

# LEAP

## 跳蹦蹦 LEAPS & Bounds

The Newsletter of  
Life Education Activity Programme  
生活教育活動計劃通訊  
Autumn 2023 秋季





## 主席的話 From Our Chair



Patricia Hwang Chair, LEAP  
黃瑋彤女士 生活教育活動計劃主席

作為LEAP的新主席，我非常高興向大家呈上2023年的秋季「跳蹦蹦」。

儘管LEAP在二月底學校復課前面對很多挑戰，但我們在上學年成功為超過110,000名學生和6,000名家長提供優質的預防藥物濫用課程。在短短一個月內，我們的專業教育團隊做好準備，流動課室亦恢復正常運作，迎接學生回歸。

根據官方統計數字顯示，2022年間，可卡因已成為21歲以下青少年吸毒者最常濫用的危害精神毒品。吸食可卡因極容易成癮，對身體健康危害深遠，甚至會導致死亡，情況不容忽視。請參閱我們第6至7頁的文章。

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、新興集團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。

最後，我衷心感謝香港政府的支持，特別是LEAP再次獲得衛生署控煙酒辦公室和教育局的資助，這令人非常鼓舞。

As the new Chair of LEAP, I am delighted to welcome you to our 2023 newsletter.

Despite the challenges faced before schools returned to normal in late February, LEAP succeeded in delivering quality programmes to more than 110,000 students and 6,000 parents during the past academic year. Our dedicated team of educators were well-prepared and had our mobile classrooms ready for their return to schools in less than a month.

Official statistics suggest that since 2022, cocaine has become the psychotropic substance most abused by young drug users aged under 21. This is a dangerous trend that cannot be ignored as cocaine is highly addictive and causes profoundly harmful effects and even death. See our article on pages 6-7.

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 like to express my heartfelt gratitude to the government for its unwavering support, in particular to the Tobacco and Alcohol Control Office and the Education Bureau for believing in our mission and extending their funding to LEAP.

## 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，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的流動課室自2023年9月開始恢復全面服務。LEAP自成立以來，流動課室一直主力為學生提供一個獨特的環境，在有趣和互動的形式下學習預防藥物濫用的知識。流動課室的回歸無疑令學生們欣喜萬分。

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，為社會作出貢獻，我們相信這是對香港未來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.

It is wonderful news that LEAP's mobile classrooms have resumed full service from September 2023. They have been central to delivering LEAP's messages since its inception, offering students a unique, interactive environment in which to learn about drug prevention. I know that students will be delighted to see them once again.

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.



## LEAP流動課室回歸校園！

## LEAP's Mobile Classrooms are Back!



LEAP的流動課室一直是我們提供課程服務的核心，為孩子們提供輕鬆友善的學習環境，讓他們享受學習並進行開放式討論。

疫情期間，為了符合防疫措施，流動課室暫停服務達兩年之久。然而，隨著疫情放緩，我們非常高興地宣佈，LEAP的流動課室服務已於2023年9月全面回歸校園。

在2023年3月學校復課約一個月，LEAP的流動課室已逐漸恢復服務。在停用期間，我們努力確保所有課室保持良好狀況，每所課室在重新為學生服務前都經過專業檢查、清洗和消毒。

為了做好充份準備，LEAP已為未有流動課室教學經驗的教育幹事提供適切的培訓。學校對LEAP流動課室的服務殷切期待，並踴躍報名參加！到2022/23學年結束時，已有約6,000名學生參加了流動課室的課程。

同時，LEAP進一步增強衛生和防疫措施，在所有教具上都噴灑光觸媒塗層，並定期清潔所有教具和流動課室，以加強對學生和教育幹事的保護。

在疫情期間，LEAP通過不同的方式繼續為學生提供服務，包括提供到校授課（學校教室）、網上課程和電子書等。

LEAP's mobile classrooms are at the heart of its operations, providing a relaxed and friendly environment for children's enjoyment, learning and open discussion.

During the Covid-19 pandemic, sadly the mobile classrooms stood idle for more than two years as a precautionary measure. However, LEAP is delighted to announce the full resumption of its mobile classroom service from September 2023.

LEAP's mobile classrooms gradually resumed service from March 2023, a month after Hong Kong schools returned to normal. During the lay-off period, LEAP made every effort to ensure that the mobile classrooms remained in good condition. Each classroom was professionally inspected, cleaned and disinfected before it served students again.

