

2019



啟發青年潛能，讓其盡展所長
Empowering Young People to Reach their Full Potential

ANNUAL REPORT

啟勵扶青會年報





03

**Message from the Chair
and the Executive Director**
主席及行政總監的話

05

Young People's Stories
青年故事

07

About KELY Support Group
關於啟勵扶青會

30

Advocacy
推廣活動

31

2019 Year in Review
2019年度回顧

35

Financial Highlights
財政摘要



TENTS 目錄

09

Why We Care

為甚麼我們關注

11

Our Achievements

豐碩成果

13

KELY's 3 Core Focus Areas

啟勵三類核心服務

- Drug & Alcohol Awareness
藥物及酒精意識
- Mental Health & Wellbeing
精神健康
- Positive Youth Development
正向青年發展

36

People at KELY

啟勵成員

38

Acknowledgements

鳴謝



MESSAGE FROM THE CHAIR AND EXECUTIVE DIRECTOR

主席及行政總監的話

2019 was an unprecedented year for all of us in Hong Kong and for KELY Support Group, it was a year of transition, evolution of our services, keeping our ear to the ground and taking new risks for the betterment of the young people we serve.

We have operated almost 30 years as an NGO without government subvention, and it has been by constantly growing and learning through our engagement with our youth and trusted school and funding partnerships that we have been well positioned to face the changes and challenges that this year has brought.

We began 2019 with the recognition that young people's mental health and access to the right opportunities in Hong Kong were closely linked to their ability to reach their full potential. In order to fully adapt to their evolving needs, we focused our collective programming under 3 core areas – **mental health & wellbeing, drug and alcohol awareness and positive youth development**. With this transition, we welcomed some new team members, created a plan to strategically scale up our programmes and established some intentional partnerships with organisations to extend and expand our ability to reach more youth with more expertise. In Hong Kong, we are now working with Mind HK, a newly established mental health charity and also in Australia, with Batyr, a youth organisation focused on breaking the stigma of mental health in their communities.

In the latter half of the year, while facing the challenges of the social movement across our city, we focused our resources on prevention – calling for much needed mental health resources and support for our youth, and prioritising listening and providing peer support resources and skills to those we were connected with.

As we look back at an emotional, yet inspiring year of work, we are proud to be working with such a wide range of dedicated, caring individuals and organisations. We are hopeful that 2020 will bring new opportunities for KELY to be a bridge to provide better support to youth across our city. Our young people's success, is the success of KELY and the wider community that supports us. We are grateful for the continued strong support of our donors, partners, Board members and volunteers who encourage us and enable us to be ready for the challenges and achievements ahead.

Paul Tchen
Chair, 2017-2019



Sky Siu
Executive Director





2019對所有香港人和啟勵扶青會而言，屬充滿挑戰的一年。這一年間，我們因應各方轉變，進行相應服務改革。我們時刻關注社會不同動向，並敢於接受新挑戰，以確保我們的青年得到更完善的服務。

作為一所沒有政府資助的非牟利機構，我們在港已經服務近30年了。多年來，透過與青年，以及值得信賴的學校和資助合作夥伴不斷交流，我們的服務才得以持續進步。同時，我們亦有幸找到正確的定位，應對過去一年帶來的各種變化和挑戰。

自2019年開始，我們意識到青年的精神健康和獲得正面發展機會，與他們能否充分發揮潛能有密切關係。為回應青年不斷轉變的需求，我們將項目重點劃分為三個核心領域 – **精神健康、藥物及酒精意識和正向青年發展**。就着這個轉變，我們與新加入的團隊成員攜手制定一個具策略性的發展計劃，旨在擴展現行項目。另外，我們亦與不同機構建立夥伴關係，進一步擴展我們的潛力及專業知識，以接觸更多青年。在香港，我們現正與Mind HK，一所新成立的精神健康慈善機構合作；而在澳洲，我們則與Batyr，一所致力在社區打破精神健康負面標籤的青年機構合作。

在下半年，香港整個城市面對社會運動帶來的不同挑戰。有見及此，我們將資源集中在推動預防工作上，並致力呼籲各界為青年提供更多精神健康資源及支援。同時，我們亦專注於聆聽與我們聯繫的青年之心聲，並為他們提供朋輩支援資訊和技能。

當我們回顧這一年鼓舞人心的工作時，我們都很榮幸能與一眾充滿熱誠的人士和機構合作。我們衷心希望2020年會為啟勵帶來更多嶄新機會，令我們能成為一道向香港青年提供更有力量支援的橋樑。青年的成功，亦見證着啟勵和一眾支持我們人士的成功。我們在此感謝各位捐助者、合作夥伴、董事會和義工的鼎力支持，一直鼓勵我們，讓我們能夠為未來的挑戰和成就做好準備。

陳寶山
主席 2017-2019

蕭加欣
行政總監

YOUNG PEOPLE'S STORIES

青年故事

From Peer Support to Empathetic Leader



Peer support plays a vital part in youth growth and development. Not only can it help young people build positive self-identity and confidence, it can also keep them away from potential harm and risky behaviour. Over the past 28 years, KELY has used peer support as an essential element in all our youth programmes. By delivering relevant skills and knowledge, we empower young people to be there for each other and become successful peer supporters in the future.

KELY's alumnus, Samantha Yung, joined KELY's peer support training while she was in high school. Despite the years that have passed, she still remembers the day KELY staff introduced the peer support training programme to her, how easily approachable they were and how safe she felt with them. One thing that Samantha remembers the most from the programme is the concept of empathy. "By putting myself into others' shoes, I can understand and acknowledge others' feelings and offer my support and kindness." She truly believes that empathy is indispensable for peer support and the way to maintain a harmonious relationship with others.

