

LEAP

跳蹦蹦 LEAPS & Bounds

The Newsletter of
Life Education Activity Programme
生活教育活動計劃通訊
Autumn 2022 秋季



LEAP

Life Education
Activity Programme
生活教育活動計劃

主要贊助機構
Our Major Sponsors



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2022年的「跳蹦蹦」！

2021/22學年因疫情持續導致學校授課安排大受影響，對LEAP來說又是極具挑戰性的一年。儘管如此，憑著我們教學團隊的創意和靈活變通，LEAP成功在面授課程以外，透過虛擬媒體，提供包括Zoom教學和電子書等網上課程，並於該年度為超過120,000名學生和約3,500名家長提供優質的預防藥物教育課程。

隨著大麻近年成為年輕吸毒者最常吸食的毒品，當局必需對大麻及其相關產品加強管制。LEAP因此樂見政府建議進一步管制大麻二酚（CBD）。

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。

我還想在此感謝禁毒處禁毒基金再次支持我們的家長教育課程，今次為期三年的課程會於2022年9月1日展開。

Welcome to our 2022 newsletter!

The 2021/2022 academic year was another challenging one for LEAP, as the COVID-19 pandemic continued to cause major disruption of classes in schools. Nevertheless, LEAP succeeded in delivering quality programmes to more than 120,000 students and around 3,500 parents during the year, thanks to our innovative and flexible educators, who supplemented face-to-face lessons with virtual media, including Zoom sessions and e-books.

With cannabis emerging as the most popular drug among young drug abusers, there is a need to reinforce control of cannabis and its related products. LEAP therefore welcomes the government's proposal to further control cannabidiol (CBD).

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 am sincerely grateful to them all.

I would also like to take this opportunity to thank the Narcotics Division's Beat Drugs Fund for extending funding for our parent programme for a further three years from 1 September 2022.

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於一九九四年成立以來，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。

我很高興獲悉LEAP為期兩年的「健康不要『酒』」教育項目，榮獲食物及衛生局頒發的卓越健康推廣計劃獎。該獎項於2021年年底頒發，嘉許和確認LEAP讓青少年終生受用的傑出課程，可說是實至名歸。

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 am delighted that LEAP's two-year "A Healthy Me is Alcohol Free" project has received the Excellent Health Promotion Project Award from the Food and Health Bureau. This well-deserved accolade, awarded at the end of last year, recognises and affirms the distinctive quality of the LEAP education programmes that make such a difference to lifelong outcomes for our young people.

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.

家長教育課程 Educating Parents

有賴保安局禁毒處禁毒基金贊助，LEAP 將於2022年9月再次推出為期三年的免費家長課程。預計將有多達3,500名家長受惠。

疫情之下，家長花更多時間在家中與子女相處而承受著莫大的壓力，LEAP家長教育課程的需求也因此有增無減。在此非常時期，LEAP十分欣喜能獲得禁毒基金的支持。禁毒基金過去也曾贊助LEAP的家長教育課程，其中最近的贊助項目於2021年8月完滿結束，三年間LEAP共舉辦612場工作坊，為20,000多名家長服務。

家庭是預防子女濫用藥物的第一道防線，父母在當中擔當的角色和責任至關重要。家長要懂得辨識濫用藥物的警號，以及了解社區內的相關支援，以協助子女遠離藥物的不良影響。除了讓家長掌握這些知識外，此課程還希望促進親子間的交流，協助家長打造無毒和諧的快樂家庭。

鑑於大麻近年成為21歲以下年輕吸毒人士最常被吸食的毒品，LEAP將會修訂課程，新內容包括於工作坊詳細剖釋大麻對人體所造成的危害和有關的誤解。而每位家長也會獲發資源套，內有各種流行毒品的資訊和課程筆記等。

根據藥物濫用資料中央檔案室 (CRDA) 的數據顯示，2022年首季中最常被吸食毒品分別是海洛英、可卡因和大麻，而21歲以下年輕吸毒人士最常吸食的毒品則是大麻、可卡因和氯胺酮（俗稱「K仔」）。

LEAP的家長教育課程繼續深受歡迎，令我們感到非常鼓舞。顯示家長更願意應對養育子女的挑戰、學習更多有關藥物濫用的信息、並改善管教技巧。



Thanks to sponsorship from the Beat Drugs Fund, Narcotics Division, Security Bureau, LEAP's parent programme "Safe and Successful" will be offered to parents free of charge for another three years starting in September 2022. It is expected that up to 3,500 parents will benefit from this sponsorship.

