



啟勵扶青會  
KELY  
SUPPORT GROUP



20

Annual Report  
2010-2011



社聯  
HKCSS



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## 關於我們

### About Us

啟勵扶青會 (啟勵) 是非政府資助的雙語慈善機構，本著不批判、同理心、保密支援的核心價值為本地 14 至 24 歲的青年提供服務。

啟勵提供多元化的活動及服務，當中主要是防止及介入濫藥服務，建立青年正面的個人自尊感，其服務範圍包括：

- 為學校提供減害教育；
- 為學生提供多媒體藝術學習計劃；
- 雜耍藝術及朋輩支援訓練；
- 青年論壇及討論小組；及
- 防止青年濫藥及自殺熱線

KELY Support Group (KELY) is a non-government funded bilingual charity which provides non-judgmental, empathetic and confidential support to youth between the ages of 14 to 24 in Hong Kong.

KELY provides a wide range of programmes and services which focus on drug prevention and intervention, as well as the development of healthy self-esteem amongst youth.

These include the provision of:

- Harm reduction education to schools;
- Multimedia art projects for students;
- Circus arts and peer support training;
- Youth forums and discussion groups; and
- A youth helpline on drugs and suicide.





## 我們的使命

### Our Mission

我們的使命是以不批判的朋輩支援啟發青年潛能，以發揮他們所長。

Our mission is to empower young people through non-judgmental peer support to make informed choices in reaching their potential.

## 啟勵與多元文化

### KELY and Diversity

啟勵認為多元文化的結合是一種力量。來自本地、外國及少數族裔的青年，一向以來也很少有機會彼此互相交流，我們就此成為了他們的中央平台，聯結起不同種族的青年，於一個安全、不批判、朋輩之間互相支持的環境下，一起面對他們的共同問題。

KELY strongly believes in the power of diversity. Since Local Chinese, English-speaking and Ethnic Minority youths are rarely offered the opportunity to interact with each other, we take it upon ourselves to create a unifying platform where they can come together and address their issues in a safe, non-judgmental, peer support environment.

## 服務對象

### Our Target Groups

啟勵提供服務予以下三個服務對象：

**本地青年** — 他們很少有渠道接觸到社會服務，但大部份卻正面對著酗酒、濫藥、自尊感低落或貧窮問題。

**外國或英語青年** — 大部份是來自國際背景或移居海外的青年。於本地主流社會服務中，他們通常缺乏英語服務支援，但同時他們也正浮沉於酗酒、濫藥、自尊心低落或貧窮的問題之中。

**少數族裔青年** — 他們通常是來自低收入家庭背景，面對著種族歧視及社會共融困難的問題，可是於主流社會服務中，一直未能獲足夠的適切服務。

KELY serves 3 target groups:

**Local Chinese Youth** – youths who do not have adequate access to social services, most commonly facing issues of drug and alcohol addictions, low self-esteem and poverty.

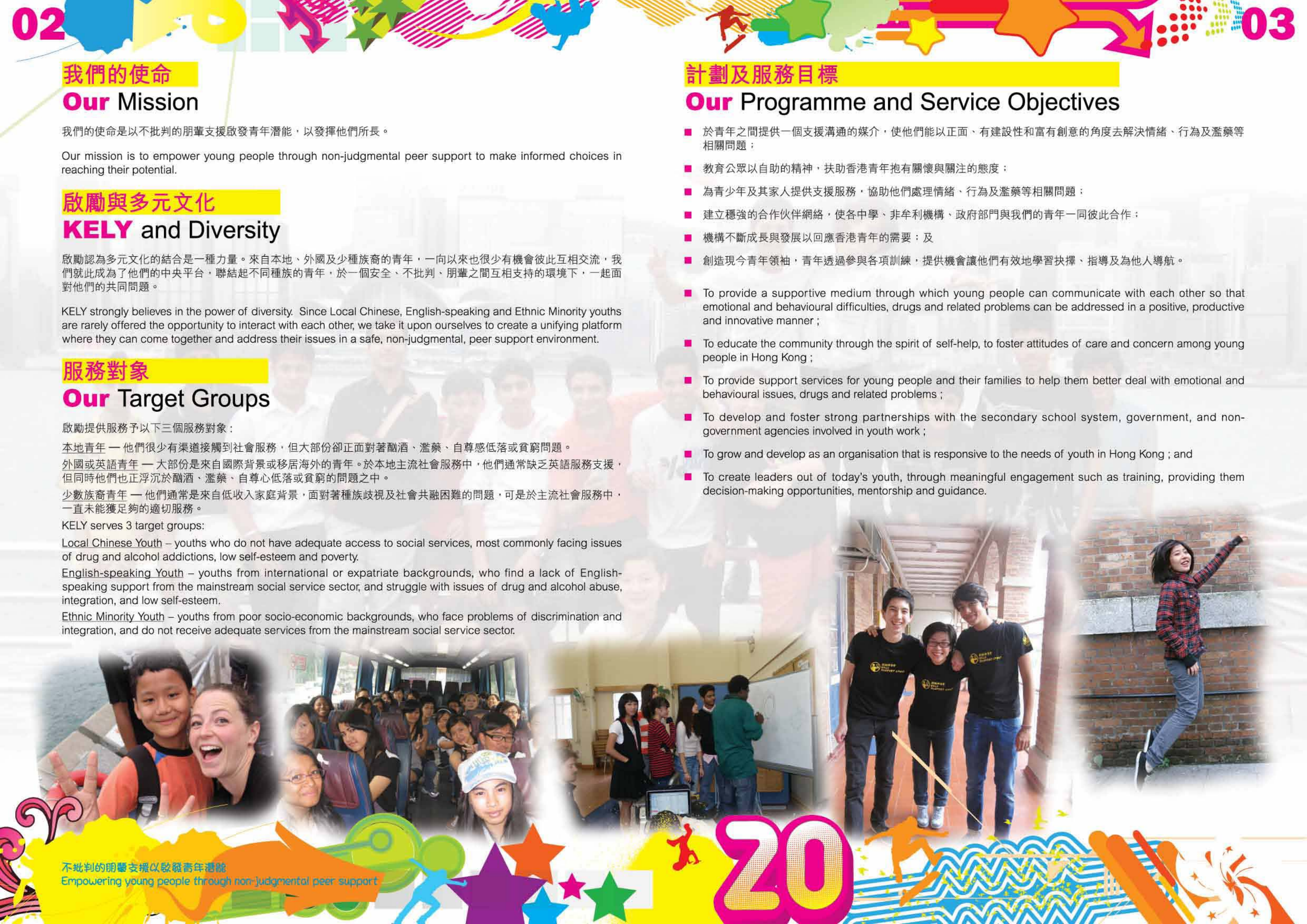
**English-speaking Youth** – youths from international or expatriate backgrounds, who find a lack of English-speaking support from the mainstream social service sector, and struggle with issues of drug and alcohol abuse, integration, and low self-esteem.

**Ethnic Minority Youth** – youths from poor socio-economic backgrounds, who face problems of discrimination and integration, and do not receive adequate services from the mainstream social service sector.

## 計劃及服務目標

### Our Programme and Service Objectives

- 於青年之間提供一個支援溝通的媒介，使他們能以正面、有建設性和富有創意的角度去解決情緒、行為及濫藥等相關問題；
  - 教育公眾以自助的精神，扶助香港青年抱有關懷與關注的態度；
  - 為青少年及其家人提供支援服務，協助他們處理情緒、行為及濫藥等相關問題；
  - 建立穩強的合作夥伴網絡，使各中學、非牟利機構、政府部門與我們的青年一同彼此合作；
  - 機構不斷成長與發展以回應香港青年的需要；及
  - 創造現今青年領袖，青年透過參與各項訓練，提供機會讓他們有效地學習抉擇、指導及為他人導航。
- To provide a supportive medium through which young people can communicate with each other so that emotional and behavioural difficulties, drugs and related problems can be addressed in a positive, productive and innovative manner;
  - To educate the community through the spirit of self-help, to foster attitudes of care and concern among young people in Hong Kong;
  - To provide support services for young people and their families to help them better deal with emotional and behavioural issues, drugs and related problems;
  - To develop and foster strong partnerships with the secondary school system, government, and non-government agencies involved in youth work;
  - To grow and develop as an organisation that is responsive to the needs of youth in Hong Kong; and
  - To create leaders out of today's youth, through meaningful engagement such as training, providing them decision-making opportunities, mentorship and guidance.