After the training sessions, KELY staff worked with Samantha and her classmates to host an event at school promoting what they had learned. They decided to organise a 'Have a hug day', in which they encouraged others to show their care by giving hugs and notes of appreciation to classmates and teachers... "Everyone gathered in the school lawn giving hugs and support to each other right before our exams. It was a beautiful scene! It felt like the stress, worries, and anxieties that everyone was carrying all disappeared that afternoon." Samantha and her classmates were touched to see how simple acts of kindness and empathy could bring such a positive change to their school environment.

Today, Samantha shares how her experience with KELY as a teenager continues to impact her adult life. "I was very grateful for the encouragement and guidance from KELY staff. As a teenager back then, I lacked confidence and direction. Their willingness to walk alongside us inspired me to do the same for others." Samantha has since joined and organised various mentoring and tutoring programmes for young people and is an active member of her law firm's CSR initiatives.

"I truly appreciate KELY's involvement during my youth and KELY's fierce dedication to the [youth] community over the years."

- Samantha Yung

從朋輩支援者蛻化成善心領袖

朋輩支援在青年成長和發展有着重要的角色，它不僅可以幫助青年建立正面的自我認同和信心，還可以引領他們遠離潛在的傷害和高危行為。在過去28年，啟勵一直把朋輩支援納入我們所有青年項目中的重要元素。我們致力透過教導青年相關技能和知識，裝備每一位年青人成為未來的朋輩支持者。



啟勵舊生翁希莉在高中時，曾參與啟勵的朋輩支援工作坊。儘管事隔多年，當日啟勵員工向她介紹朋輩支援項目的情境，她至今仍歷歷在目。啟勵員工

和藹可親地與她聊天，令她心情舒暢，感到很有安全感。希莉在項目中學會建立同理心，她說：「透過代入他人的處境，我能更深切體會別人的感受，從而為他們送上最適切的援助。」她深信同理心是朋輩支援中不可或缺的元素，更是與他人保持和睦相處的要訣。



在項目完結時，啟勵員工引領希莉和她的同學於學校舉辦一場活動，展示他們從項目所學到的知識。他們成功舉辦了「擁抱日」，在活動當天，參加學生向同學和老師互相擁抱，並盡訴感激之語。希莉憶述當時的情境說：「所有學生都聚集在

學校草坪上，在考試前互送擁抱和支持，那是一個多麼感深肺腑的畫面！所有人的壓力、憂慮和不安彷彿也在這個下午一掃而空。」希莉和她的同學們看到原來這麼簡單的動作，竟能為學校環境帶來如此正面的變化。對此，他們深受感動。

至今，希莉仍衷心感激啟勵員工昔日向她送上萬分鼓勵和指導。她分享指，這一切在她的成長中，產生正面影響。「我很感謝啟勵員工的鼓勵和指導。回想起少年時的我，缺乏信心和方向；但在我目睹啟勵員工願意給予青年無限支援時，漸漸激發起我為他人做同樣事情的決心。」自此，希莉熱心舉辦各種為年青人而設的朋輩支援及輔導項目，並積極參與目前任職的律師事務所所舉辦的企業社會責任項目。

「我非常感謝啟勵出現在我的青年時代，並多年來對青年事務熱心奉獻。」

翁希莉



Spinning into Positive Growth



"Practicing social circus is my best way to channel and relieve stress," quips Michelle, as she spins a plate in one hand. "I set aside my worries and just watch the plate spinning non-stop. All my worries vanish in those moments."

Young people in Hong Kong face increasing levels of pressure, and finding constructive ways to deal with that stress is an important skill for maintaining positive mental health and wellbeing. Michelle Ngai, a

Form Three student, these pressures are a daily reality. In the past, whenever she faced severe pressure, she only knew how to cope with her overwhelming emotions by taking deep breaths. However, since joining KELY's "Get Positive!" Programme, a programme that helps young people understand their own emotions and cope with stress, she has not only discovered her interest in learning circus acts, but also found that simple and everyday props can serve to regulate her tense and stressful life.

Aside from learning stress management skills, Michelle has also realised the importance of peer support and helping those around her to manage their own emotions. "Some teammates are determined to make every little detail perfect, but other teammates are inattentive during practice after a whole day of intense classes. Due to everybody's different attitudes, small conflicts inevitably occur every once in a while," says Michelle. "When this happens, I try to be the mediator, leading everybody to relax and chat while reflecting on our areas that need improvement. Through supporting and encouraging each other, our minds become in sync." Michelle says that as time goes on, the team no longer criticise and blame each other for the mistakes they make; instead, they pat one another's shoulders as a show of support. This type of mutual support is critical, because the teams depend on each other to smooth out any mistakes made during competitions to create a seamless performance. Michelle believes that teamwork skills can also be applied to daily life: "At home, we need to share the household chores with our family members," she explains. "At school, discussion among team members is the key to prepare and produce a group project." Michelle believes that nobody is perfect, only through fairly distributing work may one relieve some burden and stress, and peer support is the best way to regulate and release one's negative emotions.

Through the "Get Positive!" Programme, Michelle has gained an additional toolkit of life skills and resilience to help herself and her peers face challenges in the future. She strongly encourages other young people, "Say to yourself 'I can do it! I know I can do it!' - this will gradually develop self-confidence. When we struggle with difficult challenges, we'll always have caring teachers and friends by your side, so we ought to be brave in the face of adversity." Michelle firmly believes that keeping these beliefs in mind will help her have a positive outlook in the future, and will support her as she strides forth in her life journey.