To prepare for the return of our mobile classrooms, training was provided to educators who had no mobile classroom teaching experience. Schools have been eagerly looking forward to the return of our mobile classrooms and are signing up without the slightest hesitation! Approximately 6,000 students had participated in these classes by the end of the 2022/23 academic year.

LEAP has further enhanced its hygienic and precautionary measures to protect students and educators by spraying all teaching aids with a photocatalyst coating. All teaching aids and mobile classrooms are also cleaned regularly.

During Covid-19, LEAP continued to serve students through different modes of delivery including in-class sessions (in school classrooms), online classes and e-books.



## 關於我們

## About LEAP



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 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李家超先生亦是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，生活教育已遍及澳洲、巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國及美國等地。

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。流動課室的配備先進，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；而角色扮演就能協助學生建立社交技巧，懂得如何作出正確的抉擇，有信心拒絕煙、酒、藥物等誘惑時，不會影響到朋輩間的友誼。

LEAP亦有推行中學課程、特殊教育課程及家長教育課程，家長課程能裝備家長的藥物知識及管教技巧，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。在流動課室停用期間，我們亦採用了新的學習應用程式以提升學生在面授課程的學習興趣，加強投入程度。

LEAP流動課室已於2023年9月全面恢復正常服務。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亦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 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 drug knowledge and parenting skills to help their children establish correct values and to prevent substance abuse.

During the Covid-19 pandemic, LEAP continued 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 were also enhanced with new learning apps that engaged students' interest when the mobile classrooms were not in use.

Fortunately, LEAP was able to resume its mobile classroom service fully from September 2023. 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.



## 全新性教育課程

## New Sex Education Programmes



今年初，LEAP正式推出兩個全新的性教育課程，以符合教育局的「價值觀教育課程架構」（2021年），將性教育納入為其核心範疇之一。

LEAP為低小和高小學生分別設計了兩個全新的性教育課程，旨在協助並配合學校更有效及適切地推行性教育，應對不斷增加的毒品和性罪行問題。

課程目標是培養學生面對與性相關的議題時，能持守正確的價值觀及態度，懂得尊重他人和保護自己免受性侵犯。課程亦會提醒學生要謹慎使用互聯網，避免誤墮與毒品和性相關的陷阱，成為受害者。

2023年初，LEAP為這兩個課程進行了試堂。學生的反應令人鼓舞，老師的回饋也非常正面。課程為學生提供了有用的資訊，並建議如何遠離性騷擾的風險。老師們認為課程內的活動內容有趣，適合學生的年齡層，能有效地教導學生保護自己免受性騷擾，並同時避免陷入與毒品和性有關的陷阱。在正式推出課程前，LEAP教育團隊根據老師們的建議修改了課程中的活動，以確保相關信息能夠清晰有效地傳遞給學生。

這全新的性教育課程備受歡迎，截至2022/23學年結束，已有多達16所學校報名參加，惠及超過4,000名學生。

Earlier this year, LEAP officially launched two new sex education programmes, in line with the “Values Education Curriculum Framework” (2021) of the Education Bureau that includes sex education as one of its core domains.

LEAP developed two programmes for lower and upper primary students respectively, to complement schools in promoting sex education and to address an escalating drug-and sex-related crime trend.

The programmes were designed with the aim of helping students to develop healthy values and attitudes towards sex. While learning to respect others and protect themselves from sexual assault, students are also warned to stay cyber smart and avoid falling victim to drug and sex scams online.

Trial classes were conducted in early 2023 for both programmes. The response from students was encouraging and the feedback from teachers was highly positive. The programmes provide useful information to students, as well as advice on how to stay away from the risk of sexual harassment. Teachers commented that the activities were engaging, age-appropriate and effective in helping students to protect themselves from sexual harassment and prevent them from falling into traps associated with drugs and sex. Based on suggestions from teachers, the LEAP team modified some of the activities of the programmes to ensure the messages were delivered clearly and effectively to students before their official launch.

The new programmes have proved popular and as many as 16 schools had already signed up for them at the end of the 2022/23 academic year, benefiting over 4,000 students.