我們的核心價值

Our Core Values

- 支持

■ 不批判

■ 保密

■ 同理心
- Supportive

■ Non-judgmental

■ Confidential

■ Empathetic

我們的獨有方針

Our Unique Approach

啟勵認為啟發青年潛能必須給予他們有發聲的空間。故此，我們很重視青年的參與於服務或活動中的策劃、運作及評估部份。

由成立以來，啟勵扶青會一直不受框架局限地運作。我們的服務工作也以最嶄新及創意的方法，同時匯合世界性藝術和多媒體的手法以配合現時青年的發展成長。

作為香港首間引入朋輩支援及自助概念的社福機構，啟勵已被廣泛地認同是運用雜耍培育青年成長的領導者。啟勵與世界知名的太陽劇團已合作九年多，更是香港唯一一間社福機構成功持續地並有效地以雜耍扶助青年成長。

KELY empowers young people by ensuring that they have a voice. We therefore, involve youths in the planning, operation and evaluation of our programmes and services.

Since its establishment KELY has always operated outside the box. As a general practice, KELY often finds the most innovative ways in working with youth through combining the latest personal development, artistic and multi-medium approaches from around the world.

As a pioneer in bringing the concepts of peer support and self-help to Hong Kong, KELY is widely recognised as the leader for applying circus arts to young people's development. Working with the world renowned *Cirque du Soleil* for the past 9 years, KELY is one of the only organisations in Hong Kong that successfully uses circus arts as a sustainable and effective tool for youth development.

資助者，董事會及職員名單

Honorary Patrons, Board of Directors and Staff

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楊紫瓊女士

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Dato Michelle Yeoh

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Ms. Vian Tan, Communications and Development Manager

Mr. Steven Chiu, Communications and Development Officer

Mr. William Leung, Programme Services Manager

Ms. Sky Siu, Project Coordinator

Ms. Rebecca Tan, Project Coordinator

Mr. Ivan Ng, Project Coordinator

Ms. Ella Li, Youth Services Officer

Ms. Aileen Lau, Youth Services Officer

Ms. Gloria Cheung, Administrator



## 主席的話

## Message from the Chair

啟勵扶青會於過去一年不論是計劃及職員也有著成長與發展。我們為去年的成績感到自豪，成功服務了超過 36,000 名青年。

我們與捐款者、資助者建立了良好的合作關係並持續深化。例如香港公益金、Burberry Foundation 以及保安局禁毒處均認同啟勵的理念及需扶助青年亦可貢獻社會。

啟勵團隊不斷自我提醒，我們的工作是不斷扶助每個兒童成長至青年。現時世界上很多青年人也沒有家庭、朋友，他們於缺乏安全感的環境成長。試想像青年因家庭長期面對著經濟困難而意志消沈的生活會怎樣？假如青少年沒有適當指導、帶領及發展機會，他們又怎能認識自我或認清自己的需要？我們更發現若果家庭面對壓力時，青年所承受的壓力會更大。從很多個案中，青年是最為受害的一群，因為他們無能力控制。

啟勵的工作是鼓勵、支持及創造機會予青少年，並透過我們的教育、外展及預防的工作實踐出來。同時，我們提供一個提升能力平台，目的是為啟發青年力量，發揮他們潛能及抉擇自己的人生。

感謝重視兒童及青少年的每一位人士，他們也為我們團隊的工作作出貢獻，並在行政總監鄧子聰及啟勵董事會的領導下予以支持。

衷心感謝我們的資助者馬登夫人持續地為我們活動及慶典給予支持，並經常勉勵及予以由衷的忠言。

最後，感謝各捐獻者的支持讓我們的工作實現成真。二十週年慶典正是與我們啟勵青年慶祝一同共渡兩個年代了！這是一個令人振奮的里程碑，讓我們繼續期待來年青年工作的成果。

Diane Bohm  
主席



The KELY Support Group has had a year of growth and development both in its programmes and in its staff. We are proud of the work we have accomplished and the over 36,000 young people we have reached last year.

Our relationship with our donors continues to deepen as we forge valuable partnerships with funders such as The Community Chest of Hong Kong, Burberry Foundation, and the Narcotics Division, Security Bureau – all of whom share our vision in seeing vulnerable young people do well in society.

The KELY team constantly reminds itself that our work continues as each group of children grow into teens. The world is still not a safe place for youngsters on their own without family and friendships. What happens to those young people who have been let down by families too busy struggling to make ends meet in economically difficult times? How can young people make good choices if they don't have guidance, mentors and opportunity to develop their own sense of who they are and what they want to be? We are learning that as families come under pressure, youth come under even more pressure. In far too many cases, young people become casualties in situations over which they have little control.

Our work at KELY is to encourage, support and create opportunities for youth. We do this through our education programmes, as well as our outreach and prevention work. We also develop capacity building platforms for young people in order to equip and empower them to make informed life decisions.

It is with thanks that all of us who have children or who value youth contribute to the work of the KELY Team under the leadership of our Executive Director Chung Tang and our KELY Board.

A great thank you to our Patron, Anne Marden for her constant support at our functions and celebrations; always ready with a kind word and great advice.

And finally, thank you to the donors who make our work possible. As we commemorate our twentieth anniversary, we are also celebrating two generations of KELY kids! That is a wonderful milestone and we look forward to the coming year's events that will honor this work.

Diane Bohm  
Chair



不批判的朋輩支援以啟發青年潛能  
Empowering young people through non-judgmental peer support

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## 行政總監報告

## Executive Director's Report

2010至2011年可說是香港青年面對最艱巨的一年，難以置業、失業、貧窮，更甚是充斥著很多政治不滿風波。同時，儘管在政府部門及社區層面投入大量資源處理濫藥問題，但青年濫藥數字依舊高企。對啟勵來說，我們這些著重的不單只是問題的表面，更認為每一編不幸報導、強差人意發展趨勢或數據的背後，也有他們故事需要被訴說、意見需要被聆聽、訊息需要被社會反映及作出回應行動。啟勵過去舉行了十個計劃及服務回應以上的問題，其重點包括：與香港理工大學應用社會科學系合作進行了研究調查，訪問超過1,000名香港青年所面對的問題；獲香港美國會贊助建立了啟勵的首間青年活動室，提供一個安全及互助的環境讓青年暢談自己的問題；並且獲香港美國婦女會的贊助，首次舉行了青年論壇，讓女性青年探討傳媒對女性的偏見、扭曲及物件化的問題。

2011年對啟勵來說是別具意義的一年，我們慶祝了20年的成果，於青年生命中困難時刻，一直給予支援及關懷。廿年來，我們已成為一個受年青人歡迎的天地，在這裏可讓他們重拾自我，無需顧慮被別人批判、沒人聆聽或洩漏他們的故事。作為一間雙語機構連繫著三類不同背景的青年，我們致力幫助他們覓出自己的人生方向，同時把青年、學校、家庭及社區連結在一起。雖然我們為工作成果感到驕傲，但絕不會為此而滿足，必會繼續關注對青年最重要的問題。

我們衷心感謝一直給予支持的資助者、捐款者及支持者，成為我們的伙伴幫助有需要的人士。同時感謝優秀的校長、老師及社工，一直支持我們的工作並提供與青年聯繫的機會。最後，感謝我們青年和義工的熱情與承擔，啟勵能有今天的成就全靠他們的幫助。

鄧子聰  
行政總監

2010 and 2011 can be remembered as the year young people in Hong Kong were facing some of the toughest issues, these included: the lack of affordable housing, unemployment and poverty, and massive political discontent. This was also the year where the drug abuse rate amongst youth remained at a high despite the fact that a number of efforts were made at the government and community level. For KELY, we saw that these issues were more than just their face value. We knew that for every unfortunate report, trend or statistic there was a story that needed to be told, a voice which needed to be heard, a message that which we as society, needed to reflect and take action upon.

In response to some of these issues, KELY accomplished 10 programmes and services throughout this period. Historical highlights includes: our breakthrough collaboration with The Applied Social Sciences Department of The Hong Kong Polytechnic University where we surveyed over 1,000 young people across Hong Kong and asked them about their issues; establishing our first Youth Hub with the support of The American Club Hong Kong – a safe and supportive space for young people to speak on the issues which matters to them; and finally, the organising of our very first Youth Forum for young women on media stereotypes, misrepresentation and objectification of young women, supported by the American Women's Association of Hong Kong.