- Ngai Tsz Wing, Michelle

「轉」出成長路

「練習雜耍是我最佳的減壓渠道。」啟勵「成功在望」項目參加者倪紫穎手持轉碟，俏皮地說。紫穎說：「我會先把煩惱擱置，只看著碟子不停旋轉，我的煩惱頓時一掃而空。」

在香港，青年所面對的壓力問題與日俱增；引導他們找出排解壓力的正面方式，對他們的精神健康尤其重要。現年就讀中三的紫穎，也正面對各種沉重壓力。過去，當她面對巨大壓力時，她只知道通過深呼吸來應對自己的負面情緒。然而，自從她參加啟勵「成功在望」——一個旨在令青年了解個人情緒和應對壓力的項目後，她不但發掘自己對雜藝的興趣，更發現這套看似平平無奇的雜藝工具，竟可成為其繃緊生活中的一道調劑。



除了學習管理壓力的方法外，有關項目亦令紫穎體會朋輩支援的重要性，並積極幫助朋輩管理情緒。紫穎形容：「有些隊員對每個細節也力臻完美；但

有些隊員則在完成

一整天的課堂後，練習時力不從心。由於大家各持不同態度，練習時少不免出現磨擦。對此，我會嘗試擔任協調角色，帶領大家在休息時段一邊閒聊，一邊反思哪些地方需要改善。通過互相勉勵，我們的默契逐漸增進。」紫穎指出：「在後期練習時，每當有隊員表現失準，大家非但不再互相指摘；反之，他們會拍拍對方肩膀以示支持。朋輩間的默契絕不容小覷，因為只有團隊之間互相依靠，才可減低比賽中犯下失誤的可能性，從而創造出精彩絕倫的表現。紫穎認為，團隊合作亦能充分應用在日常生活中。她解釋說：「在家中，我們需要和家人分工合作分擔家務；而我們進行校內的專題匯報時，也需和其他組員一起討論，才能把報告做到至善至美。」紫穎認為，沒有一個人是完美的，只有透過團隊分工，方可減輕自己的擔子和壓力；而朋輩間互相支援，亦是排解負面情緒的妙法。

透過「成功在望」項目，紫穎裝備了一系列生活及抗逆技能，以幫助自己和朋輩克服未來大大小小的挑戰。她和顏悅色地勉勵其他青年道：「只要多對自己說『我做得好！我一定做得好！』，就能慢慢建立自信心。而即使面對多艱鉅的挑戰，身邊總會有良師益友的陪伴，所以我們更應勇敢面對困難。」紫穎堅信，這些信念能令她克服未來每個挑戰，邁向璀璨的人生路。

- 倪紫穎

ABOUT KELY SUPPORT GROUP

關於啟勵扶青會





KELY Support Group (KELY) is a Hong Kong-based nonprofit organisation whose mission since 1991 is to equip young people with the skills, knowledge, and opportunities needed to support themselves and each other.

We envision a world where young people are empowered to reach their full potential.

We collaborate with schools and other partners to offer programmes to Chinese- and English-speaking youth between the ages of 14 and 24 around our three core focus areas: **Drug and Alcohol Awareness, Mental Health & Wellbeing, and Positive Youth Development.**

啟勵扶青會（啟勵）是本港非牟利機構，自1991年起，我們旨在扶植青年裝備所需技能、知識及機會，推動朋輩間互助精神。

我們致力啟發青年潛能，帶他們走進一個讓其盡展所長的世界。

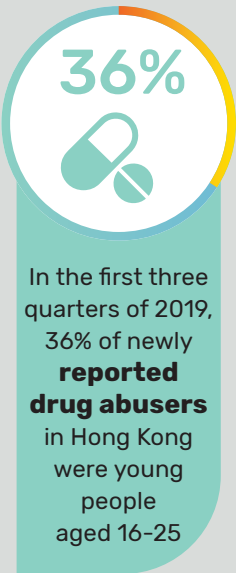
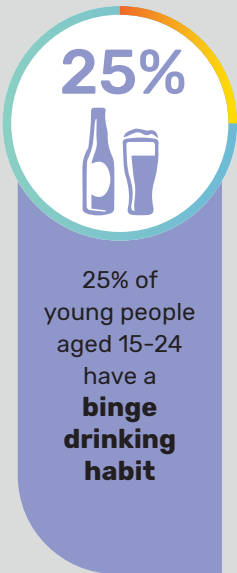
我們與學校及夥伴機構合作，為本地14-24歲的華語、少數族裔以及英語青年，提供三項核心服務項目：**藥物及酒精意識、精神健康、正向青年發展。**

WHY WE CARE

為甚麼我們關注

At KELY, we are passionate about building a world where young people are empowered to reach their full potential. We're especially passionate about young people because we've all been there. Although some of us are far enough from our adolescent years to forget that confusing period in our lives, we've all experienced the biological changes that wrack our bodies and emotions, the uncertainty of exploring our identities as we prepare to enter adulthood, and the social, academic, and environmental pressures that come with those formative years.

These factors make young people especially vulnerable to engaging in risky behaviors during this period in their lives, at a time when young people's brains are also most sensitive to the long-term impacts of substance use or mental health issues.



Supporting young people during this tumultuous time in their lives means helping them to develop a solid foundation of life skills, resilience in the face of challenges, and opportunities to express themselves. It also means building a strong support network around young people, whether that's through empowering young people to meaningfully support each other, or through equipping parents, teachers, and other influential adults to support young people.

