

LEAP

跳蹦蹦
LEAPS & Bounds



LEAP

Life Education
Activity Programme
生活教育活動計劃

提供藥物教育課程 協助青少年健康成長
Drug Prevention Education:
helping children make safe and healthy choices





主席的話 From Our Chairman

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

歡迎大家閱讀秋季的「跳蹦蹦」！

隨著新學年開始，LEAP正積極準備歡迎本年度踏進流動課室的第十萬位學生。我們預計於二零一五年將會有達十萬三千名學生受惠於LEAP的預防藥物教育課程，這項新的服務紀錄實在十分值得慶祝。

我們的團隊一直努力不懈地改善課程，以學生利益為本。去年，我們在兩所新添置的流動課室內裝設了嶄新的教學科技，得到學生和老師的熱烈回應。在取得相關資助後，未來LEAP會逐步把新的教學科技應用到其他流動課室。

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。



主要贊助商的話 From Our Major Sponsor

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

太古公司及國泰航空公司自LEAP於一九九四年成立以來，一直成為其主要贊助商。多年以來，LEAP不斷發展，在本地教育制度中備受推崇，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、協助他們在生活中作出合適的決定及建立健康的生活方式。

我很高興獲知，LEAP正準備於二零一五至一六學年推出重新設計的幼稚園課程，作為課程改革的一部分。新課程將有助LEAP提早向更多年幼的學生提供以健康為基礎的預防藥物教育訊息，對LEAP的發展非常重要。

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有價值的投資。

Welcome to our Autumn newsletter!

As the new school year begins, LEAP eagerly anticipates welcoming its 100,000th student for this calendar year to a mobile classroom. With some 103,000 students expected to benefit from LEAP's drug prevention education programmes in 2015, this record-breaking milestone will be a significant occasion for celebration.

Our team constantly strives to improve its programmes, keeping the interests of students close to its heart. As the new teaching technologies launched a year ago in two of our new mobile classrooms have received a good response from both students and teachers, LEAP will extend their applications to all its classrooms and beyond, once funding has been secured.

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.

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.

I am pleased to hear that LEAP is launching a redesigned kindergarten programme in the 2015/16 academic year as part of its programme revamp. This is an important development as it will enable LEAP to extend its health-based drug prevention messages to more students at an earlier age.

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.

幼稚園課程更新

Expanded Kindergarten Programme

研究指出，有效的預防藥物教育課程應從年幼開始，由淺入深，切合學生的成長需要。故一直以來，LEAP都十分關注不同年齡學生的需要，除了中小學課程外，亦有幼稚園課程，名為「哈樂的野餐」。

LEAP備受歡迎的吉祥物「哈樂」是一頭不平凡的長頸鹿。多年來，「哈樂」一直幫助LEAP的教育幹事，為成千上萬的學生帶來重要的健康訊息。孩子們熱愛「哈樂」，非常期待到訪我們的流動教室，與「哈樂」會面。

在聆聽學校對課程發展的意見後，LEAP於新學年會增設兩個中文課程單元——「哈樂的一天」及「哈樂的至營餐單」，以協助學前學童從小培養健康的生活習慣。「哈樂的一天」對象為幼兒班學童，旨在讓他們明白保持個人衛生的重要，內容包括認識不同身體部分的功用，以及如何保持個人整潔及衛生。

而原有課程「哈樂的野餐」對象為低班學童，旨在讓他們明白愛惜身體的重要，內容包括認識腦部、心臟和肺部的基本功用及明白進食不同種類食物的重要。



另外，「哈樂的至營餐單」對象則為高班學童，內容包括食物營養、均衡飲食的原則，以及認識消化的過程。希望透過課程進一步強化學童培養健康飲食習慣的意識。

全新的課程主要透過多元化的互動活動，再配合有趣的動畫片段及切合課程主題的影音教材和歌曲，讓學童在輕鬆愉快的環境下學習，提升他們的學習興趣及專注力。此外，每位參與課程的學童均會收到LEAP特別設計的貼紙及工作紙，藉此提醒他們實踐課堂所學，鞏固「生活教育」課程所帶出的健康訊息。

新課程於二零一五年九月推出，將有助LEAP提早向更多年幼的學生提供預防藥物教育訊息。LEAP期望能與更多學校合作，幫助學童建立所需的生活技能，建立健康的生活模式。

Research shows that effective drug education should start from an early age and be both sequential and age appropriate. LEAP has always tried to cater to students of different ages and in addition to its primary and secondary programmes, it has offered a kindergarten programme called “Harold’s Picnic”.