2011 has also become very significant for KELY as we celebrate 20 years in being the place for young people to find support and comfort during the most difficult times in their lives. For the past 2 decades, we have become a welcoming place where young people can be themselves and not have to worry about being judged, not listened to, or having their stories known by others. As a bilingual organisation which brings together 3 segments of the youth population, we have been committed to helping provide an inviting space for youths to find their paths in life while still helping them feel connected to their schools, home environment and the larger community. Although we take pride in knowing what we have achieved we will not be complacent, and will continue to address the issues which matter the most to our youth.

We would like to thank our loyal funders, donors and supporters for being our partners and giving us the platform to help those who really need us. We also thank our wonderful principals, teachers, and social workers for supporting our work and making it possible for us to reach our stakeholder groups. Lastly, we thank our youths and volunteers for their passion and commitment to our work, and helping to make KELY what it is today.

Chung Tang  
Executive Director

不批判的朋輩支援以啟發青年潛能

Empowering young people through non-judgmental peer support

## 我們在 2010 至 2011 年度的計劃及服務

## Our 2010-2011 Programmes and Services

2010至2011年度的計劃及服務著重確切實行而非紙上談兵。為了讓香港不同的青年參與，我們提供各類型實用及富樂趣的計劃及服務，同時讓他們協助組織及運作以啟發個人潛能和富有歸屬感。

Our programmes and services for 2010-2011 focused on not just talking but 'doing'. Through engaging young people across Hong Kong, we tried to get a sense of the types of programmes and services they found most useful and enjoyable while at the same time, getting them involved in the organising and implementation as a means of personal empowerment and taking ownership.

## 常在青年左右 - The Talk 2 Me 計劃

## Being There for Our Young People – The Talk 2 Me Initiative

香港美國會及利希慎基金贊助

臨床心理學家紀正廷博士專業諮詢

Funded by The American Club Hong Kong and Lee Hysan Foundation

Professional Guidance by Dr. Justin Grayer, Clinical Psychologist

顧名思義，*Talk 2 Me* 計畫是啟勵首個計劃讓青年互相傾訴出個人問題。計劃獲得超過 60 名來自南島中學 DECA 計劃籌委會學生的協助，以及紀正廷博士的監督，並組織了一系列的討論小組，傾談有關情緒壓力、約會及邊緣危機行為管理，同時於南島中學、銅鑼灣及旺角進行外展工作。再者，此計劃與香港警務處油尖區總部合作，設立了預防濫藥攤位宣揚反吸毒的訊息。*Talk 2 Me* 計劃亦提供途徑讓青年傾談他們有關濫藥及自殺問題，並得到適當的支援與資源，此計劃服務人數達超過了 2,000 名青年。

青年獲得的知識及技巧：

- 朋輩支援及同理心聆聽技巧
- 建立自我認識及運用資源能力
- 減害技巧
- 認清問題及尋求解決方法的能力

As the name suggest, *Talk 2 Me* is KELY's first time initiative in encouraging young people to talk to each other on issues which matters to them. With the support of over 60 students from South Island School's DECA Committee, and the supervision of Dr. Justin Grayer, the project included the organising of a series of discussion groups on emotional stress, dating and risk behavioral management, as well as a series of outreach strategies at South Island School, Causeway Bay and Mong Kok. The project also included working with the Hong Kong Police Force Yau Tsim District Headquarters and the setting up of drug-free booths at their various initiatives aimed at helping young people remain drug-free. *Talk 2 Me* also provided an avenue where young people could call us anonymously and talk to us about issues concerning drugs and suicide as well as seek advice and resources. The programme has so far reached over 2,000 young people across the city.

Knowledge and Skills Obtained by Youth Participants:

- Peer support and empathetic listening skills
- Ability to develop self-awareness and be resourceful
- Harm reduction skills
- Ability to articulate issues and find options





## 減害教育和提昇公共意識的活動與培訓

### Reducing Harm through Public Education, Awareness and Training

在啟勵的研究顯示，雖然超過 50% 的香港青年認識毒品的禍害，但卻有超過 60% 的青年指不懂拒絕吸毒的技巧，特別是在朋輩或伴侶的壓力之下。在我們 *Keeping it REAL* (拒絕、解釋、迴避及離開) 計劃的聚焦小組中，有一位本地青年說：「我們不需要花巧的反濫藥計劃，我們需要的是實用的拒絕技巧的計劃。」因此，啟勵對症下藥，反濫藥的計劃中既是資訊性的，也讓青年學習到真實的拒絕吸毒技巧，容易應用於日常生活上。

In our own preliminary research we found that when asked, although more than 50% of young people in Hong Kong knew about the harmful effects of drugs in Hong Kong, more than 60% have said that they do not have the skills to say "No" to drugs when it came to being pressured by their peers / partners. In one of our focus groups from our *Keeping it REAL* (Refuse, Explain, Avoid and Leave) initiative, one local youth said: "We don't really need fancy drug programmes, what we need is real refusal techniques to say no." In light of this, KELY has been vigilant in ensuring that our drug free programmes for this year were not only informative, but gave young people real practical refusal skills which were easy to relate and use.



不批判的朋輩支援以啟發青年潛能  
Empowering young people through non-judgmental peer support

## 校園毒品預防教育計劃及香港賽馬會藥物資訊天地導覽服務

### School Drug Education Programme and Visits to the Hong Kong Jockey Club Drug InfoCentre

保安局禁毒處贊助

Funded by Narcotics Division, Security Bureau

反濫藥教育及覺醒是啟勵其中一個最重要的計劃。作為提供反濫藥教育予本地英語學生的先鋒，我們成為了具文化差異觸覺的反濫藥教育的獨有標記。在 2010 至 2011 年，我們服務了 6,833 名來自國際學校及英語學校的香港學生，給予有關濫藥及酗酒的最緊貼現況的新知識，以及拒絕與減害技巧。計劃其中的一部份是參觀香港賽馬會藥物資訊天地，讓青年除了學習到毒品的禍害，亦認識到如何取得社區的支援與資源。有超過 91% 學生表示參加工作坊後，他們不會嘗試濫藥及酗酒；超過 85% 學生能加深了解毒品及酒精對身體不良的影響；並有越 78% 學生認為他們能掌握所教授的拒絕技巧。

青年獲得的知識及技巧：

- 毒品禍害的知識
- 社區資源及支援服務的資料
- 減害技巧
- 溝通及拒絕技巧

Drug-free education and awareness remains one of the most important initiatives for KELY. As one of the pioneers in the provision of drug-free education for English-speaking students in Hong Kong, we have become an authority figure in providing drug-free education in a culturally sensitive and specific manner. For 2010-2011 we reached a total of 6,833 students from both the international and English-Medium of Instruction (EMI) schools in Hong Kong, providing them with first-hand knowledge about the dangers of drugs and alcohol and equipping them with refusal and harm reduction skills. As a part of this programme, we have also organised extensive school visits to the Hong Kong Jockey Club Drug InfoCentre where young people not only learned about the dangers of drugs, but how they can seek support and resources in the local community. After attending our workshops over 91% of students indicated that they were less likely to experiment with drugs and binge drinking, over 85% felt that they had a better understanding of how drugs and alcohol reacts in one's body, and over 78% felt comfortable in using the drug refusal skills that were taught to them.

