAP team congratulates Andy Lau on his 40 years in show business and thanks him most sincerely for his ongoing support of LEAP's drug prevention programmes.

生活教育活動計劃

LEAP - Who We Are



Established in 1994, Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognised health awareness and drug prevention programmes for primary and secondary students. It helps students establish a healthy lifestyle and become aware of the dangers of drugs, including tobacco and alcohol. LEAP's programmes are endorsed by the Hong Kong SAR Government's Education Bureau, the Narcotics Division of the Security Bureau and the Tobacco and Alcohol Control Office of the Department of Health. The Honourable Mrs Carrie Lam Cheng Yuet-ngor, GBM, GBS, the Chief Executive of the Hong Kong SAR, is our patron.

生活教育活動計劃(LEAP)於1994年在香港成立，是一個註冊慈善機構，專為中、小學的學生提供一套國際認可的健康教育及預防藥物濫用課程，旨在讓他們明白到健康生活的重要及濫用藥物，包括煙草和酒精的危險。課程獲教育局、保安局禁毒處及衛生署控煙酒辦公室的認可。香港特別行政區行政長官林鄭月娥是LEAP的贊助人。

生活教育概念源於澳洲，首間生活教育中心由Ted Noffs牧師於1979年在澳洲悉尼創辦，之後此概念傳遍澳洲，並擴展至世界各地。時至今日，生活教育已在澳洲、巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國及美國運作。

過去27年，LEAP以設計獨特之流動課室將生活教育課程帶進全港各區的小學。LEAP亦有推行中學課程和特殊教育課程，以及一套家長教育課程，以裝備家長協助子女建立正確的價值觀，抗衡藥物的引誘。

從一開始，流動課室已是LEAP的重要舞台，令LEAP的預防藥物濫用課程獨一無二。生活教育中心設計新穎獨特，為學生營造輕鬆愉快的學習環境，令他們能更投入課堂討論及角色扮演等教學活動中。受過特別訓練的教育幹事們，利用中心內的先進影音器材、會發亮的人體模型、會說話的腦袋及各式互動遊戲授課。而LEAP的吉祥物「長頸鹿哈樂」及「小馬凱莉」更會在課程期間跟學生說笑及唱歌，從而進一步鞏固健康訊息。LEAP透過循序漸進的教學方式，讓學生認識人體的結構及藥物對它的影響；而角色扮演更能協助學生建立社交技巧，懂得如何作出正確的抉擇，有信心地拒絕煙酒等藥物並同時保存自尊及友誼。

LEAP現有九所流動教室和一所位於麗瑤邨的固定教育中心，最近幾年，LEAP逐步將最新的擴增實境(AR)和體感(Kinect)技術引入所有流動教室，讓學生享受結合技術、樂趣和知識的卓越學習體驗。LEAP已經實現了每年服務全港百分之二十五小學生的目標，並將努力在未來為更多的香港兒童提供服務。

使命

LEAP 旨在為學生提供一套正面而有系統的健康及藥物教育課程，讓他們明白藥物，包括酒精及煙草對身體的影響，從而協助預防藥物濫用。

Our Mission

To help prevent substance abuse, particularly drugs, including alcohol and tobacco, by providing positive health-based education programmes for young people.

Life Education originated in Australia. The first Life Education Centre was established in 1979 by the Reverend Ted Noffs in Sydney. The concept spread throughout Australia and internationally. Today Life Education also operates in Australia, Barbados, Cyprus, Finland, Hong Kong, Hungary, Macau, New Zealand, the UK and USA.

Over the last 27 years, our Primary Programme has been taken to schools in specially designed mobile classrooms, which can be driven all over the territory. LEAP also runs a Secondary Programme, a Special Needs Programme and a Parent Programme aimed at equipping parents with skills to help their children establish correct values and to prevent substance abuse.