Harold, LEAP’s favourite mascot, is no ordinary giraffe! Over the years he has helped our educators enormously in getting important health messages across to thousands of students. Children love Harold and cannot wait to visit him in our mobile classrooms.

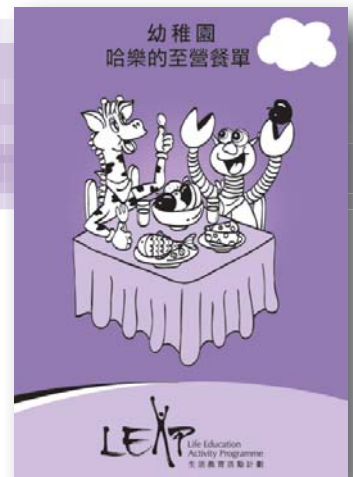
Following the advice of schools, LEAP has recently added two new units to its Chinese programme, “A Day with Harold” and “Harold’s Nutrition Tips”, designed to help pre-primary school children develop a healthy lifestyle from an early age. “A Day with Harold” aims at teaching nursery infants the importance of good personal hygiene. Children learn how different parts of the body work and how to keep their body clean.

The original unit “Harold’s Picnic” is now reserved for lower kindergarten students. Its objective is to encourage children to take good care of their bodies. The unit covers the basic functions of the brain, heart and lungs, and the importance of eating a wide variety of foods.

From “Harold’s Nutrition Tips”, upper kindergarten students learn about food and nutrition, the principles of a balanced diet and the digestive process. It is hoped this unit will further reinforce the message to develop healthy eating habits.

Through a wide range of interactive activities, video clips, audiovisual materials and songs related to the unit topics, the new programme allows students to learn and be attentive in a happy and relaxed environment. Afterwards, each child receives a special LEAP sticker and worksheets to help remind them about the health messages learned.

The new programme, which enables LEAP to extend its drug prevention message to more students at an earlier age, was launched in September 2015. LEAP looks forward to working with more schools to help students develop a healthy lifestyle.



生活教育活動計劃 LEAP - Who We Are



生活教育活動計劃 (LEAP) 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。

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 於一九九四年在香港成立，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 亦有推行中學課程以及一套名為「新一代健康成長錦囊」的家長教育課程，以裝備家長協助子女建立正確的價值觀，抗衡藥物的引誘。在二零一四/一五學年，LEAP 為超過十萬名學生提供課程，當中包括五千名特殊學生。

流動課室是 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。

我們於二零一四年九月，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，讓學生透過參與特別設計的互動教學活動，享受兼備創新科技、樂趣與知識的非凡學習體驗。現時 LEAP 設有九所流動教室和一所固定教育中心，於二零一五年將服務全港百分之二十五的小學生。

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 Education Bureau, the Narcotics Division of the Security Bureau and the Tobacco Control Office of the Department of Health.

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 was founded in Hong Kong in 1994.

Our Primary Programme is taken to schools in specially designed Life Education Centres (LECs), which can be driven all over the territory. LEAP also runs a Secondary Programme and a Parent Programme aimed at equipping parents with skills to help their children establish correct values and to prevent substance abuse. In the 2014/15 academic year, LEAP reached over 100,000 students, including 5,000 students with special needs.

LEAP's mobile classrooms are our centre stage and make our programmes unique. They provide a relaxed environment for youngsters to enjoy the programmes 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 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, 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 will reach 25 per cent of the primary student population in 2015.

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.

生活教育 Cheer 獎學金 2015/16

Cheer for LEAP Scholarships 2015/16

LEAP將於二零一五/一六學年再度舉辦「生活教育 Cheer獎學金」。該獎學金由LEAP的長期合作伙伴大昌行集團有限公司慷慨捐助，目的是鼓勵本地小學生建立健康的飲食及生活模式，並增進親子關係。本獎學金於二零一三/一四學年首次舉辦，獲得學生們的熱烈參與。

二零一五/一六學年的獎學金現已接受申請，所有本地小學生均可報名。於該學年內參與LEAP小學課程的學生均會獲發申請表格，各校學生亦可直接向LEAP辦事處索取表格。參加者將分為初小組（小一至小三）及高小組（小四至小六），每個組別均會選出一名優勝者，各獲發書券港幣五千元正。

申請學生需與一名家長或監護人一起以「食得健康又滋味！Cheer！」為創作主題，為家人設計一道新穎健康的菜式，並提交食譜。初賽期間，LEAP於每一期（每半年為一期）均會選出每組各三名表現優秀者入圍決賽，各入圍者可獲得由贊助商送出的Cheer牛奶飲品。