Knowledge and Skills Obtained by Youth Participants:

- Knowledge of the harmful effects of drugs
- Knowledge of community resources and support services
- Harm reduction skills
- Communication and refusal skills





## Keeping It REAL!

禁毒基金贊助

Funded by Beat Drugs Fund

*Keeping it REAL* (拒絕、解釋、迴避及離開) 計劃在美國為超過 7000 名美國學生帶來正面影響，而在香港的計劃則集中給予青年具體的拒絕濫藥技巧，並無需擔憂影響與朋輩關係。在計劃的最後階段，我們於深水埗西九龍中心舉行了一個大型的青年節，啟動由青年創立的反濫藥網頁與互動遊戲，並以反濫藥與發動的青年潛能為題的青年表演。這個一年半的計劃服務滲透了超過 1200 名學生，而論壇則有超過 1000 名青年與公眾人士參與。參與該年計劃的青年對香港反濫藥政策有以下建議：

- 香港防止濫藥服務應以更正面的手法作宣傳，著重於建立積極的生活態度及良好的友誼關係。
- 防止濫藥手法應加強協助青年處理壓力（避免受濫藥的引誘）以及教導青年實用的拒絕技巧。
- 防止濫藥可更互動性及刺激性，現時的毒品資訊網站多是「沈悶」及「負面」。

青年獲得的知識及技巧：

- 毒品禍害的知識及好的友誼。
- 溝通及拒絕技巧
- 團隊合作精神及解決困難技巧
- 自我認識及人際關係技巧

With its reputable impact to over 7,000 American students, our *Keeping it REAL* (Refuse, Explain, Avoid and Leave) strategy in Hong Kong focused on giving young people concrete drug refusal skills without having them compromise their friendships. As part of the final stage of the project, we organised a massive youth festival at Dragon Centre in Sham Shui Po to launch our youth-developed drug-free website and interactive game site, as well as held performances on the themes of being drug-free and feeling empowered. The one and half year strategy impacted over 1,200 students and the forum had the participation of over 1,000 young people and bystanders. Overall recommendations from young people who participated in the year-long programme included:

- Current drug strategies in Hong Kong should be more positive, focusing on the development of healthy lifestyles and building healthy friendships.
- Current drug-free strategies should focus on helping youths deal with stress (to keep them from turning to drugs) as well as providing young people with concrete refusal strategies.
- Current drug-free strategies need to be more interactive and stimulating, existing drug information websites are too "boring" and "negative".

Knowledge and Skills Obtained by Youth Participants:

- Knowledge on the harmful effects of drugs
- Communication and refusal skills
- Team work and team problem-solving skills
- Self-awareness and interpersonal skills



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## My 廣告...點止說「不」咁簡單 It's Not Just About Saying "NO"

傅德蔭基金有限公司贊助

Funded by Fu Tak Iam Family Foundation Limited

根據現有的研究及調查顯示，My 廣告...點止說「不」咁簡單是香港其中一個罕有的計劃讓青年有機會制定策略處理青年濫藥問題。此計劃由專業的廣告公司與位於元朗、天水圍及屯門區的 10 間學校合作，推行專業的多媒體活動從而使朋輩的吸毒率降低。經過 18 個月的努力，此計劃影響了超過 100 名的本地青年，他們不但認識到毒品的禍害，同時學習到實用及容易掌握的拒絕技巧。在計劃中給予平台讓青年發聲，由他們作出改變。計劃檢討報告中，超過 85% 的青年認同計劃能增進濫藥禍害的資訊，超過 92% 的青年認為有足夠的知識去幫助其他人面對濫藥問題。

青年獲得的知識及技巧：

- 毒品禍害的知識
- 溝通及拒絕技巧
- 團隊合作及解決困難技巧
- 創意及創新技巧
- 自我認識及人際關係技巧

In keeping with current research and findings, *It's Not Just About Saying "NO"* is one of the few programmes in Hong Kong where young people are given the opportunity to determine what their strategy should be in addressing the issue of youth drug abuse. Working with a professional advertising firm, the project involved the participation of 10 schools in the Yuen Long / Tin Shui Wai and Tuen Mun Districts, where each school must come up with a professional multi-media campaign to influence their peers with an aim to bring down the drug rates in those areas. An 18 month endeavor, the project has so far impacted the lives of hundreds of local young people in those areas - to not only be aware of the dangers of drugs, but be able to have refusal skills that are practical and user friendly. For the young people that were involved in the project, giving them a platform to speak for themselves made all the difference in the world. Based on the programme evaluation, over 85% of youths said that the project increased their knowledge about the dangers of drugs, over 92% said that they would not take drugs after the programme, and over 92% said that they had sufficient knowledge to help others facing drug issues.

Knowledge and Skills Obtained by Youth Participants:

- Knowledge of the harmful effects of drugs
- Communication and refusal skills
- Team work and team problem-solving skills
- Creativity and innovation skills
- Self-awareness and interpersonal skills





# Celebrating 20 Years of Growth, Transformation and Moving Forward

# Celebrating 20 Years of Growth, Transformation and Moving Forward



## 能力提昇以解決長期自尊感低落的問題

### Tackling Chronic Low Self-esteem Through Building Capacity

在香港，長期自尊感低落問題是阻礙青年瞭解人生志向的一個主要因素。研究顯示若青年在學業上不理想及來自貧窮背景，他們傾向自尊感持續低落及較易受朋輩的負面影響。在這趨勢下，啟勵投入大量社區支援提升活動效能以扶助弱勢青年建立自尊感。真正「實踐」過後，青年瞭解到他們是有能力及擔任其重要角色去建立健康及具生命力的社會。

In Hong Kong, chronic low self-esteem remains one of the biggest issues in preventing young people to realise their life aspirations. Studies have shown that for young people who don't perform well academically and come from poverty, many tend to have poor low self-esteem and are more vulnerable to negative peer influences. Given these trends, KELY has been placing much of its efforts in helping vulnerable youths develop their self-esteem through various capacity building opportunities in the local community. Through 'doing', young people are realising their strengths and their important roles in building a healthy and vibrant society.

#### 「友」你掌舵 — 成長響導計劃

##### Seeing the Possibilities – A Mentorship Programme for Youths at Risk

Burberry Foundation 贊助

Funded by Burberry Foundation

據香港一項的研究發現，有超過 60% 的青年認為自己是一個「失敗者」，並對將來沒有盼望。就著此研究加上其他類近的研究結果，啟勵引入師友概念幫助青年建立正面的自我形象。在 Burberry Foundation 的贊助下，啟勵於 18 個月裏將 60 名青年與 18 名成年師友配對，以協助青年建立重要的人生目標及策略。於計劃的檢討中，超過 75% 參加者對將來有更清晰的認識及方向、超過 90% 認同訂立目標的重要性，以及超過 84% 坐言起行地已開始實行將來計劃。

青年獲得的知識及技巧：

- 生涯規劃與目標制定的技巧
- 抗逆力、解決困難及溝通的技巧
- 團體合作及協調的技巧
- 自我認識及目標訂立的技巧

A study in Hong Kong found that among young people, over 60% have indicated that they saw themselves as "Losers", and they had nothing to really look forward to in life. Based on this as well as a number of other studies, KELY took it upon itself to introduce the concept of mentorship in helping young people develop positive perceptions of themselves. With the support of the Burberry Foundation, KELY matched 60 young people with 18 adult mentors to help the former develop important life goals and strategies within a period of 18 months. Through skills training and personal development opportunities students were able to develop positive self-esteem and self-confidence and were required to also pass on their knowledge to an additional 500 peers in helping them see their own life possibilities. From the programme evaluation, over 75% reported having better understanding and direction concerning their future, over 90% agreed on the importance of setting one's goals, and over 84% began to plan their futures.

Knowledge and Skills Obtained by Youth Participants:

- Skills in life planning and goal-setting
- Skills in resilience, problem-solving and communication
- Skills in team work and group coordination
- Skills in self-awareness and goal-setting



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## 「突破傳媒框框」計劃

### Create Your Own Media and Make Your Own Rules

香港美國婦女會贊助

Funded by American Women's Association of Hong Kong

為了回應主流傳媒將女性性慾化、商品化及物件化正影響著女青年的自尊感，啟勵與數名就讀香港理工大學應用社會科學系社會政策的女學生合作，舉行了首次女青年論壇探討上述問題。是次論壇超過 250 名的女中學生參與，由社區及傳媒專家盧燕儀小姐及唐悅文小姐講述女性的重要角色以糾正傳媒扭曲女性形象，以及向當權者提出聆聽女性聲音的重要性。除此之外，此論壇教授不同重要的技巧，例如撰寫投訴信，提出申訴的途徑及讓女青年成為這主題的領導倡議者。於檢討報告中發現，超過 81% 參加者加強理解傳媒如何操控女性形象，超過 56% 參加者理解傳媒此舉背後的動機，以及超過 53% 培養出針對此問題的批判性思考。

青年獲得的知識及技巧：

- 女性問題及相關政策的知識
- 社區資源及支援途徑的知識
- 加強自我認識及自信心
- 探討女性問題的知識及作出對應行動能力

In response to the sexualisation, commoditisation and objectification of women in mainstream media and its impact on the self-esteem of young women; KELY together with a number of female social policy students from The Applied Social Sciences Department of The Hong Kong Polytechnic University, organised the first ever young women's forum on the above topic. With over 250 young female secondary students in attendance, the forum had a panel of community and media experts including Ms. Labra Lo and Ms. Nora Tong, who talked about the important roles of women in educating society about the negative impact of media misrepresentation as well as the need to have their voices heard by decision-makers. More specifically, the forum offered participating students important skills such as: how to write complaint letters, where to file a complaint and how young women can become important leaders in the local community on these issues. Based on the project, over 81% agreed that they developed a better understanding of how the media can manipulate images of women, over 56% agreed that their knowledge was increased as to the motives behind decision-makers in the media, and over 53% reported acquiring a new skills in critically analysing issues in the media.