LEAP's mobile classrooms are our centre stage and make our programmes unique. They provide a relaxed environment for youngsters to enjoy the programme and become involved in discussions and role-play. Our specially trained educators make use of a modern audio-visual system, illuminated models of the human body, a "talking brain" and games. LEAP's mascots Harold the Giraffe and Holly the Horse reinforce healthy living messages by talking and singing with the children. Our aim is to provide a step-by-step approach to learning about the body and how drugs affect it. Role-play helps develop social competency skills that enable children to make responsible decisions and to say "No" to drugs without losing friends or face.

LEAP now has a fleet of nine mobile classrooms as well as a static centre at its headquarters in Lai Yiu. In recent years, LEAP has introduced the latest Augmented Reality (AR) and Kinect technologies gradually to all its mobile classrooms, allowing students to enjoy an exceptional learning experience combining technology, fun and knowledge. LEAP has already attained its strategic goal of reaching 25 per cent of the primary student population and will strive to deliver its programmes to even more children in Hong Kong in the future.

LEAP 榮獲「飛越品牌大獎」

LEAP Wins Extraordinary Branding Award



LEAP榮獲「飛越品牌非牟利機構大獎2021」，嘉許本機構「於去年疫情期間跨越眾多障礙、迎難而上，成就卓越。」

這獎項對LEAP教學團隊在「疫」境中展現出的應變能力予以肯定，實在令人鼓舞。面對疫情的挑戰，我們的教育幹事高效迅速地製作了一整套優質的網上課程，包括網上視頻學習課程、Zoom課程以至電子書系列，力求以最便捷的方式繼續服務學生和家長。此外，LEAP辦公室和流動教室也同時加強防疫措施保障師生。

今年是經緯青年商會首次舉辦飛越品牌大獎活動，並得到香港貿易發展局及其他商業機構的支持。活動頒獎典禮於8月15日(星期日)舉行，由LEAP教育經理廖海珊及高級教育幹事徐芷君代表本機構出席領獎。

是次評審委員審視的因素眾多，其中包括獲邀提名機構的願景、服務質素、服務影響力及促進工作及生活平衡的相關措施等等。經過一輪嚴謹的甄選過程，LEAP有幸與另外4間非牟利機構一同獲得嘉許。

經緯青年商會為國際青年商會香港總會21個分會成員之一，多年來積極投入參與各式各樣服務社會的活動。同時旨在為商會18-40歲的成員提供訓練平台，讓他們發揮潛能，盡展所長，成為未來的領袖。

LEAP is honoured and pleased to receive an Extraordinary Branding Award – NGO Excellence 2021 for “demonstrating extraordinary achievement and transcending limitations in the challenging environment last year.”

This is a well-deserved recognition for our team of educators who have shown admirable adaptability during the COVID-19 pandemic. Responding swiftly to the challenges, they developed a series of high-quality online learning programmes ranging from video-based e-learning modules to Zoom lessons and e-books, catering to different audiences in the most accessible way possible. In addition, enhanced hygienic and precautionary protocols in the LEAP office and classrooms were introduced for the safety of students and colleagues alike.

LEAP Education Manager Joyce Liu and Senior Educator Jacqueline Tsui represented LEAP at the award presentation ceremony on Sunday, 15 August. This year, the event was organised by the Junior Chamber International Queensway for the first time, supported by the Hong Kong Trade Development Council and other business organisations.

LEAP was one of five NGOs to receive the award in that category, following a strict selection process by the judging panel. Other major judging criteria for the award included the organisation’s vision, quality of service, impact of service, and fostering of an appropriate work-life balance for its staff.

JCI Queensway is one of the 21 local chapters of JCI Hong Kong. Over the years, JCI Queensway has been actively involved in various projects with the aim of serving the community as well as providing training to its members so as to maximise their potential. Its objective is to provide a solid training platform for individuals aged between 18 and 40, developing their leadership skills for the future.