## 令人憂慮的新趨勢 - 可卡因

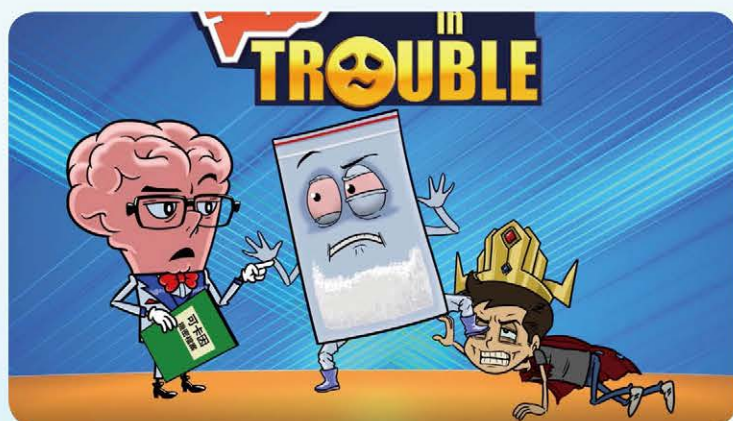
### Cocaine - An Alarming New Trend

根據藥物濫用資料中央檔案室於2023年首季的數據顯示，可卡因自2022年以來已成為最常被吸食的危害精神毒品。在21歲以下被呈報的青少年吸毒者中，吸食可卡因者佔超過一半（51%）。因干犯毒品罪行而被捕的人士當中，若以毒品種類劃分，牽涉可卡因的也為數最多，情況令人關注。

可卡因是一種從古柯植物葉子中提取的強效興奮劑，通常加工成白色粉末狀的鹽酸可卡因。可以通過鼻腔吸入、局部塗於口腔或溶解並注射到靜脈中使用。另外，亦有一種俗稱「霹靂」的磚狀可卡因，吸食者會先將其加熱，再吸入其煙霧。

An alarming new trend is emerging: according to recent official statistics of the Central Registry of Drug Abuse, since 2022 cocaine has become the most abused psychotropic substance in Hong Kong. More than half (51%) of reported drug abusers under the age of 21 abused cocaine. Furthermore, out of all the arrests for drug offences, the number of individuals arrested for offences related to cocaine was the highest.

Cocaine is a powerful stimulant drug extracted from the leaves of the coca plant, usually processed into cocaine hydrochloride, a white powder. The drug is administered by being either snorted through the nose, applied topically to the mouth, or dissolved and injected into a vein. It can also be turned into a brick-like substance called crack cocaine which is heated and then the vapours are inhaled.



在眾多天然植物提煉而成的藥物中，可卡因成癮性最強。由於它的藥效維持時間較短，吸食者為了持續維持快感，往往會有追食的情況，導致耐藥性上升，成癮的風險也相對較高。

服用可卡因會導致血管收縮、高血壓、呼吸和心跳加速。如果經由鼻腔吸入肺部，會導致肺泡破裂，並可能使肺部嚴重受損。長期服用更會導致失眠、食慾不振、出現幻覺，亦會引致情緒不穩定，出現妄想症、暴力或攻擊等行為。而極重劑量的可卡因，會嚴重抑壓腦部的呼吸中樞，導致精神錯亂、呼吸淺急和不規律，抽搐和失去知覺，甚至因而死亡。有報告顯示，曾有服食者在服用30毫克的可卡因後死亡。

Of the many drugs extracted from natural plants, cocaine is the most addictive. Its effects are short-lived - from 15 minutes to an hour - so users seeking continued pleasure often experience a craving for more, leading to an increase in drug tolerance and a higher risk of addiction.

The use of cocaine can lead to contraction of blood vessels, high blood pressure, rapid breathing and heart rate. Inhalation of cocaine through the nose can result in alveolar haemorrhage and potentially devastating lung damage. Long-term abuse can lead to insomnia, loss of appetite, hallucinations and emotional instability, as well as delusional, volatile or violent behaviour. Extremely high doses of cocaine can severely suppress the brain's respiratory centre, leading to neurological problems, convulsions, loss of consciousness and even death. There have been reports of users dying after taking 30 milligrams of cocaine.