入圍者將獲邀於2016年8月下旬出席烹飪比賽，即場烹調自創健康食譜，並由評審團選出兩名（每組各一名）獎學金得主。所有參賽作品將根據食材選擇及配搭（30%）、營養價值（30%）、烹調/製作方法（是否簡便、健康）（20%）及創意（30%）四個範疇作出評審，評審團成員除生活教育活動計劃及大昌行之代表外，尚包括專業營養師。

有關比賽詳情，請參閱以下網頁：
www.leap.org.hk/Cheer_for_LEAP。

我們非常感謝大昌行再次對本獎學金提供資助，以鼓勵下一代建立健康生活模式。

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

贊助機構 大昌行集團 DAH CHONG HONG HOLDINGS

生活教育 CHEER 獎學金

目的

- 鼓勵學生建立健康飲食及生活模式
- 教導學生如何選擇健康的食物，推廣從小開始培養良好飲食習慣的概念
- 推動家長與子女一同下廚以增進親子關係
- 鼓勵學生學習重要生活技能(例如煮食等)

申請資格

所有本地小學學生均可申請生活教育 Cheer 獎學金，每人在2015/16學年只限提交一份申請。

組別

初小組：小一至小三學生
高小組：小四至小六學生

申請方法

- (1) 申請學生需與一名家長或監護人一起以「食得健康又滋味！Cheer！」為創作主題，為家人設計一道新穎健康的菜式。
- (2) 食譜要求：
 - (i) 食譜須合乎健康飲食的原則；
 - (ii) 食材方面，採用最少一種Cheer產品(例如雞蛋、果仁、健康香米等)。
- (3) 初賽分成兩期，於每期中均會選出6名(每組各3名)入圍獎得主進入2016年8月下旬舉行的決賽。入圍之學生及家長將獲邀於2016年8月下旬出席烹飪比賽，即場烹調自創健康食譜，並由評審團選出每組各一名優勝者獲發獎學金。(主辦單位將個別通知入圍者決賽詳情)
- (4) 學生請於為真申請表格填上所設計的食譜，並把填妥的表格連同Cheer鮮牛奶的超級市場購買單據正本一起交回。

申請日期

初賽
第一期 2015年9月7日至2016年2月29日
第二期 2016年3月1日至7月8日
決賽
2016年8月下旬

評選準則

食材選擇及配搭(30%)、營養價值(30%)、烹調/製作方法(是否簡便、健康)(20%)、創意(20%)

評審團的成員包括以下人士：

1. 米施活營養健康中心有限公司營養師 溫熾瑤小姐
2. 大昌貿易行有限公司品牌代理部助理總經理 林麗麗小姐
3. 大昌行集團有限公司企業傳訊及市場拓展部 企業傳訊主管 黃嘉欣小姐
4. 生活教育活動計劃拓展經理 陳佩芳女士

獎學金之細則及詳情請見 www.leap.org.hk/Cheer_for_LEAP

查詢電話：2530 0018 **生活教育活動計劃**

憑券於樂康超級市場購買任何罐裝鮮奶/罐裝奶包(每罐飲品/罐裝每份約946ml)一樽，即享\$5，費用即止。

查詢電話：2748 3127 服務熱線：2019 8872 (每日上午10時至下午6時)

獎項

入圍獎共12名(每組6名)
可獲得由贊助商送出的
一年免費Cheer鮮牛奶
及禮券(價值HK\$5000)
大獎2名(每組各1名)
HK\$5000 書券

LEAP is pleased to offer Cheer for LEAP Scholarships, sponsored by our long-time partner Dah Chong Hong Holdings Ltd, once again in the 2015/16 academic year. This programme is designed to encourage Hong Kong primary students to pursue a healthy diet and lifestyle and to promote parent-child relationships. Launched in 2013/2014, it has been very successful, receiving a positive response from students.

Applications for the 2015/16 scholarships are now open and all local primary students will be eligible to apply. Forms will be made available to students attending LEAP's classes or by contacting LEAP's office throughout the school year. There are two categories: Lower Primary (Primary 1-3) and Upper Primary (Primary 4-6). The winner in each

category will be awarded a fantastic prize of book coupons worth HK\$5,000.

This year students will be required to partner with a parent or guardian to create a family-friendly healthy recipe. In the preliminary rounds, the three best entries in each category will be selected every six months. All shortlisted winners will receive Cheer dairy products as prizes and will go through to the final round.