疫症中的危機——疫情下的濫藥狀況

An Epidemic within the Pandemic - Substance Abuse during COVID-19

全球概覽

2019冠狀病毒病(COVID-19)肆虐全球之際，心理健康專家發出警告，表示疫情對大眾心理健康帶來的負面影響不容忽視。面對前所未見的疫境，人們除了對病毒感到恐懼，更因封城而面臨抑鬱和經濟壓力，這些都是正常反應。但更不幸的是，有助人們舒緩壓力的出行和社交活動亦受到限制。面對巨大壓力，很多人試圖通過毒品、酒精或煙草等物質獲取短暫舒緩，希望能逃避現實生活的壓力。

根據聯合國毒品和犯罪問題辦公室在2021年發佈的全球藥物報告，全球約有2億7500萬人口稱稱去年曾服用危險藥物，比2010年上升了22%，這正是疫情中另一個重大的危機。

Global Overview

As the COVID-19 pandemic sweeps across the world, mental health experts are warning about the psychological effects of the crisis. Fear of the virus, economic stress and depression caused by being in lockdown, are natural reactions to the unprecedented situation. To make matters worse, outings and social interactions which could help our resilience have been restricted. Under such severe pressure, many people have sought temporary relief by using substances like alcohol, tobacco and illicit drugs.

According to the United Nations Office on Drugs and Crime (UNODC)'s World Drug Report 2021, some 275 million people worldwide used drugs in the past year, up by 22% from 2010. It has been an epidemic within the pandemic.



毒品「送上門」

疫情爆發期間，香港市民的壓力水平、患上焦慮和抑鬱的個案數字亦急劇上升。根據禁毒常務委員會的統計數據顯示，雖然本港總濫藥比率相對其他地區未算嚴重，但21歲以下青少年的濫藥情況卻令人憂慮。相對2019年的數字，吸食大麻的青少年比率上升了17%；而吸食氯胺酮的青少年比率更大幅上升了69%。

根據藥物濫用資料中央檔案室(CRDA)的最新統計數據，近年香港青年吸食大麻的主要原因是受朋輩影響以及對生活感到沉悶；尤其是在過去兩年期間，這兩個因素的影響更形顯著。隨著酒吧和派對房間因應防疫措施而關閉，本地販毒集團亦改變其分銷策略，組織了「毒品外賣車隊」提供毒品送上門服務，濫藥者比以往更容易獲取毒品。此外，濫藥者亦利用因疫情興起的本地酒店渡假潮(Staycation)於酒店房間內吸食毒品；網上甚至出現文章介紹如何在酒店房間非法吸食大麻。這種新出現的隱蔽式濫藥，令執法者更難加以打擊。

Doorstep Drug Delivery in Hong Kong

In Hong Kong, the population's stress levels, the prevalence of anxiety and depression cases have all increased drastically during the pandemic. While the total number of reported substance abuse cases is not as alarming as in other countries, according to the Action Committee Against Narcotics (ACAN), the number of reported young cannabis and ketamine abusers (under 21) rose substantially by 17% and 69% respectively from 2019.

Data from the Hong Kong Central Registry of Drug Abuse (CRDA) suggest that peer influences and boredom are the major reasons for cannabis use among young people in Hong Kong, especially in the past two years. With the shutdown of pubs and party rooms, local drug traffickers are taking advantage of the coronavirus situation. They set up fleets of vehicles to deliver drugs door-to-door around the city, making illicit drugs more accessible than ever. Abusers also exploit the "Covid-staycation" trend to take drugs in hotel rooms, making it harder for law enforcers to identify them. There have even been articles online suggesting ways to smoke marijuana discreetly in hotel rooms.