Knowledge and Skills Obtained by Youth Participants:

- Knowledge of women's issues as well as related policies
- Knowledge of community resources and where to seek for assistance
- Increase self-awareness and self-confidence about oneself
- Knowledge in articulating women's issues and the ability to take action





## 讓夢想飛翔計劃

### The Dare to Dream Academy for the Performing Arts

陳一心家族基金贊助

Funded by The Chen Yet-Sen Family Foundation

多個研究顯示藝術訓練的機會能加強(或培養)出正面的自尊感。通過藝術，能讓青年改善身體協調、溝通關係及人際技巧，同時開發出創意及跳出自己框框的思維。由於本地學校較少有創意發展的培訓，青年未曾嘗試以藝術手法表達自己的需要。讓夢想飛翔計劃是一個大型的藝術項目，挑戰本地青年跳出自己框框以及表達對現時常見問題的意見，包括貧窮失業、欺凌、濫藥及追求與堅持夢想。計劃靈感是來自電視節目「吉列合唱團」，共有4間本地學校參與，我們提供自我形象提升、戲劇(英語)培訓、雜耍培訓、化妝培訓及現代舞蹈培訓予120名學生。最後階段是籌備兩個大型的表演節目，並於大埔文娛中心及文理書院(九龍)舉行，超過1000名學生參與。檢討後，超過93%的參加者認同讓夢想飛翔計劃提供機會表達自己意見，超過64%的參加者更願意面對及承擔上述的四大青年問題，以及100%的參加者表示會再參加此計劃或推介給朋友。

青年獲得的知識及技巧：

- 探討問題的技巧
- 抗逆力、解難能力及溝通的技巧
- 團體合作及協調的技巧
- 與不同類型的人合作的技巧
- 創意思維及表演藝術的技巧

A number of studies have shown that healthy self-esteem can be boosted (and even cultivated) through artistic development opportunities. Through art, young people can improve their motor skills, communication and interpersonal skills, while developing the ability to be creative and think outside of the box. Given the existing creative development gap amongst students in local schools, the need for young people to express themselves artistically has never been greater. *The Dare to Dream Academy for the Performing Arts* was an ambitious artistic endeavor which challenged local Chinese youths to think outside the box and express their views on hard-hitting issues including: poverty and unemployment, bullying and drug abuse, as well as the importance of finding one's dreams and staying the course. Inspired by the television hit "Glee", the project was extended to 4 local schools and involved the provision of self-awareness training, dramatic arts (in English medium) training, circus arts, make-up arts and modern dance training to 120 students. The final part of the project was the production of 2 large scale performances for over 1,000 students at the Tai Po Civic Centre and Cognitio College (Kowloon). Based on the evaluations from the project, over 93% agreed that *The Dare to Dream Academy for the Performing Arts* gave them a voice to talk about their issues, over 64% felt that they can take more ownership of their issues and 100% of participants agreed that they would either re-join the programme or recommend it to their friends.

Knowledge and Skills Obtained by Youth Participants:

- Skills in articulation of issues
- Skills in resilience, problem-solving and communication
- Skills in team work and group coordination
- Skills in working across diversity
- Skills in creative thinking and performance arts



不批判的朋輩支援以啟發青年潛能  
Empowering young people through non-judgmental peer support

## 「恐懼不再、成功在望」計劃及向失敗說「不」計劃

### Defeat Failure! Get Positive (DFGP) and the Say "No" to Failure (SNF) Programme

香港公益金贊助

Funded by The Community Chest of Hong Kong

踏入第四年的「恐懼不再、成功在望」計劃及向失敗說「不」計劃，旨在協助青年以正面的態度面對生活中的壓力，特別是面對挫敗，以及新學制的轉變。通過學習壓力應對技能和雜耍訓練，令青年對自己作出反思和個人突破，這不但能有助他們應用於日常的生活，也對將來有正面的影響。於第四年的計劃中，我們完成了100個工作坊、400節雜耍訓練、20場雜耍表演、20次宣傳活動及20次社區服務。此計劃成功舉行了560個活動，服務人數達23,954名本地學生。超過八成的青年更願意傾訴他們的憂慮，近九成青年認為他們更懂得應對惶恐情況。

青年獲得的知識及技巧：

- 抗逆力、解決困難能力及溝通技巧
- 團體合作及協調的技巧
- 與不同類型的人合作
- 創意思維及表演藝術技巧

For the fourth year in a row the DFGP and SNF remained one of our most impactful programmes in helping young people to cope with the stresses of everyday life, in particular on how to deal with failure; and given the changes in the current local education system, this initiative has become more important than ever. Through the provision of coping skills, circus and performance training, young people made self-discoveries and personal breakthroughs which helped them in their everyday lives, as well as in their future. In this period we implemented 100 workshops, 400 circus training sessions, 20 performances, 20 promotion strategies and 20 sets of community services. The total number of activities implemented was 560 as we reached out to 23,954 local Chinese students across Hong Kong. From the evaluation, over 81% said that they were more comfortable talking about their fears, and over 87% felt that they became more equipped in addressing their fears.

Knowledge and Skills Obtained by Youth Participants:

- Skills in resilience, problem-solving and communication
- Skills in team work and group coordination
- Skills in working across diversity
- Skills in creative thinking and performance arts





## 扶助青年欣賞自己、覓出真我的方向

### Helping Young People Appreciate Themselves and to Find Their Own Paths

#### 雨後彩虹計劃

#### There's Always Tomorrow

特許公認會計師公會贊助

Funded by ACCA Charitable Foundation Limited

據 2010 年東方日報的個案中，一名 12 歲的女孩（由內地移民到香港）被同輩取笑不純正廣東話口音，令她一度萌生自殺的念頭。在香港正存在著欺凌及持續上升自殺率的問題，故啟勵開展了雨後彩虹計劃，協助青年探討自殺的問題及制定預防的策略。本計劃源於美國一個非常有效的預防自殺計劃名為 *Secrets*，計劃中 1,000 名青年以明信片表達內心深處的憂慮、想法及問題；雨後彩虹計劃包括培訓預防及介入自殺技巧予本地青年及教師，設計由明信片組成的正向人生書刊及展覽，推行正向人生策略活動及青年論壇予本地學校。此計劃為超過 2,352 名青年帶來正面積極人生的影響。

青年獲得的知識及技巧：

- 預防及介入自殺技巧
- 團體合作及協調的技巧
- 同理心聆聽及解決困難技巧
- 搜尋自殺相關的資訊、資源及支援能力

In a case study reported by the Oriental Daily News in 2010, a 12 year old girl in Hong Kong ( who was originally from mainland China ), was teased by peers because of her lack of Cantonese proficiency. The teasing became so serious that she contemplated taking her own life. In our efforts to be proactive to such issues in the local community as well as the growing suicide ideation rate in Hong Kong, KELLY launched *There's Always Tomorrow*, a project which helped young people talk about the difficult issue of suicide while coming up with proactive strategies. Inspired by the famous American project *Secrets* where thousands of young people developed postcards which highlighted their inner most fears, aspirations and issues; *There's Always Tomorrow*, included the provision of suicide prevention and intervention skills training to local students and teachers, the development of a positive living postcard book and exhibition, the organising of a positive living strategy campaign for various local schools and a final youth forum on positive living strategies. For this initiative, over 2,352 youths were positively impacted.

