

LEAP

跳蹦蹦
LEAPS & Bounds





主席的話 From Our Chairman

張鳳婷女士 Chitty Cheung
生活教育活動計劃主席 Chairman, LEAP

隨著暑假結束，我在此歡迎大家閱讀二零一三年秋季的「跳蹦蹦」。

對LEAP而言，二零一二至一三學年是忙碌而有意義的一年！這段期間我們創下了服務九萬一千四百名學生的新紀錄，當中受惠於藥物教育課程的小學生接近七萬人，佔全港五分之一的小學生人數。我十分感謝LEAP的教育幹事團隊，他們憑著敬業精神，一直努力不懈，才能做出這個美滿的成績。

LEAP於二零一四年便步入二十週年，實在感謝社會各界對我們的不斷支持。我們現正籌劃慶祝活動以紀念這個特別的日子，並希望能讓社會各界一同參與，大家一起慶祝這個重要的里程碑。

LEAP的成功及未來發展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及愛生命之友譚燕玉小姐；提供義務拖運服務的東源大地有限公司、新興機構、亞聯貨運香港有限公司，以及各學校、校長、教師、義工和支持者，LEAP特此向他們致謝。

As the summer holidays come to an end, I would like to take this opportunity to welcome you to our Autumn 2013 newsletter.

The 2012/13 academic year was a busy and rewarding one for LEAP, during which we served a record-breaking total of some 91,400 students! Close to 70,000 of them were primary students, meaning that one in five of the primary population benefitted from our drug prevention programme. We thank our most dedicated team of educators for their tireless efforts in helping us achieve this fantastic result.

Thanks to the continuous support of the community, LEAP will be celebrating its 20th anniversary in 2014. We are now making plans to mark this special occasion. Hopefully, the larger community can get involved and join us in celebrating this important milestone in LEAP's development.

LEAP's success and future development depend on the long-term support of its sponsors, Swire and Cathay Pacific Airways; the Hong Kong Jockey Club Charities Trust; 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; our Life Buddy, Ms Vivienne Tam; towing companies Eastern Worldwide Co. Ltd, Sun Hing Group of Companies and Orient Trucking Ltd; 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

白紀圖先生 Christopher Pratt
太古股份有限公司主席 Chairman, Swire Pacific Ltd.

生活教育活動計劃自一九九四年成立至今，在本地教育制度中備受推崇，並成為不可或缺的一部分。透過教導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。

展望未來，LEAP會繼續努力提高服務水平。為準備迎接明年的LEAP二十週年慶典，我樂於看見LEAP將會推出更多新的教育服務，以進一步邁向其目標。

本人對於太古公司及國泰航空公司自LEAP成立以來一直成為其主要贊助商深感自豪。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。

Since its foundation in 1994, LEAP has 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.

LEAP continually strives to raise its standards as it looks to the future. As LEAP prepares for its 20th anniversary in 2014, I am pleased to see more new educational initiatives are in the pipeline to further its goals.

I am proud that Swire and Cathay Pacific have been major sponsors of LEAP since its inception. 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.

生活教育Cheer獎學金

Cheer for LEAP Scholarships

LEAP欣喜地宣佈，「生活教育Cheer獎學金」將於二零一三年九月成立。獎學金由LEAP的長期合作伙伴大昌行集團慷慨捐助，目的是鼓勵本地小學生建立健康的飲食及生活模式。

二零一三/一四學年的獎學金將於九月份開始接受申請，所有參與LEAP小學課程的學生均可報名。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。

於二零一三/一四年度參與LEAP小學課程的學生均會獲發申請表格一張，申請學生需以「為健康家庭喝采！Cheer！」為題，簡述於家庭中推廣健康生活模式的建議。初賽期間，LEAP於每一季度中均會選出每組各兩名表現優秀者入圍決賽，各入圍者均可獲得由贊助商送出的Cheer牛奶一年免費贈飲。

於學年結束時，所有入圍者將需提交一篇文章（初小組：不超過一百字；高小組：不超過三百字），評審團會從每組別中選出一名優勝者。優勝者需通過評審面試，才可獲發獎學金。

所有參賽作品將根據貼題（50%）、創意（30%）及表達技巧（20%）三個範疇作出評審，評審團成員除生活教育活動計劃及大昌行之代表外，尚包括來自教育界及醫學界的專業人士。

有關比賽詳情，請參閱以下網頁：

www.leap.org.hk/Cheer_for_LEAP。

LEAP非常感謝大昌行集團的支持，慷慨捐助獎學金，以鼓勵下一代建立健康生活模式。

LEAP is delighted to announce the launch of the "Cheer for LEAP Scholarships" programme in September 2013. Sponsored by LEAP's long-time partner, Dah Chong Hong Holdings, this programme will aim to encourage primary students in Hong Kong to pursue a healthy diet and lifestyle.