「錯誤訊息疫情」

隨著2019冠狀病毒病(COVID-19)的發展，錯誤訊息疫情亦於網絡上迅速擴散。一些有關2019冠狀病毒病和藥物濫用的假消息在社交媒體上鋪天蓋地的出現，全球86%網民表示曾在網絡上接觸過有關疫情的虛假消息，其中近九成網民更一度誤信相關消息是真確的。

例如，可卡因能中和冠狀病毒的信息曾在網絡上廣泛流傳。消息源自一則推特貼文(Twitter post)，該貼文在僅僅一天內獲得6,000個讚好和被轉發2,700次，比病毒本身傳播得更快。然而，該說法完全欠缺實質證據支持。事實上，可卡因除了不能醫治2019冠狀病毒病外，更會破壞腦部，和導致免疫系統受損。因此，各地政府紛紛發出聲明駁斥這項虛假陳述。世界衛生組織亦推翻大量飲用酒精能殺菌這謬誤，警告飲用酒精不能抵禦冠狀病毒，相反更會增加患上急性呼吸系統疾病的風險，這正是2019冠狀病毒病最嚴重的症狀之一。

這場疫症裏，社交媒體史無前例地擔當著不可或缺的角色，把社會連結起來和傳達著各樣重要的資訊。諷刺的是，我們依賴的科技同時製造了一場危害公眾健康的網絡資訊災難。在這個訊息傳播速度超過求證速度的時代，我們以批判的角度瀏覽網絡訊息是至關重要的；我們必須要尋找證據以核實訊息的真確性，繼而評估一些論點的合理性。與其依賴電腦演算法接收資訊，我們更應建立批判性思維以及啟發性思考，以準確理性的態度保護自己。

展望未來

藥物濫用從不是舒緩焦慮、解悶或解決個人問題的辦法，亦絕不是2019冠狀病毒病的「解藥」。濫藥問題每年摧毀無數生命和家庭，這也是必須解決的問題。在疫情持續的困難時刻，我們都感到很大壓力，但緊記我們仍能透過定時運動、充足睡眠、保持健康均衡飲食及向毒品說不，以維持強壯的免疫系統。同樣重要的是，實行社交距離並不同於社交隔離，大家仍可在疫情中守望相助，留意身邊人的心理健康需要。同樣地，任何人都應在有需要時尋求協助和向他人傾訴。

生活教育活動計劃會緊守崗位，繼續致力提供各項正面而有系統的健康及藥物預防課程。我們深信透過教育，香港社會能在疫情期間及將來遠離毒禍。查詢更多關於生活教育活動計劃的資訊，請到訪 www.leap.org.hk。

Internet Infodemic

The spread of COVID-19 has been accompanied by an infodemic, in which misinformation about substance use and COVID-19 is disseminated through social media. 86% of online global citizens believe they have been exposed to fake news during the pandemic, of whom almost 90% say they initially believed the information was true.



The idea that cocaine can neutralise COVID-19 has been widely circulated online. The claim came from a Twitter post, which spread faster than the virus itself, with over 2,700 retweets and 6,000 likes in just a day. Not only is the claim definitively false, the use of cocaine damages the brain and compromises the immune system. Many governments released statements debunking the claim. The World Health Organization (WHO) also countered the “binge drinking can kill the virus” myth, warning that drinking alcohol will in no way protect against COVID-19. If anything, alcohol consumption increases the chance of developing acute respiratory disease syndrome, one of the most severe symptoms of COVID-19.

COVID-19 is the first pandemic in history in which social media plays a massive role in keeping us informed and connected. Ironically, the very technology we rely on is amplifying an infodemic that jeopardises public health. In an age when the speed of information outstrips that of verification, it is vital to critically engage with online content by looking for evidence to support claims, and evaluating the plausibility of arguments. Instead of relying on algorithms and information fed to us, we should develop our own critical and heuristic skills to protect ourselves during the pandemic.