Knowledge and Skills Obtained by Youth Participants:

- Skills in suicide prevention and intervention skills
- Skills in team work and group coordination
- Skills in empathetic listening and problem-solving
- Ability in finding information, resources and support on suicide-related issues

不批判的朋輩支援以啟發青年潛能  
Empowering young people through non-judgmental peer support

## 《「青」新角度》影視製作訓練計劃

### Myself, My School, My Hong Kong

何東爵士慈善基金贊助

Funded by The Sir Robert Ho Tung Charitable Fund

為了回應現今青年對學校環境出現的困難，《「青」新角度》影視製作訓練計劃讓學生以正面的手法表達他們所關注的問題，同時提出可行的解決辦法。此計劃包括組織小型論壇及密集式的影視製作訓練予 40 名少數族裔青年，讓學生與老師建立積極的對話機會以改善學校的問題。在檢討的結果中，超過 89% 參加者表示明白到欣賞別人的重要性，92% 的參加者表示加強了他們團體合作、面對困難及與別人談話的能力，並有 87% 的參加者表示對自己的社區抱有正面的角度。

青年獲得的知識及技巧：

- 仔細剖析問題及多角度思考的能力
- 團體合作及協調的技巧
- 同理心聆聽及解決困難技巧

In response to students who were experiencing difficulties with their school environment, the aim of the *Myself, My School, My Hong Kong* programme was to help students find positive ways to express their concerns while coming up with possible solutions. The project involved the organising of mini forums and the provision of intensive film training for 40 ethnic minority students on how they can improve their school situation while facilitating proactive dialogue between students and teachers. Based on the evaluation, more than 89% agreed that the project helped them understand the importance of appreciating others, 92% agreed that the project enhanced their team work, problem-solving skills and ability to dialogue with others, while 87% learnt to view their own community in a more positive light.

Knowledge and Skills Obtained by Youth Participants:

- Ability to dissect issues and see different points of views
- Skills in team work and group coordination
- Skills in empathetic listening and problem-solving





## 創新的活動帶來正面的影響

### Making an Impact Through Special Initiatives

何東爵士慈善基金贊助

Funded by The Sir Robert Ho Tung Charitable Fund

過去啟勵扶青會一直與社區不同組織合辦獨特的服務計劃，為社區創造更多價值。我們感到榮幸於青年服務界別被視為是創新機構，以新穎方式推行服務及活動，並透過獨特的活動持續建立社區合作伙關係。

There are many occasions whereby KELY is asked to partake in special projects in the community to provide added value. We were truly honoured by those who saw us as innovators in the youth serving industry and will continue to develop strong community partnerships through these special initiatives.

### Speak IT!

灣仔扶輪社成員 Mr. Rafael Aharoni 贊助

Donation from Mr. Rafael Aharoni, Member of the Rotary Club of Wanchai

過去數年，欺凌問題引起很多人的關注，在美國、英國及澳洲發生了令人震驚的兒童及青年欺凌事件。雖然近年香港沒有研究及數據反映這問題，但過去香港城市大學社會科學系的黃成榮博士的研究指出，在 7,025 名的被訪小學生中超過 50% 曾被欺凌、目擊朋輩欺凌或自己欺凌別人。由於欺凌問題持續，亦誘因香港的種族關係問題，啟勵在官立嘉道理爵士中學（西九龍）舉辦了首次的跨種族欺凌論壇，當中由平等機會委員會、基督教勵行會及香港善導會的職員為青年講解有關種族性欺凌的最新資料、如何介入此問題及尋求社會資源的協助。此論壇有超過 200 名的青年參與，他們對此問題有極為關注，並願意出一分力於學校及社區中改善問題情況。

青年獲得的知識及技巧：

- 探討問題的技巧
- 抗逆力、解決困難及溝通技巧
- 發掘社區資源及支援的技巧
- 同理心的聆聽及朋輩支援的技巧

The issue of bullying has been on the minds of many people over the past year due to a number of high-profiled cases involving children and youths taking their own lives in the United States, Britain and Australia. Although in Hong Kong, recent studies and statistics have not been available on this issue, Dr. Dennis S.W. Wong of the Department of Social Sciences at the City University of Hong Kong, SAR, found from a questionnaire he administered to 7,025 primary students in Hong Kong, over half have said that they have either been bullied, witnessed the bullying or have been bullied themselves. Given that bullying continues today and the current state of race relations in Hong Kong, KELY organised the first ever racial bullying forum at the Sir Ellis Kadoorie Secondary School in Kowloon. With presentations made by the Equal Opportunities Commission, Christian Action and The Society of Rehabilitation and Crime Prevention, Hong Kong, young people learnt first-hand what racial bullying was, as well as how to intervene and seek support from people in the community. The forum had the attendance of over 200 young people - all of whom were very passionate about this issue and wanted to make a difference in their own school and community.

Knowledge and Skills Obtained by Youth Participants:

- Skills in issues articulation
- Skills in resilience, problem-solving and communication
- Skills in finding resources and support
- Empathic listening and peer support skills

不批判的朋輩支援以啟發青年潛能  
Empowering young people through non-judgmental peer support

## 企出嚟話我知你諗緊乜! — 啟勵及理工大學研究及計劃項目

### Stand Up and Say Something! - KELY and Poly U's Research and Social Planning Initiative

2009 年夏季，啟勵與香港理工大學（理工大學）應用社會科學系（社科系）合作，結合學術界與社區發展實踐支援弱勢青年。社科系副系主任及副教授葉富強博士、講師王玉梅女士以及譚建元先生提供專業的培訓及諮詢予理工大學學生及啟勵職員，探討本地、英語和少數族裔青年的需要。此研究收集了超過 1000 名青年的問卷，進行了 8 個聚焦小組（每組成員平均 10 至 15 歲）及 11 名青年進行深入面談。此研究沒有接受任何資助，並預計研究結果將會在 2012 年 3 月份公佈。

青年獲得的知識及技巧：

- 提出及分析問題的技巧
- 研究及策劃技巧，例如聚焦小組的運作與分析
- 社區行動計劃
- 政策發展及倡議

Since the summer of 2009, KELY has been endeavoring in a partnership with The Applied Social Sciences Department (APSS) of The Hong Kong Polytechnic University (Poly U). This unique partnership was established as a result of both parties wanting to combine academia with community development practices to benefit vulnerable youths. Dr. Ip Fu Keung, David, The Associate Head and Associate Professor of APSS, Ms. Amy Ong and Mr. Tam Kin Yuen, Raymond, Instructors from the APSS, has been providing pro-bono training and consultation to volunteer Poly U students and KELY staff to research the needs of Local Chinese, English-speaking and Ethnic Minority youths across the city. The partnership has so far resulted in an extensive surveying of 1,000 young people, 8 focus groups (average of 10 to 15 youth participants per group), and 11 in-depth interviews. Despite this project receiving no funding the launching of this research is expected to take place sometime in March 2012.

Knowledge and Skills Obtained by Youth Participants:

- Skills in issues articulation
- Research and planning skills, i.e. focus group testing and analysis
- Community action planning
- Policy development and advocacy





# 舞蹈日! Dance Day!

康樂及文化事務署贊助  
Funded by Leisure and Cultural Services Department

集合多種舞蹈、音樂及綜合表演的舞蹈日，啟勵扶青會聯同了 30 名本地學校的青年表演雜耍及為超過 1000 名的青少年作示範，慶祝一年一度的藝術盛事。

青年獲得的知識及技巧：

- 交流拋波、扯鈴及轉碟的技巧
- 抗逆力、解決困難及溝通技巧
- 團體合作的技巧
- 表演藝術及跨文化合作的技巧

For a potpourri of dance, music and mixed medium performances, KELY was again asked to facilitate a group of 30 students from our local schools to provide circus performance and training to over 1,000 youths at this one day celebration.