The finalists will be invited to prepare their winning recipes at a cooking competition to be held in late August 2016 for final judging. The two students (one in each category) whose dishes are selected by the judging panel as the most outstanding will be awarded the scholarships.

Entries will be judged according to the following criteria: composition and harmony of ingredients (30%), nutritional value (30%), healthy and convenient cooking methods (20%) and creativity (20%). The judging panel will consist of representatives from LEAP and Dah Chong Hong, and a dietitian.

For more details about Cheer for LEAP Scholarships, please visit:
www.leap.org.hk/Cheer_for_LEAP.

LEAP would like to thank Dah Chong Hong Holdings Ltd sincerely for supporting the Scholarships again and helping our next generation to develop a healthy lifestyle.

學習說「不」 Learning to Say “No”

by LEAP Educator, Ju Wong
撰文：LEAP教育幹事黃潔如

好奇害死貓 (Curiosity killed the cat) 是一句英國的諺語，旨在警告我們不要因為好奇心，而去胡亂嘗試一些不知曉的事物，因為這有機會帶來危險。從小到大，我都是一名「好奇寶寶」，會對身邊的事物表現得很有興趣。記得小時候，我因為好奇而把螺絲放進鼻孔，結果要到急症室把螺絲取出。不管是以前還是現在，「好奇心」都為我的生活帶來不少驚險的場面。

二零一五年七月十四日，LEAP邀請了基督教香港信義會天朗中心（一間濫用精神科藥物者輔導中心）的社工康浩禎（康Sir）和兩名義工到來，分享有關現時青少年濫用藥物的情況。其中印象最深刻的是一個模擬活動環節，康Sir取出一小包白色粉狀道具，希望邀請一位同事出來嚐一口。「要不要試試？」——我在「好奇心」的驅使下舉手表示願意幫忙。過程中，雖然知道手上的物品是道具，但我仍緊張起來。不過眼見四周盡是同事，環境又熟悉，加上康Sir亦十分專業可信，所以在他的慫恿下，我便放膽試了。

之後，康Sir指出活動的目的是想讓參與者體會到青少年在面對藥物邀請時的心態。原來當我們在朋輩壓力的影響下，即使覺得背後可能隱藏危機，亦有機會因為朋友的催逼及信任對方而冒險一試。

另外，康Sir亦邀請了兩名義工分享自身濫藥和戒毒的經歷。原來很多尤其是欠缺人生目標的青少年，都是因為在生活上遇到困難和壓力，而選擇濫用藥物來逃避問題。然而，某些精神科藥物除



“Curiosity killed the cat” is a proverb used to warn of the dangers of unnecessary investigation or experimentation. Ever since childhood, I have had an insatiable curiosity about almost everything around me. I remember well when I was quite small, I once put screws into my nostrils just to see what would happen. Of course, I was rushed to the hospital’s emergency ward where fortunately the screws were removed. Needless to say, curiosity has led to me having some quite scary experiences over the years!

On 14 July 2015, LEAP invited social worker Hong Ho-Ching, and two volunteers from ELCHK, Enlighten Centre, a counselling centre for psychotropic substance abusers, to talk to our educators about the current situation of drug abuse among young people. For me, the most memorable activity of the day was when Mr Hong took out a small packet of white powder and invited us to try it. Should I or shouldn’t I? Consumed by my usual curiosity, I raised my hand and joined Mr Hong on stage.

Even though I knew the white powder was not a real drug, I was still nervous when Mr Hong passed me the packet for tasting. But as Mr Hong looked so professional and especially given the familiar environment where I was surrounded by colleagues whom I trusted, I took a very small amount of the white powder with my fingertip and tasted it without questioning.

Mr Hong then explained the point of the activity, “You may now understand better why young people often accept an invitation to try drugs. It is very common for young people to try drugs for the first time under the influence of their friends. Even if they know that it can be risky, they may still take a chance just because they cannot resist peer pressure or because they trust their friends.”