Moving Forward

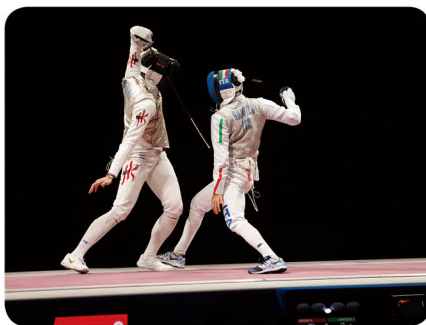
Substance abuse is never the way to deal with anxiety, boredom, or personal problems, nor will it ever be a cure for COVID-19. It is a devastating problem to deal with; every year it destroys lives and rips families apart. While we may feel overwhelmed during this difficult period, let us maintain a strong immune system by exercising regularly, getting plenty of sleep, eating well-balanced meals, and saying no to substance abuse. Of equal importance, remember physical distancing is not social isolation. We urge everyone to look out for each other, and be mindful of and sensitive to people's mental health needs. Above all, know that it is okay to ask for help and open up to others.

At LEAP, we will continue to safeguard public health by providing positive health-based drug prevention programmes. We trust that through education, the community will steer clear of substance abuse throughout this pandemic and beyond. Learn more about us at www.leap.org.hk.

香港選手奧運名列前茅

Hong Kong's Olympic Medallists

原定於2020年舉行的東京奧運因新冠疫情而延至2021年舉行，卻無礙香港運動員在這屆奧運創下歷來佳績。首先令人興奮的是劍擊選手張家朗在個人花劍項目中奪魁，他贏得了香港近25年來第一枚金牌，也是香港奧運史上第二枚金牌。比賽後張家朗告訴記者：「就像發夢一樣！」



The Tokyo 2020 Olympics, held in 2021 due to the COVID-19 pandemic, were an historic Games for Hong Kong. First, there was tremendous excitement as fencer Edgar Cheung Ka-long won Hong Kong's first gold medal in 25 years, and only the second in Olympic history, in the individual foil event. Afterwards Cheung told reporters. "It's like a dream!"

兩日後，大批香港市民聚集在各商場的大銀幕前，為出戰200米自由式決賽的何詩蓓吶喊助威。這位23歲的泳手拼盡全力勇奪銀牌，贏得香港歷史上首面奧運游泳項目的獎牌。其後，何詩蓓更在100米自由式項目中再奪得一面銀牌，使她成為奪牌數量最多的奧運港將。她說：「我今天想做的就是玩得開心，取得另一面獎牌感覺太超現實了。」



Two days later, Hongkongers crowded around screens at shopping malls to cheer on swimmer Siobhan Haughey in the 200-metre freestyle final. The 23-year-old put in the performance of her life to win the silver medal - Hong Kong's first-ever Olympic swimming medal. Haughey won a second silver in the 100m freestyle, making her Hong Kong's most decorated athlete. "All I wanted to do today was to have fun. The fact that I came away with another medal, it is so surreal," she said.

何詩蓓的母親來自香港，父親是愛爾蘭人。到美國密歇根大學留學前，她曾就讀於聖保祿天主教小學和聖保祿中學。她希望自己在東京奧運取得的這兩面銀牌，可激勵香港下一代的奧運選手：「我想對香港的游泳運動員說，繼續努力地訓練，你也可以成為下一個我。我亦要感謝在香港和美國的教練，還有我的爸爸媽媽。」

Haughey's mother is from Hong Kong and her father is Irish. She attended St. Paul's Primary Catholic School and St. Paul's Secondary School, before studying at the University of Michigan. She said she hoped her silver medals in Tokyo would inspire the next generation of Hong Kong Olympians: "To those swimmers back home -- continue to train hard and you will be next. I would like to thank my coaches in Hong Kong and the US, and also my dad and mum."

張家朗在奧運劍壇上的彪炳戰績，更掀起全城對劍擊運動的狂熱。在張家朗奪冠後的早上，培訓他的劍擊學校旋即收到60多通來電，查詢有關劍擊班的報名詳情。

Edgar Cheung Ka-long's phenomenal success in the Olympic fencing competition has already stirred up a surge of local interest in the sport. The fencing school where Cheung trains reported receiving over 60 enquiries from prospective students just the morning after his gold medal victory.

