

# LEAP

## 跳蹦蹦 LEAPS & Bounds

The Newsletter of  
Life Education Activity Programme

生活教育活動計劃通訊  
Autumn 2017 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

歡迎大家閱讀二零一七年秋季的「跳蹦蹦」！

今年，LEAP 在提升教學設施方面取得重大進展。隨著兩所全新流動課室在四月正式啟用後，LEAP 的全部課室都配備了先進的擴增實境 (AR) 和體感 (Kinect) 教學科技，標誌著 LEAP 的一個重要里程碑，對此我們深感自豪。我們非常感謝香港賽馬會慈善信託基金的慷慨支持，讓這一切得以實現。

經過兩年多的努力，我們會在九月份為小一至小六學生提供六個全新的課程。課程配合嶄新的教學內容以及生動的影片和動畫，相信新世代的學生將會樂在其中。

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、亞聯貨運有限公司及亞洲實業（香港）物流有限公司，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 Autumn 2017 newsletter!

This year has seen a significant advance in LEAP's teaching facilities. In April, we commissioned two new mobile classrooms, both equipped with the latest Augmented Reality (AR) and Kinect technologies. We are so proud that all our mobile classrooms now have this advanced technology, marking an important milestone in LEAP's development. We are very grateful for the generous support of the Hong Kong Jockey Club Charities Trust in making this possible.

After two years' hard work, we are also launching our brand new programmes for Primary 1 to Primary 6 pupils this September. We hope that Generation Z students will enjoy the updated content, complete with vibrant new videos and animations.

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 Control Office of the 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, Orient Trucking Limited and A&S (HK) Logistics; 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



**John Slosar** Chairman, Swire Pacific Limited  
史樂山先生 太古股份有限公司主席

太古公司及國泰航空公司自 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藥物濫用的危險，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。

LEAP 的兩所新流動課室啟用後，創新教學科技亦於 LEAP 課室全線開通，這對於 LEAP 無疑是一個重要的里程碑。尖端的數碼科技想必會成為令學生投入學習的重要新設備，有助他們透過互動學習體驗裝備自己，學到所需的知識、態度及生活技能。

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。我們相信我們為香港的未來作出了一項非常有價值的投資。

Swire and Cathay Pacific have been major sponsors of LEAP 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.

The commissioning of two new mobile classrooms and the full implementation of innovative teaching technologies across all LEAP's classrooms is a major landmark. There is no doubt this cutting edge digital experience will prove to be an important new tool in engaging young students, and helping them to attain the necessary knowledge, attitude and life skills through interactive learning.

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 make a contribution to our community.

# 新流動生活教育中心啟用

## Official Launch of Classrooms



The official launch ceremony of LEAP's two new mobile classrooms took place on 28 April 2017 at the Hong Kong Cultural Centre Piazza. Officiating guests were Ms Manda Chan Wing Man, Commissioner for Narcotics, Mr Leong Cheung, Executive Director, Charities and Community, The Hong Kong Jockey Club, Ms Shum Siu Fong, Chairman, Hong Kong Special Schools Council and Mr James Tong, Chairman of LEAP.

Designated for LEAP's Special Needs and Chinese programmes, the new

LEAP 於二零一七年四月二十八日假香港文化中心廣場舉行「流動生活教育中心啟用儀式」。邀請到香港特別行政區禁毒專員陳詠雯女士、香港賽馬會慈善及社區事務執行總監張亮先生，以及香港特殊學校議會主席沈少芳校長出席並擔任主禮嘉賓，聯同 LEAP 主席唐偉邦先生為 LEAP 新替換的兩所流動課室主持啟用儀式。

兩所全新流動課室分別為特殊教育課程及中文小學課程而設，除了能夠為學生提供一個安全及衛生的學習環境，亦裝設了 LEAP 於二零一四年開始採用的擴增實境 (AR) 和體感 (Kinect) 教學科技。有關教學科技已於 LEAP 旗下課室全線開通，為參與 LEAP 課程的學生，包括特殊教育學生，提供一個兼具科技、樂趣和知識的獨特學習體驗。