了會損害神經系統的運作外，亦可能引致腦部不正常地分泌出一種用來傳遞快樂情緒的神經傳導物質－「多巴胺」。可惜這短暫得到的「快樂感」卻換來更多沉重的代價，例如許多的健康問題、與家人朋友關係破裂、法律責任等等。幸好，這兩名義工最終能逃離毒海，成功戒毒更新，找到人生方向。更令人感恩的是他們能把過去的傷痛變成祝福去鼓勵他人。

是次分享會讓我們意識到濫藥者也許本身已了解藥物所帶來的禍害，但他們仍會為了暫時忘記煩惱，而冒險以身試毒，最終不能自拔。所以，現今的預防藥物濫用工作不能單靠灌輸藥物知識，更要了解並掌握青少年健康成長的要素，例如朋輩影響、自我價值、家庭關係、甚至情緒管理能力等，才能有效預防青少年濫藥的問題。

LEAP的預防藥物濫用課程中，除了灌輸正確的藥物知識外，還會從青少年的生活技能和社交技巧等方面入手，讓年青一代掌握管理情緒和處理壓力的方法，加強他們的抗逆能力。另外，我們會引導學生反思自己對生命的態度，並讓青少年知道要為自己的選擇負上責任，從而強化他們拒絕濫藥的動力和能力。

如果要讓青少年遠離藥物的禍害，家長的參與是不可或缺的。所以LEAP希望透過家長教育課程，令父母進一步認識和明白子女的成長變化和需要，從而反思和學習調整既有的教導方式和相處之道，強化親子溝通，建立一個正面和諧的家庭，讓子女得以健康成長。

LEAP的每一位教育幹事都致力協助青少年建立健康和積極的生活模式，並裝備他們成為有自信及能貢獻社會的成年人。LEAP期望在往後的日子，能接觸更多學生，與家長、學校和社會各界攜手，協助預防青少年濫用藥物。



The two volunteers from ELCHK, Enlighten Centre, who were both ex-drug addicts, then talked about their experiences. They told us that many young people take drugs as a way to evade problems and pressure, especially if they have no purpose in life. Some psychotropic drugs can lead to the abnormal secretion of a neurotransmitter, dopamine, which helps put people in a happy mood. But there is a heavy price to pay for this brief euphoria. These drugs damage the functioning of the nervous system, leading to numerous health problems, breaking up with family and friends, vulnerability and so on. Fortunately, these two volunteers have quit drugs successfully and found new directions and aspirations in life. It is a blessing that they have decided to share their unpleasant experiences of drug addiction in order to warn other people of the terrible consequences of drug abuse.

The main thing we learned from them is that even though drug abusers may be aware of the harmful effects of drugs, they are willing to take an irreversible, life-threatening chance just for a temporary trouble-free experience. In drug prevention education, it is therefore not enough to instill knowledge of the dangers of drugs; one must also understand the essential elements that contribute to the healthy development of young people. For drug prevention education to be effective, factors such as peer influence, self-esteem, family relationships, and emotional management skills are all important areas to be considered.

Apart from teaching young people about drugs, LEAP's programmes also equip young people with the life and social skills to manage their emotions and peer pressure, helping them to face up to difficult situations with greater resilience. Students are also given the necessary guidance to reflect on their attitude to life and to make responsible choices. This will strengthen their determination and ability to resist the temptation of drugs.

Parents have a very important role to play in helping young people stay away from drugs. LEAP's parent programme helps parents to acknowledge and understand the life changes and needs of their children so that they know better how to teach and interact with them. By acquiring effective parent-child communication skills, parents can foster a harmonious and drug-free family so that their children can develop in a healthy way.

Every LEAP educator is committed to helping young people develop a healthy and positive lifestyle so as to equip them to become confident and contributing individuals. In addition to reaching more students, LEAP looks forward to working with parents, schools and the community to help in the fight against drug abuse.



LEAP支持加強控煙措施

LEAP Supports New Proposals on Tobacco Control

在二零一五年七月六日舉行的立法會特別會議上，LEAP就政府提出的一系列加強控煙措施建議表達支持的意見，特別是對更改香煙封包上的健康忠告式樣，以及規管電子煙的事宜表示強烈支持。

LEAP非常贊成於煙包上增加不同類型的健康警示，並把煙包的圖像警示由現時佔煙包兩面面積的一半，增加至百分之八十五。

有研究指出，煙害圖像警示面積越大，可更有效地預防青少年嘗試吸煙。根據我們的教學經驗，圖像能幫助學生集中以及更迅速地了解訊息。大部分曾參與LEAP課程的學生均表示煙包上的警告圖像一看明白，令他們印象深刻。但他們亦反映，現時的煙害圖像已經過多年使用而沒有更新，容易令人漸漸麻木。