LEAP's parent programme has been in greater demand than ever during the COVID-19 pandemic, when parents are under high stress as they spend more time than usual with their children at home. LEAP is therefore very pleased to have secured much-needed funding for the programme. The last three-year project sponsored by the Beat Drugs Fund was completed in August 2021 with a total of 612 workshops conducted for some 20,000 parents.

The family is one of the most important protective factors in drug prevention and parents play a crucial role. They need to be aware of the warning signs of drug-taking by their children, and also of the relevant resources in the community, so that they can provide better assistance to their children if necessary. As well as equipping parents with this knowledge, the programme also aims at enhancing parents' communication skills with their children, in order to build a happy, drug-free family.

With cannabis emerging as the most popular drug among young drug abusers aged under 21, the programme will be modified to include a session highlighting the harm cannabis causes and the myths surrounding it. Each parent will also receive a resource pack including information about various popular drugs and notes on the topics discussed.

According to figures from the Central Registry of Drug Abuse (CRDA), the three most common drugs abused in the first quarter of 2022 were heroin, cocaine and cannabis, while the three most popular drugs among young abusers aged under 21 were cannabis, cocaine and ketamine (commonly known as "K").

We are very encouraged that our parent programme continues to be so enthusiastically received. Parents increasingly wish to address the challenges of raising children, gain more information about drug abuse, and improve their parenting skills.

生活教育活動計劃

About LEAP



Established in 1994, Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognized 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 John Lee Ka-chiu, GBM, SBS, PDSM, PMSM, the Chief Executive of the Hong Kong SAR, is our patron.

生活教育活動計劃 (LEAP) 於一九九四年在香港成立，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李家超先生是 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 牧師於一九七九年在澳洲悉尼創辦，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。

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。流動課室配備了最先進的技術，為學生營造輕鬆愉快的學習環境，讓他們享受和投入課堂討論。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 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。

疫情下，LEAP 因時而變，開拓新穎有趣的方式來繼續服務學生和家長。我們推出一整套優質的網上學習課程，包括網上視頻學習課程、Zoom 課程以至電子書系列。此外，在流動課室停用期間，我們採用了新的學習應用程式以加強面授課堂，提升學生的學習興趣。

LEAP 期盼能盡快恢復正常的服務模式。LEAP 現有九所流動教室和一所位於麗瑤邨的固定教育中心。LEAP 已將最新的擴增實境 (AR) 和體感 (Kinect) 技術引入所有教室，讓學生享受結合技術、樂趣和知識的卓越學習體驗。

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 operates in Australia, Barbados, Cyprus, Finland, Hong Kong, Hungary, Macau, New Zealand, the UK and USA.

LEAP's Primary Programme is normally taken to schools in specially designed mobile classrooms that can be driven all over the territory. They are equipped with state-of-the-art technology to provide a relaxed and intimate environment for children's enjoyment and open discussion. 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 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.

During the Covid-19 pandemic, LEAP continues to serve students by adapting to the restrictions and devising new and interesting ways to reach its audience. A series of quality online learning programmes were developed ranging from video-based e-learning modules to Zoom lessons and e-books. In-class programmes are also enhanced with new learning apps that engage students' interest when the mobile classrooms are not in use.

LEAP looks forward to resuming normal service as soon as possible. It now has a fleet of nine mobile classrooms as well as a static Centre at its headquarters in Lai Yiu. All the classrooms are fitted with the latest Augmented Reality (AR) and Kinect technologies, allowing students to enjoy an exceptional learning experience combining technology, fun and knowledge.