Applications for the "Cheer for LEAP Scholarships" for the 2013/2014 academic year will open in September and all primary students attending LEAP's programme will be eligible to apply. There are two categories of application: Lower Primary (Primary 1-3) and Upper Primary (Primary 4-6). The winner in each category will be awarded book coupons worth HK\$5,000.

Application forms will be made available to primary students attending LEAP's classes throughout the 2013/14 school year. Students will first be required to submit a

short write-up expressing their ideas on how to promote a healthy lifestyle within the family. In the preliminary rounds, the two best entries will be selected from each category every three months. All quarterly shortlisted winners will receive complimentary Cheer milk products for one year as prizes and will be eligible to enter the final round of selection.

At the end of the academic year, all finalists will be invited to submit an essay (Lower Primary: 100 words; Upper Primary: 300 words). The two applicants (one from each category) whose entries are selected by the judging panel as the most outstanding, will go through a final interview conducted by representatives of the judging panel before the scholarships are granted.

Entries will be judged according to the following criteria: content (50%), creativity (30%) and presentation skills (20%). The judging panel will consist of representatives from LEAP and Dah Chong Hong, and also professionals from the education and public health sectors.

For more details about the Scholarships, please visit:

www.leap.org.hk/Cheer_for_LEAP.

LEAP would like to thank Dah Chong Hong Holdings sincerely for supporting the Scholarships and helping our next generation to 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的危險。課程獲教育局及保安局禁毒處認可。

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、新西蘭、香港、澳門、泰國、印尼、英國、匈牙利、芬蘭、塞浦路斯、巴巴多斯及南非運作。

LEAP於一九九四年在香港成立，以設計獨特之「流動生活教育中心」將生活教育課程帶進全港各區的小學。現時已有八所流動生活教育中心、一所固定教育中心及中學課程同時運作，每年為約九萬名學生提供服務，包括近五千名特殊學校的學生。二零零六年，LEAP更推行「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。

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。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。

此外，LEAP特設訓練中心，為教育幹事提供嚴格訓練以傳授及策劃課程。

Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognized health awareness and drug prevention programmes for primary and secondary schoolchildren. It helps them establish a healthy lifestyle and become aware of the dangers of drugs, including cigarettes and alcohol. LEAP's programmes are endorsed by the Hong Kong SAR Government's Education Bureau and Narcotics Division of the Security Bureau.

Life Education originated in Australia. The first Life Education Centre was established in 1979 by the Reverend Ted Noffs in Sydney, Australia. The concept spread throughout Australia and then internationally. Today Life Education operates in Australia, New Zealand, Hong Kong, Macau, Thailand, Indonesia, the UK, Hungary, Finland, Cyprus, Barbados and South Africa.

LEAP was founded in Hong Kong in 1994. Our primary programme is taken to schools in specially designed mobile Life Education Centres (LECs), which can be driven all over the territory. LEAP now operates eight mobile centres and one static centre, as well as a secondary school programme. Our programmes reach some 90,000 schoolchildren annually, including 5,000 students with special needs. In 2006, LEAP launched "Safe and Successful", a programme which aims at equipping parents with skills to help their children establish correct values and to prevent substance abuse.

The LECs are designed to 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 in the delivery of the programme. 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.

LEAP has its own training centre, where our educators undergo intensive training to deliver and direct the programmes.

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，讓他們明白煙草、酒精以及毒品對身體的影響，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.

崇德設計及填色比賽 Zonta Competition

香港崇德社在過去兩年慷慨資助多家資源調配有困難的學校，令三千多名學生能參與LEAP的課程。LEAP特別邀請受惠學校的學生參與「崇德顯愛心，共建健康人生」生活教育流動課室車身設計及填色比賽，鼓勵學生運用他們的創作力為流動課室設計出充滿色彩及正面訊息的車身，以進一步宣揚及推廣健康生活的訊息。



Thanks to a generous grant provided by the Zonta Club of Hong Kong (Zonta), some 3,000 students – from schools hitherto unable to participate in LEAP's programmes – have been given the opportunity to receive LEAP's drug prevention programmes in the past two years.

To promote LEAP's healthy living message further among these students, a design and colouring competition was organized. Students from the lower and upper primary forms were invited to use their creativity to colour or design the exterior of a LEAP mobile classroom. Over 200 amazing entries were received and were jointly judged by Zonta and LEAP.