LEAP亦十分關注電子煙問題，有電子煙產品在主打年青人市場的商店出售，而且外型色彩繽紛、提供不同味道選擇，價錢便宜，容易吸引學生的注意。

由於電子煙商的推廣銷售方法五花八門，老師們亦開始對電子煙問題提出關注，表示曾有學生因為購物滿指定金額而獲贈送電子煙，校方更主動要求LEAP向學生講解更多有關電子煙的資訊。

現時向年青人推銷電子煙的情況明顯不受管制，鑑於電子煙在安全及健康方面的潛在風險，我們必須立即採取行動，對電子煙作出有效規管，以免對年青人造成進一步傷害。

At a special Legislative Council meeting held on 6 July 2015, LEAP presented its views in support of the proposed additional tobacco control measures. In particular, LEAP backs the proposals to change the prescribed form of health warning on cigarette packets and to regulate electronic cigarettes (e-cigarettes).

LEAP is strongly in favour of increasing different kinds of health warning on cigarette packets, and expanding the area of the graphic health warnings to 85 per cent of the two largest surfaces of the packet.

Research has shown that the larger the health warnings, the more effective they are in preventing young people from starting to smoke. Our teaching experience confirms that images help students to focus and understand information more quickly. Most of the students who have attended LEAP's programmes agreed that graphic health warnings on cigarette packets are both easy to understand and very memorable. However, they also felt that the existing health warnings have been in use for so long that they are no longer effective.

LEAP is also very concerned at the way e-cigarettes, which come in various colours and flavours at a very affordable price, are attracting the interest of students, as they are so easily available at shops targeting young people.

School teachers are also alarmed by the ways that e-cigarettes are being promoted to students. LEAP recently received a request from a school to provide more information about e-cigarettes, as one of their students had received an e-cigarette as a gift after making a purchase at a shop.

It is evident that e-cigarettes are being marketed to young people in unregulated ways and, with uncertainties such as safety and potential health risks still surrounding e-cigarettes, immediate action must be taken to put e-cigarettes under effective control before they harm our young people further.

廣州藥物教育培訓講座 Training for Guangzhou Professionals

—— 零一五年六月二
—— 日，LEAP的兩位教育幹事陳偉權及林俊謙，應廣州市越秀區疾病預防控制中心的邀請，提供藥物教育培訓講座。



是次講座旨在探討如何在校園內推廣藥物教育課程。LEAP的兩位教育幹事詳細介紹了LEAP的小學控煙及藥物教育課程、教學理念、方法和課程內容等等。不少與會人士指出，中國內地的健康教育較為治標性，相對被動，而主動有效的預防教育則仍然是一個較新的概念。LEAP的成功經驗獲得參加者熱烈回應，彼此積極地交流意見。

LEAP希望透過是次講座，提高當地的老師及有關志願工作者對預防藥物教育的意識及相關教學手法的應用。

Two LEAP educators, Vincent Chan and Him Lam, spoke at a Drug Education Training Workshop organised by the Yuexiu District Centre for Disease Control and Prevention in Guangzhou on 2 June 2015.

The seminar aimed at exploring ways to promote drug education programmes in schools. Our educators gave details of LEAP's smoking and drug prevention programmes, as well as our teaching philosophy, methodology and programme contents. A number of participants said that up to now, health education has been rather palliative and passive in mainland China, so active effective health education is still a relatively new concept. LEAP's successful experience drew a high level of interest and prompted a lively exchange of ideas.

Through this seminar, LEAP hoped to raise the awareness of Chinese educators and volunteers in drug prevention education and the application of related teaching methods.

澳門健康生活教育 Life Education Macau

在澳門健康生活教育中心的邀請下，LEAP高級教育主任周藍恩及高級教育幹事王婷婷於二零一五年七月十五至二十一日期間，先後到訪澳門，為該中心的教育幹事進行培訓。為準備是次培訓，澳門的教育幹事早於六月三十日及七月二日兩天到港進行觀課，以鞏固對課程的了解。

是次五天的培訓旨在進一步提昇澳門健康生活教育課程的質素及水準，同時協助其資深教育幹事成為正式培訓主任。

LEAP培訓主任主要與澳門教育幹事按澳門學生的需要分析教學重點以優化課程及交流培訓經驗。很高興是次培訓順利完成，澳門教育幹事陳潔屏正式成為澳門首位小學課程培訓主任。



At the invitation of Life Education Macau, LEAP's Senior Education Officer Joyce Chow and Senior Educator Polly Wong visited Macau from 15 to 21 July 2015 to provide training for the educators there. In preparation, the Macau educators visited Hong Kong on 30 June and 2 July to observe classes so as to enhance their understanding of LEAP's programmes.