澳門特殊教育導師培訓

Special Needs Training for Life Education Macau



LEAP的所有教育幹事都受過高度培訓，但負責特殊教育的教育幹事更需要特別的專業訓練。特殊教育幹事在課堂上必須清晰地傳達基本信息、提供準確指導並有技巧地回答學生問題。此外，必須根據不同學生的能力，調整教學內容和答問技巧。

較早前，LEAP很高興能為澳門健康生活教育導師進行特殊教育課程培訓。透過工作坊、課程實習及課後檢討，讓澳門導師認識特殊教育兩個主要課程的教學目標、內容及教學技巧。

受疫情影響，這次培訓以線上形式進行。澳門導師需要事先準備課堂講稿，然後錄製模擬課堂片段，讓培訓主任審閱，並就內容及教學技巧給予意見。最後，澳門導師有機會在學校實踐課程，並提供相關課程影片供培訓主任評論。

在為期三週的培訓期間，LEAP的培訓主任講解有關特殊教育需要（SEN）學生的種類及特性，及如何在課堂中照顧學生的個別需要。澳門導師在培訓當中掌握了如何靈活調整教學內容及活動。

幸而澳門導師早已熟悉LEAP的特殊教育課程內容並做好了充分的準備，故很快便能掌握兩個課程的重點和教學技巧等重要範疇。毫無疑問，他將會為澳門生活教育的特殊教育作出重大貢獻。

All LEAP's educators are highly trained but those in charge of special needs classes require particularly specialised training. A special needs educator must conduct classes in a way that brings out the essential messages clearly, provide precise instructions, and respond to students' questions skilfully. Furthermore, he or she must tailor the content and response to questions according to individual students' ability.

Earlier this year, LEAP was pleased to give special needs training to an educator of Life Education Macau. Through participating in workshops, mock-up classes and after-class evaluations, the Macau educator was trained to understand the teaching objectives, content and delivery techniques of the two main units of LEAP's Special Needs Programme.

Due to the pandemic, the training was conducted online. The Macau educator was first asked to prepare a teaching script for review, then record a mock-up class, so that the trainer could give feedback on its contents and teaching skills. Finally, he had the opportunity to deliver the programme in schools, with video clips of the class made available for the trainer to comment on.

During the three-week training period, LEAP's trainer discussed the types and characteristics of students with special educational needs (SEN), and how to cater to the individual requirements of students in class. The Macau educator learned how to be flexible in adjusting the teaching content and activities accordingly.

Fortunately, the Macau educator was already well versed in LEAP's Special Needs programme and well prepared. He was therefore able to grasp the essentials of the training, including highlights of the two programme units and teaching skills, quickly and competently. No doubt he will make a significant contribution to Life Education Macau's special needs programme.



丹妮爾約翰遜：LEAP 的優勝之處

Danielle Johnson: Odds-on for LEAP

丹妮爾約翰遜是新西蘭的領頭騎師，多年來她同時也一直擔任奧克蘭生活教育的大使。作為2021年新西蘭賽馬超級聯賽的冠軍，她在職業生涯中已贏得了超過1,000場的冠軍。今年，因其伴侶黎昭昇獲得了香港賽馬會2022/23年度馬季練馬師牌照合約，兩人一同移居香港。LEAP與丹妮爾談到了她對生活教育的長期承諾以及她的賽馬生涯。



LEAP：歡迎您來香港定居！您是如何認識生活教育的？

丹妮爾：生活教育在新西蘭已經有35年的歷史，當我還在上學的時候「長頸鹿哈樂」和流動教室就在劍橋鎮附近。16歲時我就離開了學校並開始發展我的事業，很高興看到生活教育多年來不斷發展和壯大，並成為了新西蘭學界中最為人信賴的健康生活教育機構。