As we enter the next decade, we know that our young people need our support more than ever. We care because young people not only represent the leaders of tomorrow, they are also the leaders of today - young people around the world are on the frontlines driving positive social change in areas like climate change, business innovations, and education. Our job is to empower the young people around us to reach their full potential by thriving in school and in life, meaningfully supporting those around them, and using their voices to speak up about the issues that matter to them.

Source:
Central Registry of Drug Abuse (Updated on 13.12.2019) | The survey conducted by the Department of Health between 2004 and 2014 |
The survey conducted by the Hong Kong Playground Association (May 2018)



在啟動，我們致力啟發青年潛能，帶領他們走進一個讓其發掘潛能、盡展所長的世界。每個人也曾經歷青年時期，因此我們特別關注青年的發展。儘管我們有部份人久久遠離青春期，忘記那生活中令人困惑的時代，但我們也體會過青春期的生理轉變。在那個階段，我們的身體和情緒受盡種種困擾，如步入成年階段時，我們在探索身份的過程中，總少不免遇上不確定因素；還有各種來自社會、學業和環境的壓力。

這些因素使青年在此期間特別容易受到誘惑，繼而參與高危行為。青年的大腦在這個時期對使用藥物或精神健康的長遠影響也是最敏感的。

在這個動盪時期，為青年提供支持，不單是指幫助他們建立紮實的生活技能和抗逆能力，以面對未來的挑戰；還包括為他們提供自我表達的機會。此外，我們亦需協助青年建立強大支援網絡，如為青年裝備朋輩支援技巧；以及通過引領父母、老師和其他具影響力的成年人裝備所需技能，從而支持青年。

踏入新一個十年，我們深切明白青年比以往任何時刻都更需要我們的支持。我們關注青年福祉，不僅因為他們是未來的領袖，他們更是今天的掌舵手——世界各地的青年也在氣候變化、商業創

新和教育等領域處於積極推動社會變革的前線地位。我們的工作就是要在學校和日常生活中，啟發周遭青年，助他們盡展所長，並默默支持他們及同儕，讓他們在關注的青年議題上，勇敢發聲。

25%



年齡介乎
15-24歲的
青年當中，
25%人士有
暴飲習慣。

33%



每3個年輕人
當中，
有1個人正在
焦慮、壓力或
抑鬱問題中
掙扎。

36%



在2019年的第
三季，
首次被呈報為
濫藥人士的
16至25歲青年
佔整體的36%

ACHIEVEMENTS

豐碩成果





24

Number of media opportunities
to share about youth
issues in Hong Kong
啟勵獲媒體報導有關
青年議題的次數



15,866

Number of young people reached
through harm reduction
education & prevention training
通過緩害及預防教育
所接觸的青年人數



15,533

Number of youth participants
in KELY's school based
programmes
參與啟勵校本項目的
青年人數



6

Number of school partnerships
(Universities)
學校夥伴數目
(大學)



32

Number of school partnerships
(International /English
medium of instruction)
學校夥伴數目
(國際學校/英文中學)



43

Number of school partnerships
(Chinese medium of
instruction)
學校夥伴數目
(中文中學)



11

Number of student interns
實習生人數



518

Number of training
workshops delivered
開辦培訓及工作坊數目



4,500

Number of harm reduction
& educational materials
distributed
緩害及教育刊物的
派發數量



13

Number of programmes
delivered
開辦項目數目



212

Number of mentors and
volunteers
擔任啟勵師友和義工的人數



21,135

Number of youth KELY
reached in 2018-2019
2018-19年度啟勵
所接觸的青年人數

3

KELY'S CORE SERVICES

啟勵核心服務





DRUG & ALCOHOL AWARENESS

藥物及酒精意識

For many young people, experimenting with drugs and alcohol is just a part of growing up. While not all young people go on to become dependent, using drugs and alcohol during these formative years can have significant risks for a young person's physical, mental, and emotional development.

At KELY, we work to prevent and reduce the harm associated with drugs and alcohol abuse. Our Drug and Alcohol Awareness programmes equip young people with the skills and knowledge needed to avoid using drugs and alcohol, protect themselves and make healthy choices, and support their peers.

對不少青年而言，體驗藥物和酒精只是成長的一種經歷。雖然不是所有曾在發育時期使用藥物和酒精的青年，都會自此濫用物質；但有關行為卻能為青年的身體、精神和情緒發展帶來重大風險。

我們致力預防及減低有關濫藥及酗酒之傷害。此項目旨在引領青年裝備一系列技能和知識，讓他們在面對酒精及藥物之誘惑時，懂得作出明智、健康的選擇，從而於保護自己同時，為同儕給予正面支持。

Young people growing up in Hong Kong face increasing levels of stress - from dealing with changes associated with adolescence, to academic pressures, to growing use of social media and other technology - all of which can lead to anxiety, depression, and other health issues.

We take a preventative approach to our Mental Health & Wellbeing programmes and focus on helping young people to understand their own emotions, cope with stress, and know how to help themselves as well as their peers. In situations where we identify additional mental health needs, we work with a strong network of referral organisations that can provide in-depth one-on-one counseling.

在香港成長的青年所面臨的壓力與日俱增——從應對與青春期有關的變化、面對沉重學業壓力，以至廣泛應用社交媒體和其他科技。這些轉變均會導致青年焦慮、抑鬱和其他健康問題。

我們採取防範於未然之路向，專注協助青年了解個人情緒、應對壓力；讓他們不僅懂得自救，亦能互相幫助。若我們識別青年需要接受進一步的精神健康服務，我們亦有強大網絡，可推介其他合作機構為其提供一對一的深入輔導。



MENTAL HEALTH & WELLBEING

精神健康



POSITIVE YOUTH DEVELOPMENT

正向青年發展

We know that young people who are healthy, confident, and connected to a supportive community not only have much to contribute to our society, they are also better able to face whatever challenges life throws at them. Recognising and building up young people's strengths lessens the likelihood of risky behaviours such as substance abuse and promotes more positive behaviours.