流動課室的替換有賴香港賽馬會慈善信託基金的捐助。自 LEAP 於 1994 年成立以來，香港賽馬會慈善信託基金一直鼎力支持 LEAP，亦全面資助 LEAP 推行特殊教育課程。

陳詠雯女士於演說中，讚揚 LEAP 為香港的中學、小學及特殊教育學生提供正面及循序漸進的健康及藥物教育課程。她表示：「LEAP 幫助學生了解包括煙草以及酒精等藥物的禍害。我在此衷心感謝 LEAP，多年來與政府並肩作戰，打擊毒禍。」

沈少芳校長說：「課室內的設備非常貼合特殊學習需要學生的學習模式，導師表現亦非常投入及專業，又能完全接納我們的學生，態度非常親切，學生們都專心投入活動，有良好的學習果效。」

在啟用儀式上，張亮先生代表香港賽馬會把象徵鑰匙交予 LEAP 主席唐偉邦先生，標誌流動課室正式啟用。主禮嘉賓隨後獲邀登上流動課室，觀看教學示範。

請參閱第六至第七頁。

classrooms not only provide a safe, hygienic learning environment, but are also equipped with cutting-edge Augmented Reality (AR) and Kinect teaching technologies, first introduced in 2014. LEAP's entire fleet is now fully equipped with these, providing an exceptional learning experience combining technology, fun and knowledge for all students, including those with special needs.

The replacement of mobile classrooms was possible thanks to funding from the Hong Kong Jockey Club Charities Trust, which has been a stalwart supporter of LEAP since our inception in 1994. The Trust also provides full sponsorship for our Special Needs Programme.

Ms Manda Chan commended LEAP for its efforts to provide health-based drug prevention programmes for primary, secondary and special needs students in Hong Kong. "LEAP helps students become aware of the dangers of drugs, including tobacco and alcohol. I would like to thank LEAP sincerely for working side by side with the government in the fight against drugs over the years."

Ms Shum Siu Fong said, "Facilities in the mobile classroom are well designed for the unique learning requirements of special needs students. The educators are also very professional and passionate. With full acceptance assured through positive teaching, students can focus on the programme for effective learning."

On behalf of the Hong Kong Jockey Club, Mr Leong Cheung handed over two symbolic keys to LEAP Chairman Mr James Tong, officially commissioning the new mobile classrooms. Officiating guests were then invited into the classrooms to watch a teaching demonstration.

See also pages 6-7.

# 生活教育活動計劃 LEAP - Who We Are



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。

過去二十年，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 於二零一四年率先添置了兩所增設了全新擴增實境 (AR) 和體感 (Kinect) 科技的流動課室，並於二零一六年為其他流動課室增設這些嶄新的教學科技。於二零一七年三月，LEAP 的兩所用作替換的全新流動課室啟用後，LEAP 的全部流動課室現已配備好 AR 及 Kinect 教學科技，讓學生體會兼具科技、知識與樂趣的學習經驗。LEAP 現有九所流動課室和一所固定教育中心，並成功達致每年服務全港百分之二十五小學生的目標。

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 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.

## 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 20 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.

In 2014 LEAP introduced two new mobile classrooms equipped with Augmented Reality (AR) and Kinect technologies. Following technology retrofits to all our mobile classrooms in 2016, our fleet was enhanced further when two new replacement classrooms came into operation in March 2017. LEAP is now fully equipped with AR/Kinect teaching technologies, allowing students to enjoy an exceptional learning experience combining technology, fun and knowledge. With a fleet of nine mobile classrooms and a static centre, LEAP has attained its strategic goal of reaching 25 per cent of the primary student population.

# 準備好為新世代服務

## We are Ready for Generation Z



This September LEAP will offer a brand-new learning experience to primary students. After two years' hard work to revamp our primary programmes, we are pleased to introduce an improved teaching framework in the four main areas of nutrition, physiology, drugs and alcohol, and skills.

Among the improvements is a change to the structure of modules offered to different year groups, which have been adjusted to fit the needs of students at specific stages of their lives.