The prize presentation ceremony was held on 5 July 2013 at TWGHs Wong See Sum Primary School which graciously provided a venue. Following speeches by the Principal Ms Lee Sau Ying and LEAP's Executive Director Ms Heidi Lau, prizes were presented to the winners by Zonta President Mrs Joan Leung Lye and outgoing President Mrs Bonnie Kwan Huo. Over 100 guests, including former LEAP director Mrs Margaret Chan, students, parents and teachers attended the event.

The winners of the Competition are:



比賽分初小組及高小組兩個組別，總共收回逾二百份優秀作品，並由崇德社及LEAP共同選出各組的冠、亞、季軍及兩名優異獎。

比賽頒獎典禮於二零一三年七月五日舉行，承蒙東華三院黃士心小學慷慨借出場地舉辦是項活動，謹此致謝。該校李秀英校長及LEAP總幹事劉鳳慧女士分別於頒獎禮上致詞，並由崇德社社長梁慶儀女士和前社長霍關天穎女士擔任頒獎嘉賓。出席典禮的嘉賓包括LEAP前董事陳余曼紅女士，各校入圍學生、家長和老師等逾一百人。

得獎名單如下：

初小組

- 冠軍：陳仲彥同學
(東華三院高可寧紀念小學)
- 亞軍：蔡文朗同學
(東華三院高可寧紀念小學)
- 季軍：陳嘉禧同學 (保良局黃永樹小學)
- 優異獎：李宇軒同學 (東華三院黃士心小學)
蘇靄怡同學 (保良局黃永樹小學)



高小組

- 冠軍：李皓宏同學 (聖公會基福小學)
- 亞軍：歐懿德同學 (聖公會基福小學)
- 季軍：施靖儀同學 (保良局黃永樹小學)
- 優異獎：趙喧喧同學
(東華三院高可寧紀念小學)
李迦碧同學 (保良局黃永樹小學)



LEAP再次感謝崇德社的資助和各學校的參與，並恭喜各得獎同學，希望各位繼續努力推廣並活出健康無藥人生。



Lower Primary

- Champion: Chan Chung Yin
(TWGHs Ko Ho Ning Memorial Primary School)
- 1st Runner-up: Choy Man Lang
(TWGHs Ko Ho Ning Memorial Primary School)
- 2nd Runner-up: Chan Ka Hei
(PLK Wong Wing Shu Primary School)
- Merit Awards: Lee Yu Hin
(TWGHs Wong See Sum Primary School)
So Oi Yi (PLK Wong Wing Shu Primary School)

Upper Primary

- Champion: Lee Ho Wang (SKH Kei Fook Primary School)
- 1st Runner-up: Au Yi Tak (SKH Kei Fook Primary School)
- 2nd Runner-up: Sze Ching Yi
(PLK Wong Wing Shu Primary School)
- Merit Awards: Chiu Huen Huen
(TWGHs Ko Ho Ning Memorial Primary School)
Li Ka Pik (PLK Wong Wing Shu Primary School)

LEAP would like to thank Zonta again for its generous sponsorship, and the participating schools and students for their enthusiastic support. We also congratulate all the winners and hope they will continue to work hard to promote and live a healthy, drug-free life.



20 Years of Commitment –
Empowering our Youth to
Live a Positive Life

培育健康成長、躍進豐盛未來

為二十週年誌慶作準備 20th Anniversary Preparations

零一四年是LEAP成立二十週年的大日子，我們現正密鑼緊鼓地籌劃一連串活動以慶祝這個歷史新里程，同時希望藉此機會增加社會各界人士對LEAP的認識及了解，以進一步向年青一代宣揚健康生活的訊息，及預防藥物濫用教育工作的重要性。

我們特別邀請充滿熱誠，積極投入的LEAP員工團隊一同參與二十週年誌慶主題的設計，在短短數星期內已收到超過二十份優秀的作品。最後經由同事內部投票選出其中最受歡迎的三組主題予董事會參考。董事會成員經過熱烈的討論並給予很多寶貴意見，在眾人的集思廣益下，二十週年的主題終於誕生了：「培育健康成長、躍進豐盛未來」。

LEAP在未來一年推出的新計劃包括「生活教育 Cheer獎學金」，目的是鼓勵學生建立健康飲食及生活模式；而現正籌備當中的健康教育互動網頁，可讓學生透過互聯網學習健康知識及認識毒品的害處；至於深受歡迎的LEAP吉祥物長頸鹿哈樂亦會於二零一四年初展開親善之旅活動，前往多家不同小學拜訪，與學生們作近距離接觸。同時，我們亦會製作一系列二十週年紀念品以慶祝此項盛事。