The purpose of the 5-day training was to improve further the quality of the drug prevention programmes of Life Education Macau, and at the same time, to train one of their most experienced educators to be a trainer.

LEAP's trainers focused on refining programmes according to Macau students' needs and exchanging training experiences with Macau's Educator. The trainer's training was completed successfully. LEAP was pleased that Wendy Chan qualified as the first trainer of the primary programme of Life Education Macau.

中華基督教會香港區會校長到訪 Visits by HKCCCC Principals

—— 零一五年六月，來自中華基督教會香港區會（HKCCCC）屬下小學及幼稚園的八位校長先後到協和小學參觀LEAP的課程，當中包括中華基督教會香港區會小學校長會主席兼中華基督教會基法小學（油塘）校長梁淑儀女士。

各位校長都是首次參觀LEAP的課程，他們對課程的豐富內容、獨特教學方法及教育幹事之專業水平給予高度讚許。由於對課程的質素十分有信心，部分學校已確定於二零一五/一六學年參與LEAP課程。我們很高興能把服務範圍擴展到更多幼稚園，讓更多學生受惠。

大鴻輝慈善基金董事洪繼懋先生於二零一五年七月十日到訪慈幼葉漢千禧小學觀課，以了解更多有關LEAP的教育課程及運作。洪先生對我們的工作十分感興趣，對LEAP在教育青少年遠離毒品方面的努力甚為欣賞。

A total of eight principals of primary schools and kindergartens of the Hong Kong Council of the Church of Christ in China (HKCCCC) visited LEAP's mobile classroom at Heep Woh Primary School on different days in June 2015. This was their first visit to a LEAP programme. Among them was Leung Shuk Yee, Chairman of the Association of Heads of Primary Schools of the HKCCCC and Principal of CCC Kei Faat Primary School (Yau Tong).



All the principals were full of praise for the exceptional quality of LEAP's programmes, from their content and methodology to the professionalism of our educators. Having gained confidence in LEAP, a few of the schools have already signed up for LEAP's programmes for the 2015/16 academic year. LEAP is excited to extend its reach to more kindergarten students.

Marcus Hung, Director of the Tai Hung Fai Charitable Foundation, joined a LEAP class at Salesian Yip Hon Millennium Primary School on 10 July 2015 to gain a better understanding of LEAP's education programmes. Showing a keen interest in LEAP's work, Mr Hung was very impressed by LEAP's unique efforts in educating young people to stay away from drugs.

資助少數族裔學生 Sponsorship for Ethnic Minority Students

香港馬主協會慈善基金慷慨捐贈港幣十萬元以繼續資助LEAP為非華語少數族裔學生提供英語課程。透過「學生資助計劃」，善款可讓一千名就讀於英文授課學校的學生免費參與LEAP藥物教育課程。

基金於去年已捐出港幣八萬元資助就讀於英文授課學校的少數族裔學生。過去數年，基金一直與LEAP攜手合作，打擊藥物濫用問題，我們對此表示衷心感謝。

The Hong Kong Racehorse Owners Association Charitable Foundation has kindly donated HK\$100,000 to continue the sponsorship for non-Chinese speaking ethnic minority students to join LEAP's English programme. Under the "Sponsor a Student" campaign, the donation will allow 1,000 students attending English Medium of Instruction (EMI) schools to benefit from LEAP's drug prevention programmes free of charge.



Last year, the Foundation donated HK\$80,000 to support EMI students. It is now several years since the Foundation joined LEAP in its fight against drug abuse and LEAP is most grateful for its faithful support.

賣旗日2015成功舉行 2015 Flag Day a Success



LEAP的第十個賣旗日已於四月十八日在新界區順利完成，在接近一千八百名義工鼎力支持下，成功籌得善款逾六十四萬元，成績令人鼓舞。

派出最多義工參與的團體均獲頒發「最多義工參與團體獎」以作表揚。冠軍是五旬節斬茂生小學；亞軍是伯裘書院；季軍是天主教聖母聖心小學；而圓玄學院妙法寺內明陳呂重德紀念中學則獲優異獎。

LEAP謹此鳴謝各參與團體及學校的支持，以及各位學生、家長、機構及個人義工的幫助，亦衷心感謝各位金旗捐款者、劉德華先生、恆生銀行、港鐵公司及賣旗日支持媒體新城廣播有限公司。

LEAP's 10th Flag Day was held on 18 April 2015 in the New Territories. More than 1,800 flag-selling volunteers helped us raise a splendid total of over HK\$640,000!