For example, the topic of bullying is now offered in Primary 4, so that students can learn how to combat bullying earlier; while the topic of stress is offered in Primary 6, for students who are about to face the potentially stressful transition into secondary school. We have also extended the Primary 5 smoking programmes to include e-cigarettes,

as well as global issues such as deforestation to broaden students' world view.

Students will notice a big change when they step into our classrooms, as we have introduced a completely new set of videos to spark their interest and increase their incentive to learn. Primary 4 students, for example, will find themselves helping out Dr Wacko to formulate a new drug whilst learning about our nervous system and how drugs affect it. With advanced technology now available in all our mobile classrooms, we have also introduced new interactive elements into our programmes to make our teaching models more lifelike.

We are very grateful to teachers at local and international schools who provided us with invaluable advice towards the restructuring, and also have given us valuable feedback in preliminary trials of our new programmes. They were well received and we are confident that students will love the new programmes when they experience them in this academic year.



今年九月，LEAP 會為小學生提供嶄新的學習體驗。經過兩年多的努力，小學課程的更新終於完成。令人興奮的是，課程的四個主要範疇，包括營養、生理、藥物及酒精、以及社交技巧，都在架構上得到加強和改善。

改變之一，是在不同年級的課程單元上作出調動，調整課程架構，以更貼合學生在人生不同階段的需要。例如，我們把欺凌的主題調到小四課程，讓學生儘早學習如何對抗欺凌；而由於小六學生可能要面對壓力頗大的升中轉變，壓力處理的課題會於小六課程中教授。我們也把小五課程中吸煙對身體的禍害延伸至電子煙，同時加入去森林化等全球性議題，以擴闊學生的國際視野。

學生上課時將會留意到重大的改變，皆因我們攝製了一系列全新的教學影片，以增加學生的學習動力及興趣。例如小四學生會幫助古怪博士一起研發藥物，同時了解神經系統和藥物對身體的影響。而隨著我們課室現已全面裝設先進科技，我們也在課程中引入新的互動元素，讓教學模型更加栩栩如生。

我們非常感謝本地及國際學校的教師，不但在課程重整方面提供難得的建議，而且在我們試驗新課程時也提供了寶貴的意見。試驗中教師及學生對課程的反應非常正面，我們有信心新課程在新學年推出後，會獲得學生的喜愛。

# 一個值得紀念的日子 A Memorable Day



香港特別行政區禁毒專員陳詠雯女士（左中）、香港賽馬會慈善及社區事務執行總監張亮先生（右中），以及香港特殊學校議會主席沈少芳校長（右），聯同 LEAP 主席唐偉邦先生（左）為 LEAP 新替換的兩所流動課室主持啟用儀式。

Ms Manda Chan Wing Man, Commissioner for Narcotics (centre left), Mr Leong Cheung, Executive Director, Charities and Community, The Hong Kong Jockey Club (centre right), Ms Shum Siu Fong, Chairman, Hong Kong Special Schools Council (right) and Mr James Tong, Chairman of LEAP (left) officiated at the launch ceremony.



LEAP 吉祥物長頸鹿哈樂及小馬凱莉親切地招呼出席的學生。  
LEAP's mascots, Harold the Giraffe and Holly the Horse greeted students.



主禮嘉賓參觀流動課室，親身體驗 LEAP 的新教學科技。  
Officiating guests visited the new classrooms to experience LEAP's new teaching technologies first-hand.



LEAP 主席唐偉邦先生致歡迎詞。  
Mr James Tong, Chairman of LEAP, welcomed guests.

LEAP 於二零一七年四月二十八日假香港文化中心廣場舉行「流動生活教育中心啟用儀式」。

The official launch ceremony of LEAP's two new mobile classrooms took place on 28 April 2017 at the Hong Kong Cultural Centre Piazza.



張亮先生（右）把兩所流動課室的象徵鑰匙送贈予唐偉邦先生（左）。  
Mr Leong Cheung (right) presented two symbolic keys to Mr James Tong (left).