新西蘭每個社區都有自己的「志願者生活教育基金」，負責籌集資金並回饋所屬社區。基本上，生活教育是由當地社區「擁有」。而純種賽馬社團是劍橋和馬塔馬塔兩個城鎮於當地的重要資助來源。

LEAP：可否告訴我們更多有關新西蘭生活教育的事？

丹妮爾：當地有86%的學校都對健康哈樂計劃有需求。每年約有250,000名中小學生參加課程。課程採用互動學習形式並於高科技的流動課室內進行，課程一般需要提前一年預約。

當地的教育幹事都是通過嚴謹訓練的註冊教師，他們的任務是透過正面和健康的教育課程，教授有關知識和技能，讓學生能夠活出充實和健康的人生。

中學課程就透過具感染力的現場戲劇和互動工作坊，讓學生了解未成年人飲酒的危機。而針對未成年人吸食電子煙的問題，目前他們也正在試行令一個新的現場戲劇項目。

重要的是，無論學校所在何地或人數多寡，都可使用生活教育的資源，所以不會有學校或學生錯過生活教育課程。

Danielle Johnson is New Zealand's leading jockey and has also been an Ambassador of Life Education Auckland for many years. The winner of the New Zealand Premiership in 2021, she has over 1,000 career wins to her name. This year she came to live in Hong Kong with her partner, Jamie Richards, who has been awarded a contract as racehorse trainer by the Hong Kong Jockey Club for the 2022/23 season. LEAP spoke to Danielle about her long-term commitment to Life Education and her life in racing.

LEAP: A warm welcome to Hong Kong! How were you first introduced to Life Education?

Danielle: Life Education has been in New Zealand for 35 years, and Harold and the mobile classrooms were around in Cambridge when I was at school. I left school at 16 to take up my profession, and it's been fantastic to see Life Education grow and prosper over the years to become New Zealand's most trusted health provider to schools.

Each community has its own Volunteer Life Education Trust, raising funds to be used in that community. In essence, Life Education is "owned" by the community it works in. The thoroughbred racing community is a big part of the local sponsorship in Cambridge and Matamata.

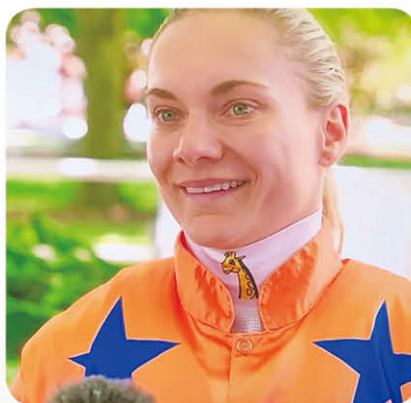
LEAP: Can you tell us more about Life Education in New Zealand?

Danielle: 86% of schools request the Healthy Harold Programme. Around 250,000 primary and intermediate schoolchildren go through the programme every year. Lessons are delivered through interactive learning experiences in their high-tech mobile classrooms that are booked out a year in advance.

Their Educators are highly trained New Zealand registered teachers, tasked with teaching the knowledge and skills to live a fulfilling and healthy life through positive, health-based education.

Secondary school programmes are also delivered using powerful live theatre and interactive workshops to engage students on the dangers of underage drinking. A new live theatre programme is being piloted at the moment aimed at the problems caused by underage Vaping.

All schools can use the resources of Life Education, regardless of location or demographics, so no school or child ever misses out.