Our Positive Youth Development programmes create opportunities for young people to explore and develop life skills and creative expressions, increasing their aspirations for the future. We focus specifically on disadvantaged youth, who typically don't have access to skills-building programmes of this nature.

我們知道，健康、自信，以及獲得社會支持的青年，不僅可以為我們的社會作出多方面的貢獻，也更具有應對生活中種種挑戰的能力。如果我們能辨識並為青年建立強項，就可以減少其涉足高危行為，如濫用藥物的可能性，並促使他們進行更多積極的行為。

我們為青年創造機會探索及提升他們的生活技能和創意表達，培育他們對未來的抱負。此項目關注沒有機會接觸此類型技能建構項目的弱勢青年。



DRUG AND ALCOHOL AWARENESS WORKSHOPS

預防濫藥及酗酒意識工作坊

Funded by Narcotics Division, self-funded by schools
保安局禁毒處資助；部分工作坊則由學校自資

Our popular school-based workshops are interactive and evidence-based, focusing on the effects and risks of drug and alcohol use, as well as related issues like self-esteem and bullying. In the 2018-19 academic school year, we delivered over 152 workshops in 26 secondary schools and 3 universities, reaching 10,586 students.

我們一直深受學校歡迎的工作坊，着重以互動和實證基礎為本的方式，討論有關濫藥及酗酒之風險及影響，當中包括自信和欺凌等相關議題。在2018至2019學年間，我們於本港26所中學和3所大學裡，舉辦超過152場工作坊，接觸10,586名學生。

"After the drug education workshop, I feel I am much more aware about the risks of drug use, especially cannabis. I would recommend the workshop because some of my friends are interested in these drugs, but they know nothing about them!"

Student participant

「在預防濫藥教育工作坊完結後，我發現自己更了解使用藥物的風險，尤其是在大麻方面。我會向朋友推薦這個工作坊，因為我有些朋友對認識這些藥物深感興趣，但他們對此一無所知！」

參與學生

"I feel I am able to put the knowledge we learnt about reducing risks into practice, by preparing our own safer partying plan. Learning about consent was my highlight and I believe this workshop has a message for everyone."

Student participant

「我覺得我能夠把課堂中學到的減低風險等知識付諸實踐，例如：自制一個讓自己更安全參加派對活動的計劃。我最大的得著是學會何謂『同意權』，我相信這個工作坊令所有人也有所得著。」

參與學生

"I learnt more about different types of drugs. It's very helpful to share situations where people may try to get us high and it was interesting to learn a simple method for resisting peer pressure."

Student participant

「我認識更多不同類型的藥物。我覺得能夠向他人分享在甚麼場合中，我們有機會被誘惑使用藥物，繼而情緒高漲等情況確實太有用了。此外，我覺得工作坊傳授有關抵抗朋輩壓力的簡易方法亦很有趣。」

參與學生

ExCEL!

Funded by Operation Santa Claus
由愛心聖誕大行動資助

In addition to the challenges that all young people in Hong Kong face, those from ethnic minority backgrounds face additional pressures related to discrimination and lack of access to meaningful development opportunities, making them more susceptible to substance use. Because of this, Operation Santa Claus funded this multi-year programme that targets Ethnic Minority young people. In the 2018-19 academic school year, 25 young people from Sir Ellis Kadoorie Secondary School (West Kowloon) took part to build protective factors against drug use and then learned skills to develop resources and campaigns to help educate their peers about these topics. As part of their final project, the participants organised a game fair at their school that featured fun activities that promote positive ways to deal with stress.

身處香港的少數族裔青年除了面對一般年輕人的各種挑戰外，更需承受有關歧視、缺乏發展機會等壓力。這一切均會驅使他們步上濫藥之路。有見及此，由愛心聖誕大行動資助的跨學年項目，一直竭力為本港少數族裔青年提供服務。在2018至2019學年間，25名來自官立嘉道理爵士中學（西九龍）的青年通過參與本項目，建立抵抗濫用藥物的保護元素；並學習一系列制定教育同儕認識濫藥等議題之資源及活動。在項目接近尾聲時，一眾參加者以舉辦校園遊戲日作為最後任務。他們透過各種有趣活動，向朋輩宣傳處理壓力的正面方法。

"I am more of a quiet person who doesn't like to talk. However, in preparing for the campaign and being with my small group allowed me to feel more comfortable, talk more and be more confident in presenting to people. I also developed a good bond with KELY Staff!"

E.J. youth participant

"I learned more about the kinds of drugs that I hadn't heard about from this programme."