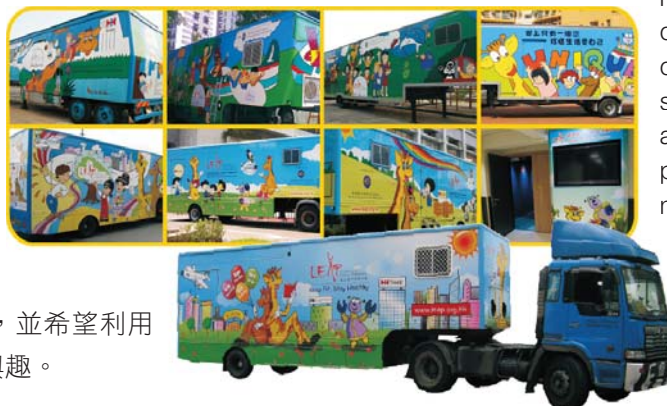
慶祝活動的高潮，就是二十週年慈善晚宴。多年以來，慈善晚宴都是LEAP的重要籌款活動，協助籌募善款以發展健康及預防藥物教育，把LEAP課程帶給更多兒童及青少年。我們亦正計劃在明年新添一所流動課室，以期把課程帶給更多學生，並希望利用先進的教學科技提高學生的學習興趣。

2014 will mark LEAP's 20th anniversary and plans are already underway to celebrate this significant milestone! We hope we can use the occasion to increase the community's awareness and understanding of LEAP's role, so as to promote our healthy living messages among the younger generation and highlight the importance of drug prevention education.

Who better than the dedicated LEAP team to pinpoint the theme of our celebrations? We invited them to submit their ideas and within a few weeks, more than 20 pleasing entries were received. After an internal vote, the three most popular entries were presented to the Board. Following much discussion, the theme of LEAP's 20th anniversary was chosen: "20 Years of Commitment – Empowering our Youth to Live a Positive Life".

Among the brand new initiatives in our anniversary year will be the "Cheer for LEAP Scholarships" to encourage students to adopt a healthy diet and lifestyle. Also in preparation is a "Healthy Lifestyle Interactive Webpage" enabling students to learn more about health issues and the dangers of drugs through the Internet. Harold the Giraffe, LEAP's favourite mascot, will enter into the spirit of the celebrations, visiting a number of primary schools to meet children early in 2014. A collection of special 20th anniversary merchandise will be available to add to the festive mood.

The highlight of the year will be LEAP's 20th Anniversary Gala Dinner, a landmark event in LEAP's history which will also help raise essential funds to develop LEAP's health and drug prevention programmes so as to benefit more children and young people. LEAP plans to add one more new mobile classroom to our fleet to reach more students, and explore new teaching technologies to capture their interest.



一直以來得到學生熱烈支持的「哈樂利是」新春籌款活動，將如以往一樣，於春節假期後舉辦。此外，賣旗籌款亦是LEAP每年最重要的籌款活動之一，明年我們將繼續舉辦賣旗籌款，除了讓公眾人士增加對本機構的認識及了解，亦提供機會讓學生、家長及大眾共同參與LEAP的籌款工作。同時，我們亦正積極邀請LEAP的健康大使劉德華先生和愛生命之友譚燕玉小姐參與慶祝活動。

LEAP自一九九四年成立以來已經走過了漫長的道路，起初只設有一所流動課室，為英基及國際學校提供預防藥物濫用課程，翌年把服務擴展至本地學校。一九九九年，LEAP開始推出首個中學課程及開展特殊教育課程服務。二零零六年，LEAP推行「新一代健康成長錦囊」的家長教育課程，裝備家長相關的知識和技巧去建立一個無藥家庭，課程自成立至今深受歡迎。

LEAP相信每一個人都是獨特的，希望能幫助青年人從小開始建立正面的人生態度，讓他們將來可發揮潛能，貢獻社會。LEAP的每位教育幹事都擁有同樣的信念，多年來本著以兒童為中心的教學理念，堅持以班制教學，限制每課學生人數，務求在一個多小時有限的時間內，能照顧到每個學生的需要。在互動的教學模式下，誘導學生在將來遇到藥物引誘時，可以作出正確的選擇。

二零一二年，LEAP搬遷到新設於麗瑤邨的永久辦事處，新的劉德華生活教育中心亦投入服務，隨後流動課室的數目更增至八所，令LEAP每年服務的中小學生人數增加至九萬多名。