課程也照顧到有特殊需要的兒童，課室設有可載送他們入流動課室的設備。當流動課室停泊在學校時，家長也會獲邀參與家長簡介會。

LEAP: 您對生活教育的課程有什麼特別欣賞的地方？

丹妮爾: 我很喜歡哈樂和生活教育為新西蘭的兒童所做的工作，也很高興自己能略盡綿力，幫忙提高人們對這個課程的認識。生活教育是由當地社區具規模的志願團隊運作，這點我很欣賞。

LEAP: 您是如何成為奧克蘭生活教育大使？

丹妮爾: 奧克蘭生活教育多年來，一直會於新西蘭首屈一指的國際賽馬俱樂部的萊斯利賽馬場舉辦慈善賽馬日和哈樂外遊日。大約十年前左右，奧克蘭生活教育的主席邀請我擔任機構的大使。湊巧其基金會許多支持者都來自賽馬界，我也樂於趁機參與其中。

LEAP: 您賽馬時會佩戴生活教育的絲巾，而上面更印有吉祥物長頸鹿哈樂！

丹妮爾: 是的！尤其是在生活教育慈善日，練馬師們都非常樂意將公益吉祥物掛在自己身上，這為LEAP帶來了極大的認可，而很多人更認為佩戴哈樂絲巾會帶來好運！此外，生活教育還提供了衣領上印有吉祥物哈樂的賽事背心，因此哈樂經常會出現在各種晨操、訓練、比賽，並經常會在電視採訪中被拍下身影！

LEAP: 您是何時以及在哪裏出生的？

丹妮爾: 我在1991年出生於一個叫普基科希的小鎮。我的雙親都是新西蘭純種馬產業的知名從業員，我的父親比得約翰遜是新西蘭最有才華的練馬師之一。直到現在他仍然對我的職業生涯影響深遠。我的雙親到現在還在家族農場過活。小時候我們都在戶外裡長大，所以搬來香港是真是大大改變了我的生活模式！

LEAP: 你的父母有沒有影響你成為一名騎師？

丹妮爾: 簡短回答：沒有！在我上高中之前，我就知道自己要做什么。

LEAP: 聽說今年年初你在比賽中摔斷了腿，但過了幾小時你便已經在計劃逃離醫院了！

丹妮爾: 是的，我本來就不是一個可以只坐着而甚麼都不做的人，所以戴着石膏的那三個月，對我來說十分漫長！

LEAP: 希望我們的課程能夠鼓勵孩子們在面對逆境時，能具有像您那樣的韌性！感謝您與我們進行訪談，期待將來有機會為您介紹LEAP在香港的課程。

Special needs children are involved as part of the classes, with equipment available to deliver them into the mobile classroom. Parents are invited to parent sessions while the mobile classroom is at the school.

LEAP: What do you especially admire about Life Education's programmes?

Danielle: I love the work Harold and Life Education does with children in New Zealand, and I'm so happy I can do my small part in raising awareness of its programmes. I admire that it is run by big teams of volunteers at the local level.

LEAP: How did you become an Ambassador of Life Education Auckland?

Danielle: Life Education Auckland has for many years run a Charity Race Day & Harold's Big Day Out at Ellerslie Racecourse, New Zealand's premier International racing club. The Chairman of Life Education approached me maybe a decade ago to become an Ambassador. Many supporters of the Trust are from the racing community, so it was a great opportunity to be involved.

LEAP: You wear Life Education's mascot Harold the Giraffe on your racing silks!

Danielle: Yes! Especially on Life Education Charity days, the trainers are very receptive to having the Charity's mascot on their charge – it brings great recognition of the brand, and many consider wearing the silks a good luck charm! Life Education also supplies race vests that have Harold on the collar, so he's seen in trackwork, trials, races and captured on TV interviews regularly!

LEAP: When and where were you born?

Danielle: I was born in 1991 in a little town called Pukekohe. My parents are both renowned members of New Zealand's thoroughbred industry, with my dad, Peter Johnson, being one of its most talented horsemen. He remains a huge influence on my career. My parents are still on our family farm. We were always outside as kids growing up so moving to Hong Kong is a real change to my lifestyle!

LEAP: Did your parents influence you to become a jockey?

Danielle: Short answer: No!!! But I knew what I was going to be before I reached high school.

LEAP: Early this year you suffered a broken leg while racing but apparently hours later you were already planning your escape from hospital!

Danielle: Yes, I'm certainly not one to sit around and do nothing so it was a very long three months with my cast on!