Knowledge and Skills Obtained by Youth Participants:

- Skills in juggling, Diablo and plate spinning
- Skills in resilience, problem-solving and communication
- Skills in team work and group coordination
- Skills in performance arts and working across diversity



## 啟勵的傳媒報導 KELY in the Media



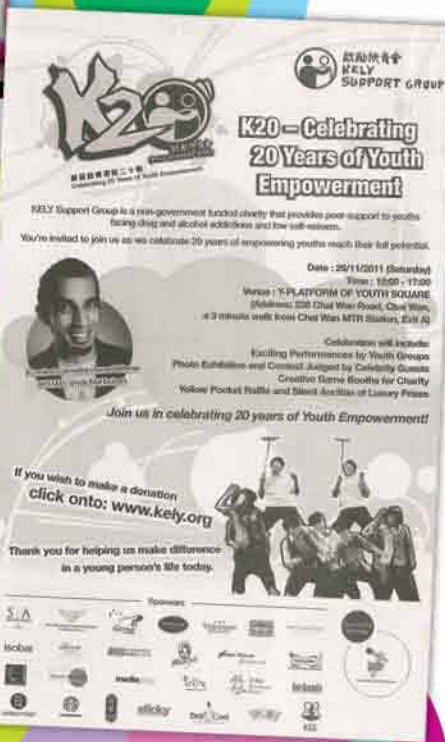
周柏豪出席《青少年禁毒活動》



Coming of age



NO is the hardest word



不批判的朋輩支援以啟發青年潛能  
Empowering young people through non-judgmental peer support



KELY SUPPORT GROUP LIMITED  
(啟勵扶青會有限公司)  
STATEMENT OF COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 31 MARCH 2011

	Note	2011 HK\$	2010 HK\$
<b>Income</b>			
General donations	6	576,556	547,439
Designated funding and grants	7	2,045,783	2,138,373
Donation income from fund raising activities		190,000	151,815
Community events and promotions		10,000	10,000
		<u>2,822,339</u>	<u>2,847,627</u>
Fees for workshops		118,600	217,584
Expenses for workshops		<u>(461,735)</u>	<u>(614,077)</u>
		<u>(343,135)</u>	<u>(396,493)</u>
Interest income		25	118
Sundries		<u>23</u>	<u>3,788</u>
Total income		2,479,252	2,455,040
<b>Expenditure</b>			
Depreciation		(60,632)	(53,633)
Employee benefit expenses		(1,967,754)	(2,101,179)
Other operating expenses		<u>(442,147)</u>	<u>(234,089)</u>
		<u>(2,470,533)</u>	<u>(2,388,901)</u>
Surplus and total comprehensive income for the year	8	<u>8,719</u>	<u>66,139</u>

KELY SUPPORT GROUP LIMITED  
(啟勵扶青會有限公司)  
STATEMENT OF FINANCIAL POSITION  
AS AT 31 MARCH 2011

	Note	2011 HK\$	2010 HK\$
<b>Non-current assets</b>			
Property, plant and equipment	11	<u>166,358</u>	<u>114,692</u>
<b>Current assets</b>			
Fees and donations receivable	12	16,800	58,000
Cash at banks and in hand		<u>1,238,494</u>	<u>1,023,407</u>
		<u>1,255,294</u>	<u>1,081,407</u>
<b>Current liabilities</b>			
Accruals and other payables		56,359	66,742
Deferred income	13	<u>780,914</u>	<u>553,697</u>
		<u>837,273</u>	<u>620,439</u>
<b>Net current assets</b>		<u>418,021</u>	<u>460,968</u>
<b>NET ASSETS</b>		<u>584,379</u>	<u>575,660</u>
<b>ACCUMULATED FUNDS</b>			
Surplus funds		<u>584,379</u>	<u>575,660</u>

On behalf of the Board

*Deane C. Bokun*

Director

*[Signature]*

Director



## 我們的慷慨商業贊助商、資助者和捐款者

## Our Generous Corporate Sponsors, Funders and Donors

(以英文字母排序 In Alphabetical Order)

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Department of Applied Social Sciences, The Hong Kong Polytechnic University

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Mr. Rafael Aharoni

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南海一號 Nanhai No. 1

保安局禁毒處 Narcotics Division, Security Bureau

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棕櫚島渡假村有限公司 Palm Island Resort Limited

八珍國際有限公司 Pat Chun International Limited

山頂纜車有限公司 Peak Tramways Company Limited

半島商品有限公司 Peninsula Merchandising Limited

博納 POAD Group Limited

新利集團 Sing Lee Software (Group) Limited

香辣軒 淺水灣影灣園 Spices, The Repulse Bay

香港星巴克咖啡公司 Starbucks Coffee Company

Sticky Hong Kong Limited

南島中學學生 Students from the South Island School

香港美國會 The American Club Hong Kong

陳一心家族基金會 The Chen Yet-Sen Family Foundation

香港公益金 The Community Chest of Hong Kong

香港木球會 The Hong Kong Cricket Club

香港上海匯豐銀行有限公司  
The Hongkong and Shanghai Banking Corporation Limited

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王府半島酒店 The Peninsula Beijing

馬尼拉半島酒店 The Peninsula Manila

上海半島酒店 The Peninsula Shanghai

The Peninsula Spa by Espa, The Peninsula Hong Kong

東京半島酒店 The Peninsula Tokyo

何東爵士慈善基金 The Sir Robert Ho Tung Charitable Fund

露台餐廳 淺水灣影灣園 The Verandah, The Repulse Bay

宏展商品推廣有限公司 Tochanda Limited

東園電器行有限公司 Tung Yuen Electrical Company Limited

法式牛扒屋 W's Entrecôte

永利澳門有限公司 Wynn Resorts Macau

## 提供活動與服務之學校受惠名單

## Schools who Have Benefited From our Programmes

### 本地學校 Local Chinese Schools:

神召會康樂中學 Assembly of God Hebron Secondary School  
神召會瑪理信書院 Assembly of God Morrison College  
天主教柏德學校 Bishop Paschang Catholic School  
佛教徒可紀念中學 Buddhist Fat Ho Memorial College  
茂峰法師紀念中學 Buddhist Mau Fung Memorial College  
佛教普德英文中學 Buddhist Sin Tak College  
明愛賽馬會樂仁學校 Caritas Jockey Club Lok Yan School  
陳樹渠紀念中學 Chan Shu Kui Memorial School  
潮州會館中學 Chiu Chow Association Secondary School  
祖堯天主教小學 Cho Yiu Catholic Primary School  
宣道會崇紹錄小學 Christian Alliance S.Y. Yeh Memorial Primary School  
中華傳道會安柱中學 Christian Nationals' Evangelism Commission Christian College  
中華傳道會呂明才小學 Christian Nationals' Evangelism Commission Lui Ming Choi Primary School  
中華基督教會基真小學 Church of Christ In China Kei Chun Primary School  
中華基督教會基道中學 Church of Christ In China Kei To Secondary School  
中華基督教會蒙民偉書院 Church of Christ In China Mong Man Wai College  
鍾聲慈善社胡陳金枝中學 Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School  
文理書院(九龍) Cognito College (Kowloon)  
天主教母化會聯明中學 Daughters of Mary Help of Christians Siu Ming Catholic Secondary School  
靈光小學 Emmanuel Primary School  
鮮魚行學校 Fresh Fish Traders' School  
福建中學 Fukien Secondary School  
葛師校友會黃埔學校 Grantham College of Education Past Students' Association Whampoa Primary School  
下葵涌官立中學 Ha Kwai Chung Government Secondary School  
梁文燕紀念中學 Helen Liang Memorial Secondary School (Shatin)  
香島中學 Heung To Middle School  
佛教正覺中學 Heung Hoi Ching Kok Lin Association Buddhist Ching Kok Secondary School  
香港正覺社佛教馬錦輝紀念英文中學 Heung Hoi Ching Kok Lin Association Buddhist Ma Kam Chan Memorial English Secondary School  
香港浸信會聯會小學 Hong Kong Baptist Convention Primary School  
香港浸信會大學附屬學校王鏡輝中小學 Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School  
香港道教聯合會圓玄學院第一中學 Hong Kong Taoist Association The Yuen Yuen Institute No. 1 Secondary School  
香港道教聯合會(雲泉)學校 Hong Kong Taoist Association Wun Tsuen School  
聖母無玷聖心書院 Immaculate Heart of Mary College  
教恩書院 Kau Yan College  
葵涌蘇蘇公學 Kiangsu-Chekiang College (Kwai Chung)  
景林天主教小學 King Lam Catholic Primary School  
潔心林炳炎中學 Kit Sam Lam Bing Yim Secondary School  
康沙小學 La Salle Primary School  
嶺南小學 Lingnan Primary School  
樂善堂梁鏡昭書院 Lok Sin Tong Leung Kau Kui Primary School  
樂善堂梁鏡昭學校(分校) Lok Sin Tong Leung Kau Kui Primary School (Branch)  
瑪利臺中學 Marymount Secondary School  
瑪利諾修院學校(中學部) Maryknoll Convent School (Secondary Section)  
循道中學 Methodist College  
新亞中學 New Asia Middle School  
新界鄉議局元朗區中學 New Territories Heung Yee Kuk Yuen Long District Secondary School  
聖母院書院 Notre Dame College  
港島民生書院 Munsang College (H.K. Island)  
保良局陳守仁小學 Po Leung Kuk Carmoes Tan Siu Lin Primary School  
保良局陳湛小學 Po Leung Kuk Chan Yat Primary School  
保良局莊啟程小學 Po Leung Kuk Chong Kee Ting Primary School  
保良局香港道教聯合會圓玄小學 Po Leung Kuk Hong Kong Taoist Association Yuen Yuen Primary School  
寶安商會溫浩根小學 Po On Commercial Association Wan Ho Kan Primary School  
皇仁義生會中學 Queen's College Old Boys' Association Secondary School  
伊利沙伯中學舊生會小學分校 Queen Elizabeth School Old Students' Association Branch Primary School  
伊利沙伯中學舊生會中學 Queen Elizabeth School Old Students' Association Secondary School  
禮賢會彭學高紀念中學 Rhenish Church Pang Hok Ko Memorial College  
慈幼堂漢小學 Salesian Yip Hon Primary School  
十八鄉鄉事委員會公益社中學 Shap Pat Heung Rural Committee Kung Yik She Secondary School  
石籬天主教小學上午校 Shek Lei Catholic Primary School  
上水官立中學 Sheung Shui Government Secondary School  
聖公會梁鴻基馬烈勤小學 Sheng Kung Hui Chai Wan St. Michael's School  
聖公會主愛小學(梨木樹) Sheng Kung Hui Chu Oi Primary School (Lei Muk Shue)  
聖公會基顯小學 Sheng Kung Hui Kei Hin Primary School  
聖公會基心小學 Sheng Kung Hui Kei Sum Primary School  
聖公會聖瑪利亞堂莫慶堯中學 Sheng Kung Hui St. Mary's Church Mok Hing Yiu College  
天主教崇德英文書院 Shung Tak Catholic English College  
聖言中學 Sing Yin Secondary School