Limbu Alina, F.5, aged 16

"Peer pressure is a massive factor contributing to substance abuse. This programme teaches me ways to resist peer pressure"

Jerwen Fernandez Senerpida, F.5, Aged 19

"我是一個沉默寡言，不太愛說話的人。可是，我在跟小組成員合作預備整個活動時，我感到十分自在。我比以前更健談，並自信十足地在人群面前演講。再者，我跟啟勵員工建立了非常友好的關係！"

E.J.- 參與青年

"從這個項目中，我認識很多從未聽過的藥物名稱。"

Limbu Alina, 中五, 16歲青年

"朋輩壓力是濫用藥物的主要因素。是次項目教導我如何抵抗朋輩壓力。"

Jerwen Fernandez Senerpida, 中五, 19歲青年

ALCOHOL HARM REDUCTION PROGRAMME FOR TERTIARY EDUCATION STUDENTS IN HONG KONG

為本港大專學生設立酒精緩害項目

Funded by Health Care and Promotion Scheme, Health and Medical Research Fund, Food and Health Bureau

由健康護理及促進計劃、醫療衛生研究基金、食物及衛生局資助



The Chinese University of Hong Kong (CUHK) & The School of Professional Education and Executive Development of The Hong Kong Polytechnic University (PolyU SPEED) are jointly conducting a research project to explore the effectiveness of alcohol harm reduction education and training on university students. We have joined the research team as the NGO partner to help develop and deliver alcohol education among tertiary students in Hong Kong. Through this project, KELY will pilot a culturally-relevant alcohol harm reduction programme that includes educational materials that include ideas on how to have fun and socialise without alcohol and equipping students with harm reduction skills that include drink refusal skills. We have delivered training and started the research project across 2 universities, reaching 250 students so far.

香港中文大學聯同香港理工大學專業進修學院進行一項有關為大專學生設立酒精緩害教育及訓練成效之研究。我們以慈善合作夥伴的身份加入研究團隊，為本港大專學生制定及推動酒精教育。通過本項目，啟勵希望為本港大專學生試行一項與文化息息相關的酒精緩害項目，包括編寫減少酒精危害的教學資源，提供飲酒以外的消遣選擇，為學生裝備有效的緩害技能，包括婉拒飲酒的方法。我們已為2所大學提供培訓，以及啟動有關研究項目。過程中，我們接觸逾250名學生。

SOSKELY

Funded by Hong Kong Rugby Union (HKRU), Road to Ultra and LiveNation.
由香港欖球總會、Road to Ultra和LiveNation資助

Thanks to the generous support of our funders, particularly HKRU, we continue to expand our SOSKELY harm reduction outreach programme, supporting more young people at some great events and raising awareness with our social media campaigns. During the period of August 2018 to July 2019, we delivered outreach campaigns at sporting events such as Hong Kong Sevens, and electronic music festivals such as ABGT300, Anjunadeep and Creamfields. With the support of 86 volunteers across these events, we created a safe and comfortable space for young people to take a break from the festivities, provided free water and encouraged hydration, and offered information and support on how to care for friends who might be using substances and alcohol. We also work closely with each event's first aid and medical teams to identify and respond to any emergencies.

我們由衷感謝一眾資助者的支持，尤其是香港欖球總會，讓我們得以擴闊緩害外展服務的版圖，在大型活動上支援更多青年，以及透過社交媒體提高大眾意識。在2018年8月至2019年7月，我們在大型體育活動國際七人欖球賽；以及多個電子音樂節，包括：ABGT300、Anjunadeep及Creamfields中，推動緩害外展行動。有賴86名義工鼎力相助，我們在以上活動中，為青年提供安全舒適的休息環境；並向其免費派發清水，提醒他們時刻補充足夠水份。此外，我們還為青年參加者送上各種資訊，教導他們在面對朋輩濫藥及酗酒時，該如何伸出援手。為了識別及處理不同緊急情況，我們與各活動的急救及醫療團隊保持緊密合作。



"I volunteered at SOSKELY because I felt that it was meaningful to be there for the youth when and where they needed us, at a time which could turn dangerous and chaotic if no one was there to support them."

SOSKELY Volunteer

「我參與SOSKELY義工活動，乃因為我認為能在青年有需要協助時向其施予援手，是件相當有意義的事。如果沒有人適時給予他們支援，他們將面臨各種危險及混亂。」

SOSKELY 義工

"SOSKELY is definitely a lifesaver, giving me water and support when I need it. SOSKELY staff are also very friendly and I feel a safe space like this is really needed at events that involve alcohol."

Youth participant

「SOSKELY簡直拯救了我的生命。在我需要協助時，他們給予我清水和支持。SOSKELY的員工相當友善——我深切認為，在任何涉及酒精的活動中，都需要有這種安全空間的存在。」

參與青年

STORY OF RECOVERY

新生之旅

Funded by Beat Drugs Fund,
Narcotics Division
由保安局禁毒處資助

"I like the video because it is nice to hear someone's point of view and their real life experience, it also informed us about the negative consequences of drug use."

Student participant

「我很喜歡這條短片，很高興聽到他人的觀點和他們的現實生活經驗，每我們明白使用藥物的負面影響。」

參與學生



In Hong Kong, drug use affects all populations, socioeconomic levels and ethnicities. The consequences of drug use, addiction and struggles with recovery do not discriminate. KELY has found that there is limited access to engaging and locally-relevant stories and resources around risks, consequences, addiction and recovery in English. Through this project, we produced a series of five videos and an accompanying booklet that highlighted the personal stories of two young adults through their journey of substance use and recovery, as well as important information about commonly used substances in Hong Kong. The goal of the videos was to raise awareness of the risks and consequences of commonly used substances with a focus on prevention and reducing risks within families, and to reduce the stigma among drug users so that they can actively seek for help.

The videos have since been shared in 10 secondary schools and will continue to be shown to more young people in the coming year to further raise awareness around drug and alcohol related issues.