澳門健康生活教育的嘉賓，包括澳門特區政府社工局防治賭毒成癮廳廳長許華寶女士（中）。  
Guests from Life Education Macau included Ms Lucilia Hoi, Drug Abuse Division, Social Welfare Bureau, Macau SAR Government (centre).



LEAP 感謝陳瑞祺（喇沙）小學學生的精彩雜技表演。

LEAP would like to thank students from Chan Sui Ki (La Salle) Primary School for their wonderful acrobatics performance.

## 延續服務撥款 *Extending LEAP's Reach*

LEAP 欣喜地宣佈，衛生署控煙辦公室（控煙辦）將於未來兩年內，再次撥款共港幣四百八十五萬二千元，讓 LEAP 從今年九月一日開始，為中小學生提供免費禁煙課程。

這不但是 LEAP 第四個獲控煙辦撥款的兩年計劃，而且今次計劃還得以擴大至每年額外多服務一千名學生。預計在未來兩年，此計劃每年能為共一萬八千名學生提供服務，其中包括九千五百名小學生及八千五百名中學生。

LEAP 禁煙課程的目標為提升學校、教師、學生及家長對吸煙，包括電子煙的禍害的認識，並鼓勵學生在社交圈子裏推行無煙文化。課程另一核心是為學生裝備拒絕吸煙的技巧，抗拒朋輩壓力。並期望參與課程的學生，可以把無煙文化推廣給家長及親屬。

LEAP 也非常感謝美國婦女會於二零一七年六月，捐出港幣五萬四千元，讓四百多名少數族裔學生於二零一七／一八學年，免費參與 LEAP 的預防藥物濫用課程。

我們非常感謝衛生署及美國婦女會的慷慨支持。有關的合作確保 LEAP 能夠服務更多學生，並維持課程的可持續性，繼續幫助香港的年青人建立愉快且健康的生活模式。

We are delighted to announce that the Tobacco Control Office (TCO) of the Department of Health has once again granted funding of HK\$4.852 million to LEAP over two academic years. This will enable LEAP to provide its smoking prevention programme free of charge to primary and secondary students starting from 1 September 2017.

Not only is this the fourth two-year project funded by TCO, we are also pleased to say that the project will be expanded to benefit an additional 1,000 students each year. Over the next two years, we expect to reach a total of 18,000 students per annum, including 9,500 primary students and 8,500 secondary students, through the project.

LEAP's anti-smoking programme aims to raise awareness among schools, teachers, students and parents of the hazards of smoking, including electronic cigarettes, and to empower students to adopt a smoke-free culture in their social network. Another important part of the programme is to equip students with the necessary skills to resist peer group pressure to smoke. Students who have participated in the programme can then also help to promote a smoke-free culture among their parents and relatives.

LEAP is also very grateful to the American Women's Association of Hong Kong, who gave us a donation of HK\$54,000 in June 2017. This will enable LEAP to offer its drug prevention programmes free of charge to over 400 ethnic minority students in the 2017/18 academic year.

We would like to thank the Department of Health and the American Women's Association sincerely for their very generous support. Such partnerships are vital to ensure that LEAP reaches as many students as possible and that it maintains the sustainability of its programmes, fostering a happy, healthy lifestyle for the young people of Hong Kong.



過去……與現在 *Then... and Now*

Recently we were delighted to welcome back one of our former students, Howard, to share with us his experience of LEAP when he was in primary school and tell us the differences he observed after visiting our current programme.

Howard took part in LEAP's Primary Five programme in our former Static Centre in Wanchai to learn about the adverse effects of smoking and found the lessons very enjoyable. What did he remember best? "When Harold finally revealed himself, happily greeting us with a bright smile!"

Now a university undergraduate, Howard was blown away when he returned to one of our mobile classrooms to observe a Primary 4 class. In particular, he was amazed when one of the students stood in front of the screen and his brain popped up on his mirror image on the screen! This was thanks to the latest Augmented Reality (AR) and Kinect technologies, now available in all of our classrooms. Howard's experience when he was small was quite different. "Back then, the illuminated transparent sheets used to demonstrate the lungs looked like X-ray images; today, models illustrating parts of the body are so realistic!" he said.