Awards were presented to schools providing the most volunteers: Pentecostal Gin Mao Sheng Primary School (Winner), Pak Kau College (1st Runner Up), Sacred Heart of Mary Catholic Primary School (2nd Runner Up), Yuen Yuen Institute MFBM Nei Ming Chan Lui Chung Tak Memorial College (Merit).

LEAP is grateful to all the organizations, schools, students, parents, corporate and individual volunteers who supported the event. We would also like to thank the donors to our Gold Flag Appeal, Mr Andy Lau Tak Wah, Hang Seng Bank, MTR Corporation and Flag Day media sponsor Metro Broadcast Corporation Limited.

哈樂利是刷新籌款紀錄 Lai See Project Sets New Record

哈樂利是2015刷新歷年籌款紀錄，今年共有三十間學校參與，當中包括英基學校協會屬下學校及國際學校，為LEAP籌得港幣二十六萬二千元善款。我們要感謝各參與學校的老師、學生和家長，並對各獲獎學校致以深切的感謝及祝賀。

「最高籌款額學校獎」：

新加坡國際學校（冠軍）、拔萃女小學（亞軍）、聖保羅男女中學附屬小學（季軍）、將軍澳官立小學（優異獎）及嘉諾撒聖瑪利學校（優異獎）。

「最踴躍參與學校獎」（收集利是數目最多的學校）：

將軍澳官立小學（冠軍）、大坑東宣道小學（亞軍）及新加坡國際學校（季軍）。

A total of 30 local, ESF and international schools took part in LEAP's 2015 Lai See Project, raising a record-breaking HK\$262,000! Thank you to the students, parents and staff of participating schools for contributing to this marvellous result. Special congratulations to:

“Most Generous School Award”

Singapore International School (Winner), Diocesan Girls' Junior School (1st Runner Up), St Paul's Co-educational College Primary School (2nd Runner Up), Tseung Kwan O Government Primary School (Merit) and St Mary's Canossian School (Merit).

“Most Supportive School Award” (with the highest number of packets)

Tseung Kwan O Government Primary School (Winner), Alliance Primary School, Tang Hang Tung (1st Runner Up) and Singapore International School (2nd Runner Up).

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Your personal data will only be used for issuing official receipts, raising funds, and communicating with you. If you prefer not to receive any further information from LEAP, please inform us.

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A BIG thank you to all
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莊偉茵 Chong Wai Yan Quince
香港馬主協會慈善基金 The Hong Kong Racehorse Owners Association
中瑞岳華(香港)會計師事務所 RSM Nelson Wheeler
胡燦文 Sam Woo - Carlos Automation Limited

泊車設施贊助機構 For Parking Facilities

香港城市大學 City University of Hong Kong
金巴崙長老會耀道小學 CPC Yao Dao Primary School
法國國際學校 French International School
香港飛機工程有限公司 Hong Kong Aircraft Engineering Company Limited
香港科技大學 Hong Kong University of Science and Technology
冠忠遊覽車有限公司 Kwoon Chung Motors Co Ltd
保良局羅氏信託學校 Po Leung Kuk Law's Foundation School
啓新書院 Renaissance College Hong Kong
三水同鄉會劉本章學校 Sam Shui Natives Association Lau Pun Cheung School
聖公會基福小學 SKH Kei Fook Primary School
聖保羅男女中學附屬小學 St Paul's Co-educational College Primary School
聖士提反書院附屬小學 St Stephen's College Preparatory School
太古小學 Tai Koo Primary School
仁愛堂田家炳小學 Yan Oi Tong Tin Ka Ping Primary School

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才俊學校	香港西區扶輪社區智晨輝學校	China Youth Trading Ltd
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天主教崇德英文書院	軒尼詩道官立下午小學	Mr Peter Duncan
天主教慈幼會伍少梅中學	培僑書院	Mr St John Flaherty
天主教聖母聖心小學	基督教家庭服務中心	Ms Jenny Fong
太古資源有限公司	基督教懷智服務處 - 悅屏義工隊	Mr Robin Gill
打鼓嶺嶺英公立學校	基督教懷智服務處 - 將軍澳綜合復康中心	Mr Patrick Healy
石籬天主教中學	將軍澳官立小學	Ms Wai Hung Ho
伊利沙伯中學舊生會湯國華中學	陳瑞祺(喇沙)小學	Mr Baschar Hraiki
伊利沙伯舊生會小學	曾壁山中學	Mr Billy Lam
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光明學校	華仔天地	Mr Samson Lee
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