香港奧運代表繼續在東京奧運中旗開得勝。參加乒乓球女子團體賽的女將杜凱琹、李皓晴及蘇慧音、參加空手道個人形項目的運動員劉慕裳，以及參加場地單車爭先賽的34歲資深單車手李慧詩，均為港奪得一面銅牌，共同創下一金兩銀三銅的驕人成績！香港選手在這次2020東京奧運的驕人成績，為體壇歷史寫下光輝一頁。

Further success for Hong Kong followed, with bronze medals for Doo Hoi-kem, Lee Ho-ching and Minnie Soo Wai-yam in the table tennis; Grace Lau Mo-sheung in the individual kata; and veteran track cyclist Sarah Lee Wai-sze, 34, in the sprint. With one gold, two silver and three bronzes, Tokyo 2020 was Hong Kong's most successful Olympics ever.

LEAP衷心祝賀奧運獲獎的香港代表，亦深信他們定必激勵更多年青人參與並享受運動，展開健康而充滿活力的生活。

LEAP congratulates Hong Kong's Olympic medallists who we are sure will inspire more young people to take up and enjoy sport and live a healthy, active lifestyle.

特別鳴謝中國香港體育協會暨奧林匹克委員會提供以上照片。

Special thanks to the Sports Federation & Olympic Committee of Hong Kong, China for the provision of the above photos.

繼續緊守控煙防線

Continuing the Fight against Tobacco

LEAP喜獲衛生署控煙酒辦公室(控煙酒辦)再次資助本機構的控煙課程，計劃為期兩年，控煙酒辦將撥款565萬港元，讓中小學生在2021年9月1日至2023年8月31日期間，免費參與有關控煙課程。

過去兩年，新冠疫情肆虐，LEAP到校的面授課程亦難免受到影響。然而，LEAP悉力以赴，繼續向學生推廣無煙文化；亦有賴各學校的支持，在緊迫的日程中作出安排，讓LEAP的教育幹事仍可以面授形式與大部分的學生進行控煙課程。亦有較少數的學校選擇網上課程，透過視像方式學習反吸煙訊息。

LEAP的控煙課程旨在讓學生充分明白吸煙的禍害，裝備學生面對朋輩壓力和拒絕吸煙的技巧。有關的中學課程革新後，新的故事情節讓中學生更有共鳴，更受學生青睞。另類吸煙產品日新月異，愈來愈受年青人歡迎，所以LEAP定期更新課程內容，以確保學生們更清楚意識到另類吸煙產品隱藏的風險。

今次是控煙酒辦連續第六次為LEAP提供為期兩年的資助，在未來兩年，我們預期每年可服務共19,000名學生，包括9,500名中學生和9,500名小學生。

LEAP is pleased to announce that the Tobacco and Alcohol Control Office (TACO) of the Department of Health has once again extended its funding support for LEAP. The provision of HK\$5.65 million will allow LEAP to continue to deliver its smoking prevention programmes to primary and secondary students without charge for two years from 1 September 2021 to 31 August 2023.

Despite the COVID-19 pandemic, which has caused a major disruption of classes at schools over the last two years, LEAP has done its best to reach students with its anti-tobacco messages. Thanks to the schools' support during a very tight teaching schedule, LEAP managed to interact with the majority of students face-to-face, while others chose to join our online programmes.

LEAP's smoking prevention programmes are designed to make sure that students fully understand the dangers of smoking. Crucially, they also help young people develop the confidence and effective skills to deal with peer pressure and to refuse cigarettes. Our updated smoking prevention programme for secondary students, featuring new storylines that resonate with teenagers, has proved to be a particular hit. LEAP also reviews the programmes regularly to ensure that students are fully aware of the risks associated with new alternative smoking products, which are becoming more and more popular among young smokers.