Another feature he did not anticipate was the fresh scent of green apples near the end of the lesson, emitted from the ceiling of the mobile classroom. "It is astounding to me that all these features can be included in the limited space of a truck!" he added.

A lot of progress has been made, but some things do not change. What Howard still recognised was the friendliness and energy of our dedicated educators and how enjoyable the LEAP experience is. And let's not forget our lovely Harold the Giraffe, always ready to say hello and nurture future generations to care about their physical and mental health.

最近，我們有幸邀請到曾參與 LEAP 小學課程的學生 Howard，講述多年前的學習體驗，並分享於參觀 LEAP 現有小學課堂後所觀察到的分別。

Howard 曾於 LEAP 位於灣仔的前活動中心參與小學五年級的課程，學習吸煙的禍害，並非常享受課堂。問他印象最深刻的是什麼？「是當哈樂終於露面，面帶笑容和我們打招呼的時候！」

現為大學本科生的 Howard，重回 LEAP 九所流動課室之一，和小四學生一起上課時，為之讚嘆。特別教他驚喜的，是當其中一位學生站在屏幕前，其「腦袋」出現在屏幕上的時候！這多虧現在全面於 LEAP 所有課室採用的最新擴增實境 (AR) 以及體感 (Kinect) 科技。Howard 小時候的體驗就大不相同。他憶述：「當時用作展示肺部的透明幻燈片活像 X 光片；現在展示身體各部分的模型卻十分有真實感！」

另外一個他沒意料到的裝置，是從流動課室天花散發出來的青蘋果香味。他補充：「能夠在貨車的有限空間和諸多限制下包含那麼多功能，真的很令我驚訝！」

縱然經歷不少改變和進步，好些東西依然如舊。Howard 依然能感受到教育幹事的友善和充沛活力，以及 LEAP 課堂的趣味。當然不能忘記熱情可愛，又時刻教導青少年要關注身心健康的長頸鹿哈樂。

## LEAP 歡迎新酒精法案 LEAP Welcomes Alcohol Bill

未成年人士飲酒是一個值得更多關注的問題。二零一四至一五年度的數據顯示，百分之五十六點八的中學生曾經飲酒。其中一個原因是現時條例過於寬鬆，令未成年人士能輕易從便利商店買到酒精飲品。

LEAP 因此樂見政府於六月二十一日向立法會提交《2017 年應課稅品（修訂）條例草案》。草案一經通過，持牌及非持牌商戶均不得售賣酒精予未成年人士。此法案可說是免青少年於酒精禍害的基本步。

立法無疑是有力的措施，但還是有其限制。年輕人在酒精充斥的社交場合中，很容易便會在朋輩壓力下嘗試酒精。不過，最影響青少年飲酒取向的，卻可能是那些令子女誤以為飲酒無害，甚至鼓勵子女小時候嘗試飲酒的家長。

事實上，許多成年人也對飲酒的禍害缺乏認識。根據衛生署於二零一五年進行的研究指出，超過四分之三的成年人對「只有經常或大量飲酒才會對身體有害」此不正確的陳述表示同意。

年輕人飲酒的風險極高，酒精有可能對他們的身體、情緒和成長帶來短期及長遠的損害。世界頂尖的酒精研究機構發現，相對於十八歲以後才開始飲酒的人士，十五歲以下便開始飲酒的青少年於成年後濫用或依賴酒精的風險會顯著較高。

要幫助青少年遠離酒精，必須立法以及教育兩者並行。LEAP 認為，除了要教育家長正確的酒精知識，最有效的方法是透過 LEAP 循序漸進的預防藥物濫用課程，確保青少年能從小對酒精建立正確的態度。在政府資助下，LEAP 於今年九月開始，會為共三千名本地學校的高小學生免費提供預防酒精濫用課程，為期兩年。

Underage drinking is a problem that deserves far more public attention. 2014-2015 figures show that 56.8 per cent of secondary students have tried alcohol, partly due to lax regulations that allow minors to obtain alcohol easily from convenience stores.