LEAP的服務在十九年來得以擴展，全賴各界的支持和鼓勵。展望未來，我們將會以二十週年主題為目標，培育青少年健康成長，協助他們建立豐盛的人生。我們會積極地與學校、老師、家長攜手協作，把課程帶給更多青少年。LEAP一直都密切地留意本地藥物濫用問題的情況，鑑於現時青少年吸毒隱藏的趨勢，我們會積極協助建立無藥家庭，令香港成為一個無毒社會。

As usual, our Lai See Project, which has become such a success among students, will take place straight after Chinese New Year. LEAP's Flag Day, another major fundraising event, will also be held again in 2014. At the same time as increasing public awareness of LEAP, the Flag Day is also an ideal opportunity for students, parents and the general public to get involved in our fundraising work. We have also invited LEAP's Health Ambassador, Mr Andy Lau Tak Wah and our Life Buddy, Ms Vivienne Tam to become part of LEAP's 20th anniversary celebrations.



LEAP首部流動課室於一九九四年正式啟用，
並由彭定康夫人主持啟用儀式。

Mrs Lavender Patten officiated at the launch of
the first LEAP mobile classroom in 1994.

LEAP has come a long way since its inception in 1994 when it had only one mobile classroom. The programmes were first introduced to students in English Schools Foundation and International Schools, and were expanded to local schools the following year. In 1999, LEAP launched its first secondary programme, as well as a programme for special needs students. In 2006, a programme for parents, "Safe and Successful" was introduced, to equip parents with the knowledge and skills to build a drug-free family, and this too has proved enormously popular.

LEAP believes strongly that everyone is unique. By encouraging young people to develop a positive attitude towards life from an early age, we hope to help each one of them to realize his or her potential and make a contribution to our community. This belief is shared by all the LEAP educators. Over the years, LEAP has always adopted a "child-centred approach", teaching one class at a time and keeping the class size relatively small. This ensures that the needs of individual students can be met during a typical LEAP class of 60 to 90 minutes. Interactive teaching methods allow educators to point students in the right direction towards making responsible choices in life and resisting the temptation of drugs.

In 2012, LEAP moved to its new permanent office at Lai Yiu Estate where the new Andy Lau Static Centre resumed service. With our fleet of mobile classrooms now expanded to eight, we are now able to reach some 90,000 students annually.

The success and development of LEAP over the past 19 years has been possible thanks to the support of all sectors of the community. Looking to the future, LEAP is well prepared to fulfill its 20th anniversary theme with a commitment to empower young people in Hong Kong to lead a positive life. Working with schools, teachers and parents, LEAP will continue its efforts to excel in its programmes and reach more students. Staying abreast of the current situation is vital and in view of a trend of hidden youth drug abuse, LEAP must stay focused and keep drugs out of families, in order to build a drug-free society in Hong Kong.



「以孩子為中心」的藥物教育 A Child-Centred Approach

LEAP六位教育幹事於五月參與了兩天的禁毒教育培訓進階課程。是次課程由社區藥物教育輔導會舉辦，旨在探討如何優化包含禁毒元素的健康校園政策及危機處理的知識與技巧。LEAP的高級教育主任廖海珊和高級教育幹事周藍恩，也應邀為是次課程講者，跟與會者分享LEAP的藥物教育理念和經驗。

LEAP深信，鼓勵學生建立一個正面及積極的人生觀，可有助他們遠離毒品。十多年來，LEAP一直堅持將「以孩子為中心」的理念融入藥物教育，強調要從孩子的需要出發，方能構思出適齡的健康及預防藥物濫用課程。

會有前線社工指出，年輕人很渴望得到關注。事實上，在孩子的世界裏，家人和老師均擔當舉足輕重的角色。對於他們而言，三兩句問候或者微不足道，但子女和學生所需要的，正正是這份關懷。有一位年輕吸毒者坦言：「如果家人和老師願意關心我，可能我就不會吸毒。」

LEAP確信，推行藥物教育，除了要在知識上裝備學生有關健康及藥物的資訊，也要關注他們的心靈健康，當中包括他們對愛與關心的需要。在兩天的培訓課程中，講者及參與的各中、小學老師均十分認同LEAP的理念——當我們嘗試了解孩子的想法和需要，便有助他們建立「無毒人生」。

LEAP一直關注社會的吸毒情況。研究報告發現，近年的青少年吸毒問題漸趨隱蔽化，新興毒品亦逐漸流入香港，因此，我們希望藉著參與有關的課程，了解香港青少年的吸毒趨勢，從而為青少年提供合適的健康及預防藥物濫用課程。

Six LEAP educators attended a two-day advanced training course organized by the Community Drug Advisory Council in May. The objectives of the course were to explore how to optimize the healthy school policy containing the anti-drug element, and the knowledge and skills for crisis management. LEAP Senior Education Officer Joyce Liu and Senior Educator Joyce Chow, who were invited speakers at the event, shared LEAP's drug education philosophy and their experiences with delegates.