LEAP: We hope our programmes will encourage children to be equally resilient when facing adversity! Thank you for talking to us and we look forward to introducing you to LEAP's programmes in Hong Kong.



取締大麻二酚 (CBD)

Outlawing CBD

執法部門檢取測試大麻二酚產品 三分之一含違禁成分

04月27日(三) 13:46



推介 3

分享



CBD 產品懷疑含有THC

海關檢2.5萬件含違禁成分CBD
產品拘9人 包括萬寧採購經理



根據保安局禁毒處2020/21年學生服用藥物情況調查結果顯示，10歲或以下吸毒的學生比例由1.2%大幅增加0.9%至2.1%。調查還顯示，吸毒學生以吸食危害精神毒品為主。而大麻是中學生和專上學生最常吸食的毒品，也是高小學生第二最常吸食的毒品，僅次於咳藥水/咳丸。

因此，LEAP特別樂見從2023年2月1日起，政府將根據《危險藥物條例》取締大麻二酚 (CBD)。將其與芬太尼、可卡因、海洛英、氯胺酮和甲基安非他明歸為同一類別。禁止任何CBD商品的製造、進口、出口、供應、售賣和管有。2月1日起，任何人擁有可能使用CBD將面臨最高7年的監禁和100萬港元的罰款。

四氫大麻酚 (THC) 和大麻二酚 (CBD) 都是大麻植物中的主要化合物。THC具精神活性作用、對人體有害而且會成癮，但純CBD並不具精神活性。然而，根據科學意見，從大麻中提煉出純CBD是非常困難的，從CBD分離物中完全去除THC的殘留物也是談何容易。因此，由CBD分離物中提取的CBD產品幾乎無可避免地含有一定水平的THC。

According to the findings of the 2020/21 Survey of Drug Use among Students commissioned by the Narcotics Division of the Security Bureau, the proportion of drug-taking students aged 10 or below has increased significantly by 0.9 percentage point from 1.2 per cent to 2.1 per cent. The Survey also showed that drug-taking students predominantly took psychotropic substances. Cannabis, the most common type of drug taken by students at secondary and post-secondary levels, has also become the second most common type of drug taken among upper primary students, following cough medicine.

LEAP is therefore especially pleased that from 1 February 2023, the Government will ban cannabidiol (CBD) under the Dangerous Drugs Ordinance, placing it in the same category as fentanyl, cocaine, heroin, ketamine and methamphetamine. The manufacture, import, export, supply, sale and possession of all CBD consumer products will be prohibited. After the deadline, anyone who possesses or consumes CBD faces up to seven years in jail and fines of up to HK\$1 million.

Tetrahydrocannabinol (THC) and cannabidiol (CBD) are the major chemical compounds that are contained in a cannabis plant. Whereas THC is the major cannabinoid causing a psychoactive "high", harmful effects and addiction, pure CBD is non-psychoactive. However, according to scientific advice, it is very difficult to isolate pure CBD from cannabis, and it would not be practical to completely remove THC impurities from CBD isolates. CBD products manufactured from CBD isolates will therefore almost inevitably contain certain levels of THC.

目前在香港以及世界各地，可供消費者和寵物使用的不同類型CBD商品，包括保健品和美容產品越來越多。儘管當中許多宣稱具健康效益，但至今還沒有獲得任何權威認可，而這些貨品也非難以替代。此外，CBD既未有國際公認的安全攝入量標準，也未有正當的使用指引。

許多人都會對大麻和CBD感到混淆，也難怪有部份的年輕人會有好奇心嘗試CBD商品，但這大有可能造成年輕人濫用大麻的風險。根據藥物濫用資料中央檔案室（CRDA）的數據顯示，自2019年以來，大麻是青少年最常吸食的毒品，至2021年更有超過56%被呈報的年輕吸毒人士吸食大麻。目前市面上廣泛供應的CBD商品有機會導致公眾錯誤地認為大麻並不是毒品，LEAP因此非常支持政府通過立法加強對CBD的監管。