根據聯合國毒品和犯罪問題辦公室於2023年三月發布的報告，古柯種植在2020年至2021年間就飆升了35%，而可卡因的產量和供應亦相應上升，大量流入各國，並向非傳統市場擴張。由於供應上升令可卡因的價格下跌，吸引更多毒販銷售可卡因以獲取厚利。

毒販不僅視青少年為他們出售可卡因的目標，還會在青少年較常聚集的場所，例如：球場、網吧等，以賺快錢及免費毒品來利誘青少年參與販毒。毒販會聲稱已將毒品包裝成日常用品，別人將難以察覺，亦會誤導青少年，指未成年販毒的定罪率及刑罰較低。他們更會利用網上社交平台，以廣告、迷因圖或關鍵字搜尋等方式，吸引青少年接觸毒品資訊。

根據執法機構的數據顯示，2020年至2022年間，因吸毒和販毒而被捕的青少年人數，較2019至2020年間增加近一倍，增幅驚人，往後的三年亦維持在高水平。而根據藥物濫用資料中央檔案室數字顯示，今年因販毒被檢控的青少年定罪率更超過9成，且半數刑期達5年以上，最長更接近25年，令有關青少年的前途大受影響。

預防勝於治療。為讓青少年遠離毒害，預防藥物教育是最重要的一環。LEAP積極向青少年提供知識、技巧及態度並重的預防藥物濫用課程。LEAP會利用有趣的短片讓青少年認識各種毒品及其禍害，並透過開放式提問啟發學生獨立思考，建立正確價值觀和慎思明辨的態度。課程亦透過角色扮演，讓他們實踐拒絕吸毒邀請的技巧，日後縱使面對朋輩壓力也能堅決拒絕毒品。此外，LEAP的課程還包括如何安全及適當地使用互聯網，教導學生如何避免接觸不良資訊。期望青少年能從自身角度出發，履行正面的生活態度，享有健康、快樂和無毒的人生。

A report released by the United Nations Office on Drugs and Crime in March 2023 reveals that coca cultivation increased by 35% from 2020 to 2021, resulting in a corresponding increase in cocaine production and supply. With a large influx into a number of different countries, cocaine has expanded into new markets. As the price of cocaine falls due to the increase in supply, more drug dealers are attracted to sell cocaine as it is cheaper to procure at source and the trade is highly lucrative.

Not only do drug dealers target teenagers to sell cocaine to them; they also often visit places where teenagers frequently gather, such as playgrounds and internet cafés, using the lure of quick money and free drugs to entice them into drug trafficking. They claim to have packaged the drugs as everyday items that are difficult to detect. Drug dealers may mislead young people by saying that the conviction rate and punishment for underage drug trafficking are not that serious. They also make use of online social platforms to attract teenagers to drug information through advertisements, memes, or keyword searches.

According to the law enforcement agency's figures, the number of teenagers arrested for drug use and trafficking doubled from 2019 to 2020 and remained at that level from 2020 to 2022 – an alarmingly high increase. The conviction rate for teenagers prosecuted for drug trafficking in 2023 has exceeded 90%. Half of them have been sentenced to more than five years of imprisonment, with the longest sentence being close to 25 years. Such severe sentences clearly have a disastrous impact on those teenagers' lives.

Prevention is always better than cure. LEAP actively provides teenagers with drug prevention education programmes that focus on knowledge, skills, and attitude. LEAP's programmes, supported by animations, Augmented Reality (AR) and Kinect technologies and group discussions, help teenagers understand the latest drug information and the full impact of drugs. Through promoting independent thinking with open-ended questions, LEAP helps students develop correct values and critical thinking skills. Our programmes also equip students with practical refusal skills through role-plays so that they can resist drug offers in the face of peer pressure in the future. In addition, we educate students to be cyber safe and cyber smart in order to stay safe online. With knowledge and proper perspectives, we hope that young people can establish positive life values so they may enjoy a healthy, happy and drug-free lifestyle.





為響應2023世界工作安全與健康日，LEAP於4月28日舉辦其首個健康職場掃「毒」日，旨在促進更健康、更衛生的工作場所。

LEAP健康職場掃「毒」日是為宣揚職場健康而推出的活動。活動旨在協助關心和注重員工健康的僱主，此安排能有效提升員工身心健康、團隊精神和士氣，以達致促進生產力及增進僱主和僱員關係的活動。

LEAP邀請了全港的僱主於今年4月28日（星期五）（或於五月任何一日）響應健康職場掃「毒」日。建議僱主於辦公時間內撥出一個時間（例如一個小時），鼓勵自願參與是項活動的員工清潔其個人工作間，以確保職場的衛生和清潔，提升健康，趕走病毒。參加者的捐款將用於支持LEAP的健康及預防藥物濫用教育課程上。