LEAP believes strongly that we can help students stay away from drugs by encouraging them to develop a positive attitude towards life. For almost 20 years LEAP has adopted a "child-centred approach" in its age-appropriate health and drug education programmes, in the firm belief that these should focus on the needs of the child.

As a front line social worker pointed out, young people crave attention. Both families and teachers should be aware that they have a vital role to play in a child's world. It may seem unimportant to express their love and care for their children, but that is exactly what every child needs. A young drug addict admitted, "If my family members and teachers had cared for me more, maybe I would not have tried drugs."

LEAP believes that drug education is not just about equipping students with knowledge about health and drugs. It is also about looking after their mental health, including their need for love and care. Speakers and participating teachers at the course agreed wholeheartedly with LEAP: if we try to understand a child's needs and thoughts, we will be helping that child to lead a drug-free life.

LEAP always keeps abreast of the drug scene. Recent studies have found a trend of hidden youth drug abuse and that new drugs are becoming more accessible. By participating in such courses, we hope to understand more about the reality of the drug situation, so as to provide young people with appropriate health and drug prevention programmes.

控煙辦增加資助 TCO Extends Funding

我們欣然宣佈，衛生署控煙辦公室（控煙辦）將繼續對LEAP提供兩年資助。於二零一三年九月至二零一五年八月期間，控煙辦將提供四百五十七萬元以資助LEAP為本地小五學生提供控煙課程，以及為初中學生提供名為「吸煙多面睇」的課程，預計受惠學生人數約三萬四千名。

控煙辦分別於二零一一年九月及二零一二年九月開始資助小五及中一學生參與LEAP的控煙課程，旨在提高年青人的無煙意識，有關課程獲得師生及家長的熱烈回應與好評。LEAP十分感謝控煙辦繼續支持我們的工作。



LEAP is pleased to announce that the Tobacco Control Office (TCO) has extended its funding support to LEAP for another two years. From September 2013 to August 2015, TCO will provide HK\$4.57 million to sponsor the provision of LEAP's smoking prevention programme for local Primary 5 students, as well as the programme "Clearing the Smoke: the Quest for the Truth about Cigarettes" for junior secondary students. It is expected that around 34,000 students will benefit from TCO's sponsorship.

TCO initially sponsored LEAP's smoking prevention programmes for Primary 5 and Form 1 students in September 2011 and September 2012 respectively. With the aim of strengthening smoke-free awareness among young people, both programmes generated positive results and an enthusiastic response from students, teachers and parents. LEAP is most grateful to TCO for its continued support.

新互動網頁 New Interactive Webpage

香港馬主協會慈善基金會將捐贈六萬港元資助LEAP設立「健康生活模式」互動網頁。



網頁預計於二零一四年初正式啟用，除了為年青學生提供健康生活模式的資訊，更設有參與平台，以互動方式引發學生對健康知識的學習興趣，並增加他們對吸煙的害處的認識。

LEAP非常感謝香港馬主協會慈善基金會的慷慨捐贈，讓我們可以向本地兒童推廣健康生活模式。

The Hong Kong Racehorse Owners Association Charitable Foundation has kindly pledged to donate HK\$60,000 in support of LEAP's "Healthy Lifestyle Interactive Webpage".

Due to be launched in early 2014, the webpage will aim to give young students access to essential information on a healthy lifestyle. The page will provide an engaging setting online, while the web-based interactive activities will encourage students to take an interest in health matters and learn more about the dangers of drugs.

LEAP would like to thank the Hong Kong Racehorse Owners Association Charitable Foundation sincerely for its generosity in supporting the promotion of healthy living among children in Hong Kong.

北京嘉賓探訪 Visitors from Beijing

北京市禁毒教育基地綜合信息部周喬導演及陳雪冰編導於二零一三年七月十一日到訪LEAP。兩位嘉賓來港前曾赴澳門健康生活教育中心參觀，對他們採用互動手法傳遞禁毒訊息深感興趣，故特別來港訪問LEAP辦事處，以進一步了解我們的生活教育課程。

我們向兩位嘉賓介紹LEAP的運作，並展示劉德華生活教育活動中心內各種教學設備。他們十分欣賞LEAP在預防藥物教育課程中所採用的創新、互動教學法，並表示有意把類似教學方式引入他們設於北京的教育中心。



Two representatives from the Multimedia and Information Department of the Beijing Educational Base for the Forbidding of Narcotics and Hallucinogens visited LEAP's office on 11 July 2013. Ms Zhou Qiao and Ms Chen Xue Bing had already visited the Healthy Life Education Centre in Macau and were very impressed by the

interactive methods used to convey its drug prevention message. They therefore made a follow-up trip to Hong Kong immediately to visit LEAP, in order to gain more information and insights into our education programmes.