政府將由2022年10月27日至2023年1月30日期間，安排棄置箱放置於10個位於全港不同地區政府處所。業界及公眾應盡早安排棄置管有的CBD產品，以免於二〇二三年二月一日規管CBD的法例生效後違反有關法例。

LEAP認為預防藥物教育是幫助青年人遠離毒品的關鍵。LEAP的課程不僅讓學生通過互動教學方式了解毒品的危害，更讓他們學會有效的拒絕技巧，讓青年人在面對藥物引誘和朋輩壓力時，能堅定地向毒品說「不」。此外，LEAP還教導學生識別壓力的重要性，以及透過管理情緒去培養抗逆能力。

There has been a growing availability of different types of CBD products, including health supplements and beauty products, around the world and in Hong Kong for both human and pet consumption. Although many of them claim to provide health benefits, so far there is no authoritative evidence for those claims, and alternatives can be found. There is also no international standard for the safety level of human consumption of CBD, nor proper guidelines on its usage.

Many members of the public are confused about cannabis and CBD. It is not surprising that some youngsters are interested in trying out CBD products, but the danger is that this may lead to cannabis abuse. Figures from the Central Registry of Drug Abuse (CRDA) suggest that cannabis has become the most popular drug abused among young people since 2019, with more than 56% of reported young abusers taking cannabis in 2021. Up to now, the wide availability of CBD products in the market may have led members of the public to believe, wrongly, that cannabis is not a drug. LEAP therefore strongly supports the Government in stepping up the control of CBD through legislation.

To facilitate the disposal of CBD products, disposal boxes will be placed at ten Government premises across the territory from 27 October 2022 to 30 January 2023. The trade and the public should arrange early disposal of any CBD products in their possession to avoid contravention of the law after the commencement of the ban on CBD on 1 February 2023.

LEAP believes that preventive education is the key to helping young people to stay away from drugs. LEAP's programmes not only allow students to learn about the dangers of drugs through interactive teaching methods, but also equip them with effective refusal skills to help them stand up to peer pressure and refuse drugs. Moreover, we also teach students the importance of identifying stress and how to manage their emotions to build up resilience.



新西蘭生活教育來賓

Guests from Life Education New Zealand



2022年8月19日，來自新西蘭奧克蘭中部生活教育的大使丹妮爾約翰遜和董事凱卡爾巴里訪問LEAP位於荔景的辦事處。

當日由LEAP主席唐偉邦先生迎接來賓，並一同在固定教育中心內體驗LEAP沉浸式的互動教學活動。體驗過LEAP的高科技教學設備和技術後，兩位嘉賓均表現興奮，認為課程有趣又能達到教學目的，並對LEAP把教學專業知識融入預防藥物教育的果效，表示讚嘆。

凱卡爾巴里先生說：「非常欣賞LEAP針對香港服務對象而制定的課程，獨特之餘又能堅守以具創意及有趣的方式教學的理念。在全球生活教育的共同使命下，能夠親身體驗課程的相似之處和出色果效，讓我受益匪淺。」

我們很高興丹妮爾約翰遜目前居於香港，請參閱第6-7頁我們採訪她的報導。

Danielle Johnson, Ambassador and Kai Karbhari, Trustee, Life Education Trust - Auckland Central, New Zealand, visited LEAP's office at Lai King on 19 August 2022.

They were greeted by James Tong, LEAP's Chairman, who joined our guests for a presentation of LEAP's immersive and interactive teaching activities in its static classroom. Ms Johnson and Mr Karbhari were amazed and excited to experience the advanced teaching equipment and technologies, and to see how LEAP has consolidated its educational expertise to deliver effective and engaging drug prevention programmes.

Kai Karbhari said, "The adaptations made for a uniquely Hong Kong audience are commendable, yet hold true to the original design of educating through creative entertainment. It was a rich feeling for me to be able to experience first-hand the similarities in our programmes and to see the wonderful work being done through the Life Education umbrella globally."