LEAP is therefore pleased that on 21 June the Government tabled the Dutiable Commodities (Amendment) Bill 2017 at the Legislative Council. If passed, the bill will prohibit the sale of liquor to minors in licensed and unlicensed premises, a fundamental step to help steer teenagers away from alcohol.

Legislation is a powerful tool but has limitations. Teenagers can easily succumb to peer pressure to try alcohol which is common at social gatherings. Perhaps the most influential factor, however, are parents who have spread the misconception that it is acceptable to drink or even encouraged teenagers to experiment with drinking at an early age.

Many adults are not well informed about the harmful effects of drinking. According to a 2015 study conducted by the Department of Health, more than 75% of adults agreed with the incorrect statement that "drinking alcohol is harmful to health only when regular or heavy".

Early age drinking is highly risky and can cause physical, emotional and developmental damage to young people both in the short and long term. A world leading alcohol research institute has found that people who start drinking before the age of 15 are significantly more likely to develop alcohol use disorders as adults than those who wait until they are 18.

Legislation and education are both needed to keep young people away from alcohol. While it is important to educate parents, LEAP believes that it is most effective to make sure young people establish a correct mindset towards alcohol from an early age through its sequential drug prevention programmes. Thanks to government funding, LEAP will launch a two-year alcohol prevention project for 3,000 upper primary students in local schools this September.



# 澳門教育幹事到訪

## Visit by Macau Life Education



二零一七年六月至七月期間，澳門健康生活教育的團隊，到訪 LEAP 的流動課室進行觀課及教學交流。自一九九九年以來，LEAP 一直為澳門健康生活教育提供培訓及支援。澳門健康生活教育是由澳門特別行政區政府社會工作局轄下的預防藥物濫用處負責營運。

是次澳門團隊分別到訪官立嘉道理爵士小學、勵志會梁李秀娛紀念小學、聖公會田灣始南小學及匡智屯門晨崗學校，參觀 LEAP 的中、英文小學及特殊教育課程，親身與學生體驗流動課室內嶄新的擴增實境 (AR) 和體感 (Kinect) 教學科技。課後，LEAP 的培訓主任除了與澳門團隊分享教學技巧及經驗，更介紹於 2017-2018 學年推出的新小學課程內容及活動，藉此幫助澳門健康生活教育課程注入新元素。

澳門團隊十分欣賞 LEAP 特別為有特殊發展需要的學生而設計的一系列擴增實境 (AR) 和體感 (Kinect) 教學活動，讓學生可以在課堂完全投入參與活動，樂在其中地學習。透過是次的教學交流，兩地培訓主任及教育幹事對不同學校及學生的需要有更高的敏感度，於設計課程內容時，能更貼合學生及現代社會的需要，以幫助學生建立健康的生活方式和無毒人生，達至 LEAP 的目標。

In June/July 2017, LEAP welcomed educators from Macau Life Education on a visit to Hong Kong. Since 1999, LEAP has provided ongoing training and support for Macau Life Education, which is operated by the Prevention of Drug Abuse Division, Social Welfare Bureau, Macau SAR Government.

The Macau educators visited Sir Ellis Kadoorie (Sookunpo) Primary School, The Endeavourers Leung Lee Sau Yu Memorial Primary School, S.K.H. Tin Wan Chi Nam Primary School and Hong Chi Morninghill School. They observed LEAP's Chinese and English programmes for primary and special needs students, and experienced first-hand the latest Augmented Reality (AR) and Kinect teaching technologies with students in the mobile classrooms. LEAP's trainers not only shared their teaching skills with the Macau educators, but also introduced our newly revamped primary programme and activities to be launched in the 2017-2018 academic year.

The Macau team was impressed by LEAP's efforts to design a wide range of AR and Kinect activities for special needs students, allowing them to fully engage in an enjoyable learning experience. Exchanges between the two teams provided insights for both to be more sensitive to the needs of different schools and students. LEAP's goal is always to tailor programmes to students in contemporary society, so as to help them develop a healthy lifestyle and a drug-free life.

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