

特殊教育課程

LEAP秉承著為學生提供正面而有系統的課程之理念，透過互動、富趣味和教育意義的活動，為特殊學校學生提供一套全面的健康和藥物教育課程。課程共有十九個不同課題，內容涵蓋自理技能、身體知識、藥物知識、情緒知識、社交技巧及獨立生活技能，配合特殊學校學生在不同年紀的成長需要。

Special Needs Programme

Adopting a positive and interactive approach, LEAP provides a systematic and comprehensive health-based drug prevention programme for special needs students. The Special Needs Programme comprises nineteen modules to accommodate the needs of different age groups, and explores with students important issues such as personal hygiene, food and nutrition, body knowledge, drug information and peer pressure. The development of social competency skills helps students learn to deal with different emotions and to keep themselves safe in drug-related situations.



家長教育課程

要讓年青新一代遠離藥物的禍害，以學校為本的長遠教育固然重要，但家長的參與也是不可或缺的。LEAP透過全面的家長教育課程－「新一代健康成長錦囊」，協助家長進一步認識和明白青春子女的成长變化和需要；透過反思自己的親職信念和態度，學習調整既有的教導方式和相處之道，強化親子溝通，建立一個正面、開放及和諧的家庭，讓子女得以健康成長及具有抗衡毒品誘惑的信心。

Parent Programme

To help the younger generation stay away from the dangers of drug abuse, a solid school-based education and adequate family support are both vital in the long run. LEAP's comprehensive parent education programme "Safe and Successful" helps parents understand their children's developmental changes and needs. Parents are encouraged to critically reflect on their parenting principles and attitudes, and adjust the way they relate with and guide their children, in order to improve parent-child communication and raise a happy, healthy family. Through the programme, it is hoped that parents can effectively support their children to build the confidence to resist the temptation of drugs.



LEAP Life Education Activity Programme
生活教育活動計劃



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主要贊助機構 MAJOR SPONSORS



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生活教育活動計劃 (LEAP) 於一九九四年成立，是一個註冊慈善機構，致力為中小學及特殊學校學生，提供國際認可的健康及藥物教育課程，以裝備青少年正確的藥物知識及社交溝通技巧，從而預防藥物濫用。此外，更設有家長藥物教育課程，旨在與學校、家庭攜手合作，協助青少年建立健康無藥的生活模式，遠離毒品的禍害。

LEAP提供的課程由受過專業訓練的教育幹事帶領，採用一套正面而循序漸進的方式，引導學生認識身體的運作和藥物的影響；並透過角色扮演和討論，建立社交和解決問題技巧，以裝備他們有效地向毒品說「不」。我們的課程得到教育局、保安局轄下的禁毒處及衛生署控煙辦公室的支持和認可，每年為全港超過十萬名來自中小學、國際學校及特殊學校的學生提供服務。



劉德華 Andy Lau
生活教育活動計劃健康大使
LEAP Health Ambassador

Life Education Activity Programme (LEAP), a registered charity, was established in Hong Kong in 1994. LEAP's mission is to help prevent substance abuse by providing internationally recognized health-based drug prevention programmes to primary, secondary and special needs students, equipping them with appropriate drug knowledge and social skills. Furthermore, LEAP offers a parent programme to empower parents to build a drug-free and positive lifestyle for young people, and to promote cooperation between families, schools and the community.

The systematic programmes, which are delivered by professionally trained educators, help children to appreciate their bodies and understand the effects of drugs. Group discussions and role-plays encourage students to explore relevant issues such as peer pressure and decision making, and equip them to say "no" to drugs. The programmes, which are endorsed by the Education Bureau, the Narcotics Division of the Security Bureau, the Tobacco Control Office of the Department of Health of the Hong Kong SAR Government, serve over 100,000 primary, secondary and special needs students annually.

幼稚園及小學課程

LEAP深信有效的藥物教育課程應從幼開始，由淺入深，切合學生的成長需要，以協助他們建立健康的生活模式。LEAP課程以正面及有系統的方式，讓學生認識身體的運作、均衡飲食的重要、藥物對身體的影響及建立社交技巧。我們利用流動課室，將「生活教育」課程帶到全港各區的學校。課室的設計獨特，內置嶄新的設備，營造出神秘又輕鬆的氣氛，為學生提供難忘的學習經驗。近年更增設AR擴增實境及體感教育活動，增加學生的學習興趣。我們亦透過遊戲、活動和會說話唱歌的生活教育吉祥物「長頸鹿哈樂」及「小馬凱莉」來強化「生活教育」課程的信息。



Kindergarten and Primary Programmes

LEAP believes that effective drug education should start from an early age and be sequential and age appropriate, helping students to establish a healthy lifestyle. Adopting a positive approach, LEAP's sequential programmes help students learn about their bodies, the importance of a balanced diet, the effects of drugs and social skills. The programmes are taken to schools in specially designed mobile classrooms equipped with innovative teaching technologies such as Augmented Reality (AR) and Kinect technologies, to provide a unique learning experience for the students. LEAP's healthy living messages are delivered through games, discussions and interactive activities, and are further reinforced by our singing mascots Harold the Giraffe and Holly the Horse.



哈樂 Harold
吉祥物
Mascot



中學課程

LEAP更將循序漸進的小學課程延展至中學，為初中學生提供一套名為「智Cool攻略」的藥物教育課程，以實況故事作骨幹，配以互動的遊戲、討論及角色扮演等環節，與學生探討濫用藥物及使用危害精神毒品的各種影響，並集中發展學生的社交溝通技巧。

Secondary Programme

LEAP extended its sequential programmes to junior secondary students through a series named "Thinking It Through". By means of trigger videos, drama, interactive games and group discussions, this series of multimedia programmes aim at bringing out different issues relating to drug use, and developing students' social competency skills.