我們衷心感謝所有企業的積極參與，打造更理想的工作間，致力保持工作環境清潔衛生，為其他企業樹立榜樣。

LEAP衷心感謝以下獲獎企業及其員工慷慨支持本活動，熱衷維護清潔的工作環境：

- AECOM Asia Company Limited
- Cyber World Creations (HK) Limited
- Yuen Hing Tai Metal Factory Limited

此外，LEAP衷心感謝贊助商K-clean對此活動的慷慨支持。

In support of the World Day for Safety and Health at Work 2023, LEAP organised its first-ever Workplace Cleanup Day on 28 April 2023 to promote a healthier and more hygienic workplace.

LEAP's Workplace Cleanup Day campaign targeted corporations in Hong Kong who care about their staff's health and wellbeing to promote a healthy workplace, which is also in the interests of better productivity and staff retention.

Companies across Hong Kong were invited to join LEAP on the Workplace Cleanup Day by scheduling a time (e.g. an hour) on 28 April or any date in May 2023 for participating staff to clean up their workstations to keep the workplace clean and virus-free. Participants kindly made a donation towards the development of LEAP's drug prevention programmes.

LEAP would like to extend its heartfelt appreciation to all the participating companies for their enthusiastic involvement and dedication to creating a better workplace. Their commitment to maintaining a clean and hygienic working environment has set an exemplary standard for other organisations to follow.

Our gratitude and congratulations go to the following companies and their staff for their generosity and exceptional commitment to workplace cleanliness:

- AECOM Asia Company Limited
- Cyber World Creations (HK) Limited
- Yuen Hing Tai Metal Factory Limited

We would also like to express our appreciation to our sponsor, K-clean, for its generous donation of prizes for the event.



## 政府的延續資助

## Extension of Government Funding

LEAP非常高興獲得衛生署控煙酒辦公室（TACO）再次資助，為未來兩個學年共撥款595萬港元。LEAP於2023年9月1日起，繼續免費為中小學學生提供控煙教育課程。

LEAP的預防吸煙教育課程旨在幫助學生培養自信和有效的技巧，以應對朋輩壓力，並拒絕吸煙。LEAP將加強課程內容，在提升學生說服身邊人戒煙，更有信心，令他們對自己家人及朋友的生活產生積極的改變。此外，我們更希望培養中學生慎思明辨的能力，分辨社交媒體上的信息，幫助他們作明智的決擇，尤其是關於吸煙或煙草產品的資訊。

是次計劃已是由TACO資助的第七個為期兩年的課程項目。在接下來的兩年，我們預計每年服務19,000名學生，其中包括9,500名小學生及9,500名中學生。

LEAP亦非常感謝教育局繼續提供資助，延續兩名LEAP教育幹事的聘用期兩年，直至2025年10月。多年來，LEAP一直與教育局合作，確保其課程成為香港教育體系的重要部分。

LEAP is delighted that the Tobacco and Alcohol Control Office (TACO) of the Department of Health will once again grant funding of HK\$5.95 million to LEAP over two academic years. This will enable LEAP to continue to provide its smoking prevention programmes free of charge to primary and secondary students starting from 1 September 2023.

LEAP's anti-smoking programmes help students to develop the confidence and effective skills to deal with peer pressure and to refuse cigarettes. LEAP will also enhance the programmes to empower students to persuade those around them to quit smoking, thereby enabling them to make positive changes both in their own lives and the lives of their family and friends. In addition, we aim to equip secondary students with critical thinking skills to examine social media information, in order to help them make informed decisions, especially concerning smoking or smoking products.

This is the seventh two-year project funded by TACO. Over the next two years, we expect to reach a total of 19,000 students a year - 9,500 primary and 9,500 secondary students - through our class-based programmes.

LEAP is also most grateful to the Education Bureau for continuing the provision of a block grant for the employment of two LEAP educators for another two years until October 2025. 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.