During the visit, our guests learned more about LEAP's operations and were given a demonstration of our special teaching equipment at the Andy Lau Static Centre. They greatly appreciated our innovative and interactive ways of teaching and are seriously considering adopting a similar teaching approach at their centre in Beijing.

寧波市學生到訪 Ningbo Students Return

二零一三年八月八日，來自寧波市惠貞書院的二十八位學生在老師陪同下來到LEAP探訪，並參與了由高級教育主任潘詠詩帶領的控煙課程。



雖然吸煙及二手煙的危害已是眾所周知，但三手煙是一個較新的概念，指吸煙後殘留在環境中的有毒化學物質，它們可留在頭髮、衣物，以至坐墊、地毯等表面上，這些物質在煙枝熄滅後仍可停留一段長時間。由於嬰幼兒會四處爬來爬去、嬉戲，故特別容易受到三手煙的危害。

學生們對有關朋輩壓力、拒絕技巧和煙草公司營銷策略的討論特別感興趣。在課堂結束時，他們能夠全面地了解人們選擇不吸煙的原因。

該班學生來港主要是進行為期七天的英語學習之旅，包括到LEAP上課。自二零零八年以來，該校學生每年暑假均會到LEAP探訪，他們每次到來都令我們十分雀躍！

A group of 28 students from the Huizhen Academy, Ningbo, accompanied by their teachers, visited the LEAP Centre on 8 August 2013. The students attended a smoking prevention programme conducted by LEAP's Senior Education Officer Vence Poon.



While the dangers of first and second-hand smoke are well known, third-hand smoke is a relatively new concept used to describe the toxic particles in cigarette smoke that are deposited on all surfaces, from hair and clothing to cushions and carpeting. These remain long after the cigarette has been put out. Babies and toddlers are especially susceptible to the hazard of third-hand smoke, especially if they are crawling or playing on the floor.

The students were particularly interested in the ensuing discussion about peer pressure, refusal skills and the marketing strategies of tobacco companies. By the end of the session, they were fully aware of the reasons why people choose not to smoke.

The students were visiting LEAP during a one-week trip to Hong Kong as part of their summer English programme. LEAP has been pleased to welcome students from the Huizhen Academy every summer since 2008.

賣旗日2013成功舉行 2013 Flag Day a Success

EAP的第九個賣旗日，已於二零一三年五月十一日成功舉行。有二千多名義工協助賣旗，為LEAP的藥物教育工作籌得超過港幣七十萬六千元善款。

為感謝各學校及機構的支持，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，得獎機構分別為五旬節新茂生小學(冠軍)、馬鞍山靈糧小學(亞軍)、佛教黃允攸中學(季軍)、香港教育學院賽馬會小學(優異獎)、馬鞍山循道衛理小學家長教師會(優異獎)及天主教郭得勝中學(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、上海商業銀行、港鐵公司、支持媒體新城廣播有限公司及贊助機構大家樂。



EAP's 9th Flag Day on 11 May 2013 was a great success, with some 2,000 volunteers helping to sell flags, raising over HK\$706,000.

In recognition of their great contribution, awards were presented to groups providing the most volunteers. Outstanding Participation Awards went to Pentecostal Gin Mao Sheng Primary School (Winner), Ma On Shan Ling Liang Primary School (1st Runner Up), Buddhist Wong Wan Tin College (2nd Runner Up), The Hong Kong Institute of Education Jockey Club Primary School (Merit), Ma On Shan Methodist Primary School Parent-Teacher Association (Merit) and Kwok Tak Seng Catholic Secondary School (Merit).

LEAP is grateful to all the organizations, schools, students, parents, corporate and individual volunteers who helped, for their support. We would also like to thank the donors who contributed to the Gold Flag Appeal, Mr Andy Lau Tak Wah, Hang Seng Bank, Shanghai Commercial Bank, MTR Corporation, LEAP Flag Day's media sponsor Metro Broadcast Corporation Limited and event sponsor Café de Coral.