We are delighted that Danielle Johnson is living in Hong Kong at the moment. Please see our interview with her on pages 6-7.

與教育局合作

Working with the Education Bureau

多年來，LEAP一直與教育局攜手協作，確保課程能夠成為香港教育體系重要的一部分。在2021/22學年期間，LEAP數次應邀出席由教育局舉辦的研討會並與出席的教師作交流。

研討會以Zoom進行，LEAP在研討會上介紹了小學課程，包括為應對疫情限制而推出的電子書課程，並分享有助教師在學校推行禁毒教育的資源。共有近300名教師出席研討會。

LEAP 將於2022年11月10日出席另一場研討會，屆時LEAP將與教師分享小學禁毒教育的課程規劃。



Throughout the years, LEAP has consistently worked with the Education Bureau to ensure that its programmes constitute an integral part of the education system in Hong Kong. During the 2021/22 academic year, LEAP was invited to speak with teachers at seminars organised by the Education Bureau.

During the seminars, which were conducted via Zoom, LEAP introduced its primary programmes including its e-book programme devised in response to restrictions imposed by the pandemic, and shared its resources for supporting teachers in implementing drug education in schools. Almost 300 teachers attended the seminars.

LEAP is scheduled to attend another seminar on 10 November 2022, when LEAP will be sharing with teachers the planning of its drug prevention programmes for primary students.

「哈樂利是」籌款活動 2022

2022 Lai See Project

生活教育活動計劃 (LEAP) 2022年的「哈樂利是」籌款活動在疫情下仍得到23間學校支持，當中包括本地和國際學校，為LEAP籌得善款接近港幣17萬5千多元。LEAP謹此向各位家長、同學和教職員致以衷心的感謝，並祝賀以下獲獎學校。

「最高籌款額學校獎」

冠軍：聖保羅男女中學附屬小學
亞軍：嘉諾撒聖心學校
季軍：啟思小學

「最踴躍參與學校獎」

冠軍：嘉諾撒聖心學校
亞軍：聖保羅男女中學附屬小學
季軍：大坑東宣道小學

「最高參與率學校獎」

冠軍：嘉諾撒聖心學校
亞軍：聖保羅男女中學附屬小學
季軍：惇裕學校



疫情期間，青少年吸毒和涉及毒品罪行的數字持續上升，其中最年輕的被捕者年僅10歲，情況令人擔憂。在2022年收到的「哈樂利是」中，凡捐款額達港幣25元或以上的善款，將用作支持LEAP加強藥物課程內容及教學資源，讓青少年認清吸毒和干犯相關罪行的嚴重後果，其餘捐款則會用於健康生活教育課程。

Thanks to the support of 23 local and international schools, LEAP's 2022 Lai See Project raised close to HK\$175,000, 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: Sacred Heart Canossian School
3rd Place: Creative Primary School

“Most Supportive School Award”

1st Place: Sacred Heart Canossian School
2nd Place: St Paul's Co-educational College Primary School
3rd Place: Alliance Primary School, Tai Hang Tung

“Most Participative School Award”

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

During the unprecedented pandemic, there has been a significant increase in student drug abusers and youngsters involved in drug crimes, with students as young as 10 arrested for drug offences resulting in severe penalties. Every lai-see over HK\$25 received this year will be allocated to enhancing our drug educational resources to help students understand the gravity of committing drug offences; the rest will go towards the development of our other health education programmes.

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 聖公會聖十架小學 SKH Holy Cross Primary School
 惇裕學校 Tun Yu School

For their generous support of Harold's Lai-See Project 2022

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| 啟基學校 Chan's Creative School | 聖保羅男女中學附屬小學 St. Paul's Co-educational College Primary School |
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| 啟思小學 Creative Primary School | 大埔浸信會公立學校 Tai Po Baptist Public School |
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| 漢華中學(小學部) Hon Wah College (Primary Section) | 仁愛堂田家炳小學 Y.O.T. Tin Ka Ping Primary School |
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