## 「哈樂利是」籌款活動2023

### 2023 Lai See Fundraising Project



LEAP每年的「哈樂利是」籌款活動為學生提供了在農曆新年捐贈利是的機會，並同時向LEAP送出他們的心意留言及祝福，令他們於年幼時便接觸到社會責任這課題。

「哈樂利是」籌款活動2023共有37間本地及國際學校參與，合共籌得善款逾港幣35萬元。LEAP謹此向各位家長、同學和教職員致以衷心的感謝，並祝賀以下獲獎學校。



LEAP's annual Lai-See Project gives children the chance to donate one of their lai-see packets at Chinese New Year, send us their own messages and to understand about social responsibility at an early age.

Thanks to the support of 37 local and international schools, LEAP's 2023 Lai See Project raised over HK\$350,000, 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:

#### 1. 「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：拔萃女小學

#### 1. "Most Generous School Award"

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

#### 2. 「最踴躍參與學校獎」

冠軍：基督教香港信義會深信學校  
亞軍：嘉諾撒聖心學校  
季軍：聖保羅男女中學附屬小學

#### 2. "Most Supportive School Award"

1st Place: The ELCHK Faith Lutheran School  
2nd Place: Sacred Heart Canossian School  
3rd Place: St Paul's Co-educational College Primary School

#### 3. 「最高參與率學校獎」

冠軍：基督教香港信義會深信學校  
亞軍：慈幼葉漢小學  
季軍：嘉諾撒聖心學校

#### 3. "Most Participative School Award"

1st Place: The ELCHK Faith Lutheran School  
2nd Place: Salesian Yip Hon Primary School  
3rd Place: Sacred Heart Canossian School

是次「哈樂利是」籌款活動中，凡捐款額達港幣30元或以上，將用作支持LEAP為疫情下欠缺資源的學校的學生免費提供以「情緒調色盤」和「網上遊」為題的電子書，旨在提升他們的精神健康和抗逆力，其餘捐款則會用於課程發展，讓LEAP得以繼續為學生及家長提供有效的健康及藥物教育資訊。

During the pandemic, LEAP developed two e-books on emotions and cyber safety to help students manage their emotions positively and stay safe online. This year, every lai-see received exceeding HK\$30 will be allocated for sponsoring students who are deprived of the opportunity to enjoy the two e-books due to resource constraints of their schools. The rest of the proceeds will go to the development of LEAP's programmes.



## LEAP賣旗日義工招募

### Be a LEAP Flag Day Volunteer

謹訂於2023年12月9日（星期六），LEAP將舉辦第14屆賣旗日籌款活動，這將是我們首次在港島區舉辦的賣旗日。今年我們希望籌集60萬港元，用於發展預防藥物濫用課程。為此，我們誠邀您參與成為當日義工，協助賣旗籌款活動。不論大人或小孩，我們都歡迎您的參與！凡有興趣者請致電2530 0018聯繫我們。這是一個極有意義的親子活動，凡參與賣旗日的義工均獲頒感謝狀，感謝您對LEAP的支持。

同時，我們亦歡迎您使用本頁面上的捐款表格向LEAP作出捐款，多謝您的慷慨解囊。

LEAP will hold its 14th Flag Day on Saturday, 9 December 2023, for the first time ever on Hong Kong Island. This year we are hoping to raise HK\$600,000 to fund programme development. We need as many volunteers as possible to help us sell flags and all are welcome! Please call us on 2530 0018 to offer your help. This will be an excellent parent-child activity. All volunteers will receive a thank you certificate.

If you would like to donate to LEAP, please use the donation form on this page.



## LEAP新任總幹事

### New Executive Director of LEAP

自2011年以來，總幹事劉鳳慧女士一直對LEAP的工作充滿熱誠，我們對她的貢獻深存感激。隨著她提前退休，LEAP董事會宣布蔡寶明女士於2023年8月1日起正式成為LEAP的新任總幹事。

蔡女士在傳媒和市場營銷領域擁有20年的經驗，曾擔任啓勵扶青會的副行政總監。她畢業於香港理工大學，並擁有紐西蘭威靈頓維多利亞大學的國際工商管理碩士學位。

LEAP衷心感謝劉鳳慧女士過去12年對LEAP的啟發性領導和奉獻。

Upon the early retirement of Executive Director Heidi Lau, who has served LEAP with dedication and commitment since 2011, LEAP's Board of Directors announces the appointment of Stephanie Choi as the new Executive Director of LEAP with effect from 1 August 2023.

Ms Choi has 20 years of experience in communication and marketing and has previously served as Deputy Director of the KELY Support Group. A graduate of the Hong Kong Polytechnic University, she holds an international Master of Business Administration from Victoria University of Wellington, New Zealand.