This is the sixth two-year project funded by TACO. Over the next two years, LEAP expects to reach a total of 19,000 students a year - 9,500 primary and 9,500 secondary students.



特殊教育課程獲資助

Special Needs Programme Funding Assured



承蒙香港賽馬會慈善信託基金透過其社區資助計劃，慷慨捐助220萬港元，於未來3年繼續支持LEAP的特殊教育課程。預計在2021年4月1日至2024年3月31日期間，將有達15,000名特殊學校學生受惠。

新冠疫情停課期間，有特殊需要學生長期留在家中，導致情緒和壓力等問題出現惡化的危機，LEAP積極尋找繼續服務他們的途徑。考慮到學生的認知能力，及諮詢特殊學校老師的意見後，LEAP設計出一系列以視頻為主的學習課程，供未能進行面授課堂時使用。對家長來說，視頻授課比操作Zoom相對較易，技術支援的需求也較低，時間安排及學習進度可按學生個人情況自行調節，更具彈性。

課程由動畫和具啟發性的視頻組成，主題涵蓋個人衛生、健康習慣、營養、安全使用藥物、吸煙禍害、情緒健康及溝通技巧等。教育幹事聯同LEAP吉祥物哈樂、凱莉和芝達，引導同學觀看視頻、參與箇中活動及完成工作紙等，以鞏固所學習的知識內容。

LEAP於2000年開展特殊教育課程，課程一直由香港賽馬會慈善信託基金資助。課程服務範圍更在2018年由特殊學校擴展至特殊幼兒中心。

LEAP would like to thank the Hong Kong Jockey Club Charities Trust for its generosity in supporting LEAP's Special Needs Programme for a further three years under its Community Project Grant scheme. It is expected that up to 15,000 special needs students will benefit from this grant totalling HK\$2.2 million between 1 April 2021 and 31 March 2024.

When the suspension of normal classes during the COVID-19 pandemic left special needs students confined at home and more vulnerable to emotional problems and stress, LEAP explored ways to reach them. After consulting teachers at special schools and taking into account the cognitive ability of special needs students, LEAP has developed a series of interactive video-based e-learning programmes to help deliver its special needs programme when face-to-face teaching is not possible. Requiring less technical support than Zoom, with the help of their parents, students can simply log into LEAP's learning platform to watch the videos at a time convenient for them and learn at their own pace.

The programmes consist of animations and trigger videos, with topics including personal hygiene, healthy habits, nutrition, safe use of medicines, harmful effects of smoking, emotional health and communication skills. The LEAP educator together with LEAP's mascots Harold, Holly and Zelda take students through the videos and activities. Students are guided to complete follow-up worksheets to reinforce the messages learned.

LEAP's Special Needs Programme has been fully funded by the Hong Kong Jockey Club Charities Trust since 2000. In 2018, it was expanded to benefit special needs students in Special Child Care Centres as well as Special Needs Schools.

「哈樂利是」籌款活動2021

2021 Lai See Project

生活教育活動計劃(LEAP)2021年的「哈樂利是」籌款活動在疫情下仍得到26間學校支持，當中包括本地和國際學校，為LEAP籌得善款逾港幣21萬元。LEAP謹此向各位家長、同學和教職員致以衷心的感謝，並祝賀下列獲獎學校。

「最高籌款額學校獎」

冠軍：聖保羅男女中學附屬小學
亞軍：拔萃女小學
季軍：嘉諾撒聖心學校

「最踴躍參與學校獎」

冠軍：聖保羅男女中學附屬小學
亞軍：嘉諾撒聖心學校
季軍：拔萃女小學

「最高參與率學校獎」

冠軍：聖保羅男女中學附屬小學
亞軍：嘉諾撒聖心學校
季軍：塘尾道官立小學

LEAP在疫情期間因學校停課未能提供常規的面授課程，必需發展網上課程以便在不能進行面授時服務學生和家長。因此每封高於25元的哈樂利是將會撥作推廣網上教學課程，其餘善款將用於其他生活教育課程的製作開支。