聖安當女書院 St. Antonius Girls' College  
聖安多尼學校 St. Anthony's School  
聖愛德華天主教小學 St. Edward's Catholic Primary School  
聖公會聖雅各小學 St. James' Primary School  
聖博德小學 St. Patrick's Catholic Primary School  
聖保羅中學 St. Paul's Secondary School  
禧德聯誼總會何日東小學 Shun Tak Fraternal Association Ho Yat Tung Primary School  
大角嘴天主教小學 Tai Kok Tsui Catholic Primary School  
大埔官立中學 Tai Po Government Secondary School  
大埔浸信會公立學校 Tai Po Baptist Public School  
大埔三育中學 Tai Po Sam Yuk Secondary School  
鄧鏡波學校 Tang King Po Secondary School  
衛理中學 The Methodist Church Hong Kong Wesley College  
救世軍中原慈善基金學校 The Salvation Army Centaline Charity Fund School  
救世軍卜維廉中學 The Salvation Army William Booth Secondary School  
天水圍官立中學 Tin Shui Wai Government Secondary School  
香港真光中學 True Light Middle School of Hong Kong  
荃灣公立何傳耀紀念中學 Tsuen Wan Public Ho Chuen Yiu Memorial College  
屯門官立中學 Tuen Mun Government Secondary School  
東華三院張明添中學 Tung Wah Group of Hospitals Chang Ming Thien College  
東華三院馬振玉紀念中學 Tung Wah Group of Hospitals C.Y. Ma Memorial College  
東華三院甲寅年總理中學 Tung Wah Group of Hospitals Kap Yan Directors' College  
東華三院盧神恩紀念中學 Tung Wah Group of Hospitals Lo Kon Ting Memorial College  
黃大仙天主教小學 Wong Tai Sin Catholic Primary School  
仁濟醫院羅漢慈恩中學 Yan Chai Hospital Law Chan Chor Si College

### 國際學校及非華語學校 International and English-Medium of Instruction Schools:

美國國際學校 [全日] (小學) American International School (Primary)  
香港澳洲國際學校 Australian International School  
白蘭徑國際學校 Bradbury Junior School  
杯澳公立學校 Bui O Public School  
加拿大國際學校 Canadian International School  
漢基國際學校 Chinese International School  
協同國際學校 Concordia International School  
地利亞修女紀念學校(百老匯) Delia Memorial School (Broadway)  
地利亞修女紀念學校(協和) Delia Memorial School (Hip Wo)  
地利亞修女紀念學校(利希慎) Delia Memorial School (Matteo Ricci)  
地利亞(加拿大)學校 Delia School of Canada  
法國國際學校 French International School (Secondary)  
方方樂應弘商國際學校 Fungful Sear Rogers Primary  
德國國際學校 German Swiss International School  
香港國際學校 Hong Kong International School  
康樂國際學校 Hong Lok Yuen International School  
弘立書院 The Independent Schools Foundation Academy  
伊斯蘭學校 Islamic Primary School  
港島中學 Island School  
奇力學校 Kellett School  
堅尼地小學 Kennedy School  
蘇聯公學 Kiangsu and Chekiang College  
香港韓國國際學校 Korean International School  
李鄭屋官立小學 Li Cheng Uk Government Primary School  
李陞大坑學校 Li Sing Tai Hang School  
蘭橋小學 Man Kiu Association Primary School  
保良局蘇聯育學校 Po Leung Kuk Choi Kai Yau School  
啟新書院 Renaissance College  
港島弘道國際學校 Sear Rogers International School  
新加坡國際學校 Singapore International School  
宣立嘉道理爵士小學 Sir Ellis Kadoorie Primary School  
宣立嘉道理爵士中學(西九龍) Sir Ellis Kadoorie Secondary School  
南島中學 South Island School  
聖瑪加利男女英文中學 St. Margaret's Co-Educational Secondary School  
油蔴地街坊會學校 Yau Ma Tei Kaifong Association School  
香港耀中國際學校 Yew Chung International School, Hong Kong  
香港耀中國際學校(小學) Yew Chung International Primary  
港青基信書院 YMCA Hong Kong Christian College



# 青年留言 Messages From Our Youths

恭喜KELY 20週年!  
好開心可以參與計劃,  
令我更加認識自己,  
努力向目標前進。

Don't give up your dream!  
Let's dare to dream!

生日快樂!  
一年好過一年!

20週年,  
KELY幫到  
好多青少年,  
多謝你!

Happy Birthday to KELY!!! Thanks KELY for  
giving a chance to make me get a lot unforgettable  
experience that can help me in the future!

When I had a  
hard time, I can  
receive support  
from peers and  
KELY's staff.  
Thank you and  
Happy Birthday!

KELY生日快樂!  
繼續俾多D活動  
我地青少年玩!

雖然活動會用咗好多時間,  
但係只想講一句,  
一切都值得絕唔會後悔!

計劃讓各同學  
參與籌備及  
表演,  
很高興及享受  
與同路人一同  
努力的過程!

恭喜KELY 20歲生日, 祝KELY能依然風雨無阻的扶持  
香港的青少年, 經過上年的活動, 我相信KELY會做到  
「扶青會」三個字當中真正的含義。

KELY's programme  
is very good.  
Thank you!

完成活動後帶來的  
滿足感, 超開心!  
多謝KELY!

# KELY

Thanks KELY  
for giving me a chance  
to build up my confidence!  
Happy Birthday KELY!

I really enjoy  
KELY's programmes  
which enhance my  
self-confidence and  
leadership skills.

will **Support** youth  
in a **BIG Group**

啟勵扶青會 生日快樂!

I learnt how to  
respect other's  
opinions even  
when we come  
from different  
backgrounds.

KELY 20歲生日快樂!  
好多謝KELY給予機會  
我們去參與夢飛翔,  
希望接下來會有更多  
活動令年青人得益!

I have good memories of  
last year's programme.  
I can now achieve  
challenging tasks.  
Thank you KELY!

來自不同背景的  
青年可以聚在一起,  
擴闊左我們視野!

活動好好玩好創新!  
最啱我地玩!



啟勵扶青會  
**KELY**  
**SUPPORT GROUP**