LEAP would like to express its sincere gratitude to Heidi Lau for her inspired leadership and devotion to LEAP over the past 12 years.

## 捐款 Donations

我願意捐款支持生活教育活動計劃  
Yes, I would like to support  
Life Education Activity Programme (LEAP)

### 捐款方法 Payment by :

網上捐款 [leap.org.hk/cdonation](http://leap.org.hk/cdonation)  
Online Donation [leap.org.hk/edonation](http://leap.org.hk/edonation)

劃線支票 Crossed Cheque  
港幣 HK\$ \_\_\_\_\_ \*  
抬頭請註明『生活教育活動計劃』  
Please make cheque payable to  
"Life Education Activity Programme"

直接銀行存款 Direct Bank Deposit  
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恒生銀行戶口 Hang Seng Bank Account No. :  
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\* 請將劃線支票/銀行存款收據連同此表格  
下方填寫好的個人資料郵寄至：  
新界葵涌麗瑤邨樂瑤樓地下107-113室  
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

捐款港幣100元或以上可憑正式捐款  
收據申請減稅。

Donations of HK\$100 or above are tax  
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我有興趣進一步認識生活教育活動計劃，  
請跟我聯絡。  
I would like to know more about LEAP,  
please contact me.

### 個人資料 Personal Information :

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您的個人資料只限用於發放捐款收據、籌  
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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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Education Bureau

#### Thanks to the following supporters

我們非常感謝以下各支持者

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馬頭涌官立小學(紅磡灣) Ma Tau Chung Government Primary School (Hung Hom Bay)  
保良局田家炳千禧小學 Po Leung Kuk Tin Ka Ping Millennium Primary School  
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 2023

鳴謝以下學校參與哈樂利是2023籌款活動

大坑東宣道小學 Alliance Primary School (Tai Hang Tung)	聖公會仁立紀念小學 S.K.H. Yan Laap Memorial Primary School
浸信會沙田圍呂明才小學 Baptist (Shatin Wai) Lui Ming Choi Primary School	嘉諾撒聖心學校 Sacred Heart Canossian School
中華基督教會基灣小學(愛蝶灣) C.C.C. Kei Wan Primary School (Aldrich Bay)	慈幼葉漢千禧小學 Salesian Yip Hon Millennium Primary School
中華基督教會蒙黃花沃紀念小學 C.C.C. Mong Wong Far Yok Memorial Primary School	慈幼葉漢小學 Salesian Yip Hon Primary School
金巴崙長老會耀道小學 C.P.C. Yao Dao Primary School	天主教石鐘山紀念小學 Shak Chung Shan Memorial Catholic Primary School
陳瑞祺(喇沙)小學 Chan Sui Ki (La Salle) Primary School	石湖墟公立學校 Shek Wu Hui Public School
啟基學校 Chan's Creative Primary School	聖公會阮鄭夢芹小學 SKH Yuen Chen Maun Chen Primary School
青松侯寶垣小學 Ching Chung Hau Po Woon Primary School	聖士提反書院附屬小學 St Stephen's College Preparatory 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	嘉諾撒聖瑪利學校 St. Mary's Canossian School
基督教香港信義會宏信書院 ELCHK Lutheran Academy	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	太古小學 Tai Koo Primary School
香港道教聯合會純陽小學 HKTA Shun Yeung Primary School	基督教香港信義會深信學校 The ELCHK Faith Lutheran School
漢華中學(小學部) Hon Wah College (Primary Section)	香港華人基督教聯合會真道書院 The Hong Kong Chinese Christian Churches Union Logos Academy
香港道教聯合會雲泉學校 Hong Kong Taoist Association Wun Tsuen School	塘尾道官立小學 Tong Mei Road Government Primary School
茵維特(香港)學校 Invictus School Hong Kong (TKO)	惇裕學校 Tun Yu School
啓歷學校(九龍灣) Kellett School (Kowloon Bay)	仁濟醫院蔡衍濤小學 Y.C.H. Choi Hin To Primary School
啓歷學校(薄扶林) Kellett School (Pokfulam)	仁愛堂田家炳小學 Y.O.T. Tin Ka Ping Primary School
樂華天主教小學 Lok Wah Catholic Primary School	

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鳴謝

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