各界善款支持 Diverse Sectors Support LEAP

EAP非常感謝黃廷方慈善基金慷慨捐贈港幣十萬元以支持我們的預防藥物濫用工作，捐贈儀式於二零一三年七月十一日舉行，承蒙王葛鳴博士擔任主禮嘉賓，並由LEAP總幹事劉鳳慧女士代表接受支票。

同時，我們十分感謝和記電訊香港有限公司捐贈港幣四萬元善款予LEAP的「健康無毒100 Fund」計劃；以及啟思小學家長教師會捐贈港幣一萬四千八百五十七元、懲教署體育會捐贈港幣一萬元善款以支持我們的工作。



EAP was most encouraged by a donation of HK\$100,000 from the Ng Teng Fong Charitable Foundation in support of our drug prevention work. The cheque presentation ceremony, graced by Dr Rosanna Yick-ming Wong, DBE, JP, was held on 11 July 2013 when LEAP's Executive Director, Heidi Lau, received the cheque on LEAP's behalf.

Furthermore, we are pleased to announce that Hutchison Telecommunications Hong Kong Holdings Ltd has generously donated HK\$40,000 in support of LEAP's Sponsor a Student appeal. LEAP is also grateful for the donations of HK\$14,857 from the Creative Primary School Parent-Teacher Association and HK\$10,000 from the Correctional Services Department Sports Association.

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我願意捐款支持生活教育活動計劃
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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.

鳴謝

A BIG thank you to all
our sponsors and supporters



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鳴謝以下單位參與 11-5-2013 寶旗籌款活動 **For their generous support of our Flag Day on 11 May 2013**

上水宜道小學
大埔王肇枝中學
大埔區少年警訊
大埔崇德黃建常紀念學校
大埔舊墟公立學校 (寶湖道)
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中華基督教會方潤華中學
中華傳道會安柱中學
五旬節新茂生小學
仁愛堂田家炳中學
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明愛樂道坊
明愛樂善堂
東莞工商總會張焯偉小學
東華學院
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保祿六世書院
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香港青少年服務處賽馬會天平綜合青少年服務中心
香港紅十字會甘迺迪中心
香港神託會培基書院
香港專業教育學院 (IVE) 青衣分校
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香港教育工作者聯會黃楚標學校
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香港道教聯合會鄧顯紀念中學
展亮技能發展中心 (屯門)
真理浸信會榮光幼兒園
荃灣聖芳濟中學
馬鞍山循道衛理小學家長教師會
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基督教家庭服務中心翠林工場
基督教懷智服務處安定中心及宿舍
基督教懷智服務處賀屏工場及宿舍
基督教懷智將軍澳綜合復康服務中心
基督教懷智寶林中心及宿舍
將軍澳宜立中學
將軍澳循道衛理小學家長教師會
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曾壁山中學
華仔天地
順德聯誼總會譚伯羽中學
新生精神康復會 (田景庇護工場)
新都城管理有限公司 (恆基兆業地產集團成員)
聖公會主恩小學
聖公會李炳中學
聖公會曾肇添中學
聖母無玷聖心書院
聖芳濟各書院
裘錦秋中學 (葵涌)
廖寶珊紀念書院
樂群社會服務處黃英豪社區服務中心
樂道中學
賽馬會毅智書院
羅定邦中學
羅競成區議員辦事處
寶林浸信會白善理長者鄰舍中心
靈糧堂怡文中學
靈糧堂劉梅軒中學
Brooks David
Catherley George
Chan Agnes
Chan Anson
Chan Bo Ching
Chan Derrick
Chan Ray
Chao Patrick
Cheng Dane
Cheng Pak Man
Cheung Chitty
Cheung Kitty
China Youth Trading Ltd
Chiu Winnie

Chung Hon Keung
Flaherty St John
Forsyth Angus
Funk Melody
Gill Robin
Griffiths Richard
Hall Richard
Hang Seng Bank Limited
Ho Wai Hung
Hong Kong Housing Authority
Kelly Elsa
Komutanont Warakorn
Kristensen Sten
Lam Billy
Langslow Peter
Lau Kwan Chi
LC Surveyors Ltd
Lee Gabriel
Lee Michael
Lee Philip
Legg Sarah
Leung Frederick
Li Fung Mun
Liu Kin Ming
Lo Yuet Fung
Ma Fiona
Mar Selwyn
McGlynn Kerry
Metro Broadcast Corporation Limited
MTR Corporation Limited
Nip Patrick
Ongley Gordon
RoadShow Holdings Limited
Rowse Michael
RSM Nelson Wheeler
Shanghai Commercial Bank Limited
Slosar Joy
Tang Cheuk Man
Tang Peggy
The Fan Family Charitable Trust
Tsang Fan Kwong
Wan Kuen Lan
Wong Virginia
WWJD Capital Ltd
Zeman Allan