Thanks to the support of 26 local and international schools, LEAP's 2021 Lai See Project raised over HK\$210,000, despite the pandemic. LEAP would like to extend its sincere thanks to all the parents, students and staff of participating schools for their generosity. Our congratulations go to:

“Most Outstanding Fundraising School Award”

1st Place: St Paul's Co-educational College Primary School
2nd Place: Diocesan Girls' Junior School
3rd Place: Sacred Heart Canossian School

“Most Supportive School Award”

1st Place: St Paul's Co-educational College Primary School
2nd Place: Sacred Heart Canossian School
3rd Place: Diocesan Girls' Junior School

“Most Participative School Award”

1st Place: St Paul's Co-educational College Primary School
2nd Place: Sacred Heart Canossian School
3rd Place: Tong Mei Road Government Primary School

LEAP was not able to deliver its normal service when classes were suspended during the pandemic. LEAP believes it is crucial to develop online resources to reach out to students and parents when face-to-face teaching is not possible. Every lai-see over HK\$25 received will be allocated to the promotion of our online resources, while the rest will contribute to the development of other health education programmes.



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我願意捐款支持生活教育活動計劃
Yes, I would like to support
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生活教育活動計劃

*Mail the crossed cheque/bank deposit slip together with your personal information at the bottom of this form to:
LEAP, Units 107-113, G/F Lok Yiu House,
Lai Yiu Estate, Kwai Chung, N.T., Hong Kong

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我有興趣進一步認識生活教育活動計劃，
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I would like to know more about LEAP,
please contact me.

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活教育活動計劃的資訊，請聯絡我們。

Your personal data will only be used for issuing
donation receipts, raising funds and communication
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information from LEAP, please contact us.



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啓歷學校(九龍灣校舍) Kellett School (Kowloon Bay Campus)	

For their generous support of Harold's Lai-See Project 2021
鳴謝以下學校參與哈樂利是2021籌款活動

浸信會沙田圍呂明才小學 Baptist (Shatin Wai) Lui Ming Choi Primary School	聖公會聖安德烈小學 S.K.H. St Andrew's Primary School
陳瑞祺(喇沙)小學 Chan Sui Ki (La Salle) Primary School	嘉諾撒聖心學校 Sacred Heart Canossian School
啟基學校 Chan's Creative School	慈幼葉漢千禧小學 Salesian Yip Hon Millennium Primary School
青松侯寶垣小學 Chung Chung Hau Po Woon Primary School	天主教石鐘山紀念小學 Shak Chung Shan Memorial Catholic Primary School
金巴崙長老會耀道小學 CPC Yao Dao Primary School	石湖墟公立學校 Shek Wu Hui Public School
啟思小學 Creative Primary School	聖類斯中學(小學部) St Louis School (Primary Section)
拔萃女小學 Diocesan Girls' Junior School	聖保羅男女中學附屬小學 St Paul's Co-educational College Primary School
鳳溪第一小學 Fung Kai No. 1 Primary School	大埔崇德黃建常紀念學校 Sung Tak Wong Kin Sheung Memorial School
漢華中學(小學部) Hon Wah College (Primary Section)	太古小學 Tai Koo Primary School
啓歷學校(九龍灣) Kellett School (Kowloon Bay Campus)	大埔浸信會公立學校 Tai Po Baptist Public School
啓歷學校(薄扶林) Kellett School (Pokfulam Campus)	塘尾道官立小學 Tong Mei Road Government Primary School
馬頭涌官立小學(紅磡灣) Ma Tau Chung Government Primary School (Hung Hom Bay)	惇裕學校 Tun Yu School
	仁愛堂田家炳小學 YOT Tin Ka Ping Primary School

編輯 Editor: Hilary Binks

設計 Designer: Yung Cheung

印刷 Printing: Design Printing

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