在香港，濫用藥物足以影響所有人口，包括來自不同社會經濟水平和種族的人士。使用藥物可帶來藥物成癮和康復困難等後果。啟勵發現，現時本港缺乏以英語為主，闡明濫用藥物所致風險、後果、成癮和康復問題的本地故事和資源。透過這個項目，我們訪問兩位非華語青年，並將他們分享的故事，製作成五條資訊短片，以及一本隨附的小冊子以令大眾增加對常被報告的藥物風險和後果的認識，關注預防濫藥，由家庭出發減低濫藥風險，並減少對隱蔽藥物使用者的標籤，使他們可以積極尋求協助。

我們已與10所中學分享有關短片，並將在來年繼續向更多青年展示，以展示我們的扶青工作。

YOUNG ATHLETES

預防濫藥工作坊——年輕運動員

Funded by Beat Drugs Fund, Narcotics Division

由保安局禁毒處資助



Athletes are often seen to be disciplined and healthier as sports promote healthy lifestyles. However, like many other young people in Hong Kong, they share similar pressures including academics, relationships and transitional changes. Additionally, their drive to achieve athletic excellence can make them vulnerable to the temptations of performance-enhancing drugs. This year, we developed a pilot programme in partnership with the Beat Drugs Fund to support the wellbeing of young athletes in Hong Kong through training designed to proactively explore risks and consequences of drug use in the sporting world, with a special focus on ways to establish positive influences and to learn resistant strategies. We also work with athletic coaches to prepare them as trusted adults and immediate resources for young athletes with skills when communicating about drug and alcohol use.

Our pilot programme has reached over 50 athletes so far.

運動員有更強的紀律和體魄，因為多做運動可促進健康生活方式。可是，與香港許多青年一樣，他們也承受著同類的壓力，包括學業、人際關係和過渡的改變。此外，渴望追求卓越運動成就，使他們容易受到性能提升藥物的誘惑。我們與禁毒基金合作的試驗項目，旨在通過培訓和積極探索體育世界使用藥物的風險和後果，支持香港運動員的身心健康。我們特別關注建立正面影響的方法，在必要時教導年輕運動員學習抗逆策略，同時，我們還會訓練教練成為值得年輕運動員信賴的成年人。當年輕運動員談及有關使用藥物和酒精的議題時，可從教練身上獲得即時資訊。

在過去一年，我們開展了這項培訓，並接觸了50多名運動員。

COOLMINDS

Funded by Operation Santa Claus and Hong Kong Blue Tie Ball
由愛心聖誕大行動資助，Hong Kong Blue Tie Ball資助



Coolminds is a collaborative project by KELY Support Group and Mind HK aiming to improve the mental health of young people in Hong Kong by localising and translating tried-and-tested programmes and interventions that have been researched and perfected over the last few years in the UK, Australia, and New Zealand. Through this project, Coolminds aims to improve youth mental health and wellbeing through training and in-classroom exercises, de-stigmatise mental health within the youth community, provide parents with comprehensive knowledge of youth mental health, and empower teachers and educators to implement mental health improvements in their schools.

Coolminds是勵志扶青會與Mind HK 共同策劃的項目，項目把過去幾年英國、澳洲和新西蘭所研究和優化的項目及介入服務塑造成切合香港的服務及把相關資訊進行翻譯，旨在改善香港青年的精神健康。透過這個項目，Coolminds希望透過培訓和課堂活動，去除青年社區對精神健康的標籤，為家長提供有關青年精神健康的全面知識，並裝備教師和教育工作者在其學校中實行改善精神健康的措施。

GROWING UP WITH KELY

Funded by Hong Kong Blue Tie Ball, Self-funded by Schools
由Hong Kong Blue Tie Ball資助，學校自資

We worked with two schools in the last academic year to run our year-long Growing Up with KELY programme, helping 619 students to develop resilience, understand themselves better, and identify ways to cope with challenges. In addition, based on a mental health assessment conducted at the beginning of the year, we identified students who were vulnerable to mental health disorders and provided targeted support in the form of group and individual therapy to those who needed it the most.

在上一學年，我們於本港2所學校進行長達一年的Growing Up with KELY項目，為弱勢青年提供心理支援，項目協助619名學生建立抗逆能力、了解自己，以及學習應付挑戰的各種方法。在項目首年開端，我們通過評估學生的精神健康狀況，識別出具有患上精神障礙風險的學生，繼而提供小組治療和「一對一」針對性協助。

"Through the activities, I learned a lot about myself and I feel that I know more about how to deal with problems that come up from now on."

youth participant

「透過這些活動，我更了解自己。我能更有效解決日後的每個難題。」

參與青年



"The 'Welcome to My Bubble' workshop [on understanding and communicating boundaries] was a wonderful experience to fully express myself; I most enjoyed the space to talk and discuss with our peers."

youth participant

「『Welcome to My Bubble』工作坊[了解和表達自我界限]是一個能令我充分表達自我的絕妙體驗，我最喜歡與前輩交談和討論的空間。」

參與青年



"I liked the 'Boiling Point' workshop [on coping and managing emotions], especially the scenario activity on the choices we make - it helped me to reduce conflict with others"

youth participant

「我喜歡『Boiling Point』工作坊[應對和管理情緒]，特別是我們所選擇的情景活動，它幫助我減少與他人發生衝突。」

參與青年

TALK2ME

Funded by The Weez Project and Hong Kong Blue Tie Ball, self-funded by school
由The Weez Project及Hong Kong Blue Tie Ball資助，部分由學校自資



"We all want someone by our side. I joined this programme because I want to learn how to support my friends more."

Rimsha, aged 17

"After this programme, I feel more confident in recognising the situations in which people may need help and it has also helped me to handle my own feelings by talking to others."

Youth participant

"One skill I found very useful from the programme was learning that there are many words to describe our emotions - this is useful!"

Youth participant

「所有人都希望有人會在自己身邊。我參與這個項目是因為我想學習如何給予身邊的朋友更多支持。」

Rimsha, 17歲

「參與這個項目後，我能更有信心地辨認他人在甚麼處境下需要援助，而與他人傾訴，亦有助我處理自己的情緒。」

參與青年

「我從這個項目中發現到，原來有很多詞語可以描述我們的情緒，這是相當有用的知識！」

參與青年

As a school-based initiative, this 3-month peer support programme aims to help students develop communication skills and strategies to offer positive and supportive instant messaging to peers. Through this programme, students learned skills in problem-solving, providing emotional support, setting boundaries as a peer-supporter, and also gained knowledge around issues such as drug and alcohol use and referral options. 41 students from Sir Ellis Kadoorie Secondary School (West Kowloon) and Shun Tak Fraternal Association Yung Yau College aged 16-18 participated in this initiative in the 2018-19 academic school year.

Talk2Me是一個為期3個月的校本項目。我們旨在協助學生建立溝通技巧，並引導他們學習如何通過發送正面的即時訊息，為同輩送上支持。於課程中，我們會與學生共同探討濫藥、酗酒、解難以及情緒支援等議題，並讓參加者明白作為朋輩支持者的限制，協助同儕尋求協助和轉介。於2018至2019學年期間，41名來自官立嘉道理爵士中學（西九龍）及順德聯誼總會翁祐中學校的16-18歲學生參與了此項目。

CODING FOR LIFE

Funded by Moody's Foundation and EMpower
由穆迪基金會及EMpower資助



Coding for Life is a pilot programme that was launched in 2017. It aims to help young people who have little access to positive youth development opportunities to develop life skills and resilience along with coding skills. Participants attend weekly, evidence-based and interactive workshops that focus on skills such as communication skills, self-awareness, goal setting and resistance strategies, as well as coding skills for building apps, websites, and other web-based resources. The students get to practice their newly learned life skills and coding skills through working in teams to develop resources to help their peers make decisions in the face of challenges. This year, 30 students from Delia Memorial School Hip Wo participated in the programme and created websites to help their peers reduce and manage stress.

Coding for Life 屬啟勵於2017年推出的試驗項目，旨在幫助來自本港基層社區的青年裝備生活技能和抗逆能力，並學習各種編碼技巧。參加者需每周出席以實證為本的互動工作坊，從中學習一系列生活技能，包括溝通技巧、自我意識、設定目標，以及抗逆策略等。他們需持續學習編碼技能，並實踐通過小組活動學到的生活技能，以及開發網絡資源（如：應用程式、網頁、論壇）。他們所開發的資源內含朋輩支援和預防濫藥訊息等保護元素。今年，30名來自地利亞修女紀念學校(協和)能從此項目中有所裨益。

"I have never learned coding before, but I hope to become a digital artist in the future. I took part in this programme so that I could learn more about how coding can be related to my art."

Kathkeen, aged 14

"If we can memorise the coding commands, coding is actually quite easy to learn. I can now make my own website!"

James, aged 15

「我從沒有學習過編碼，但我希望將來能成為一名數碼藝術家。透過參與這個項目，我能進一步明白編碼如何與我的藝術聯繫起來。」

Kathkeen, 14歲

「如果我們能牢記編碼命令，編碼其實是很容易學習的。我現在可以建立自己的網站！」

James, 15歲

GET POSITIVE!

成功在望

Funded by The Community Chest of Hong Kong
由香港公益金資助

主辦機構
KELY
SUPPORT GROUP
勵志扶貧會

資助機構
香港公益金
THE COMMUNITY CHEST

第五屆



This stress management programme offers local schools a range of opportunities to support young people under pressure. The Get Positive workshops help students learn positive thinking techniques. Through learning a series of fun circus acts including juggling, plate spinning, and diabolo tricks, students develop their confidence, build resilience against failure, and gain skills in communication, teamwork, and peer support. We worked with over 4,284 young people in different schools in this programme during the 2018-19 academic school year.

此壓力管理項目主要給本港以母語授課之學校提供各種機會，為現正面對壓力的學生送上支持。「成功在望」工作坊旨在協助學生建立正面思維，通過雜藝訓練，參加者可從工作坊中學習抗逆技能、朋輩支援，以及雜藝技巧；而「啟勵雜耍團」則讓參加者在社區中，繼續增強自信，學習朋輩支援及發展雜耍技巧。在2018至2019學年期間，我們於不同學校推行有關項目，服務超過4,284名青年。

"My students lacked self-confidence before joining this programme, but now they can perform in front of more than a hundred people and even become the second runner-up in the competition! As their teacher, I feel really gratified."

Miss Wong, Lok Sin Tong Young Ko
Hsiao Lin Secondary School

"Through this competition, I learned the importance of peer support. Even when I encounter failure, I know there are many people standing with me."

Youth participant, Form 2

「我的學生在參與項目初期缺乏自信心，但現在他們竟然可以在百多人面前表演，甚至在大賽中榮登季軍，作為他們的老師，我感到相當

黃老師 - 樂善堂楊葛小琳中學

「在這個比賽中，我深切體會朋輩支援的重要性。即使面對失敗，也有很多人會陪伴著我。

孫同學，中二

PARTNERSHIP WITH JOCKEY CLUB LAB FOR CULTURE DIVERSITY STUDY (JCLCDS)

與賽馬會多元文化研究計劃合作

Supported by Green Family Foundation
由Green Family Foundation支持



As part of a 3-year project implemented by the Faculty of Social Sciences, The University of Hong Kong, the Jockey Club Lab for Cultural Diversity Study (JCLCDS) key aims are to examine the needs and transitions of the ethnic minority (EM) youths in Hong Kong and to identify a possible way to enhance their positive development. KELY partnered up with their Research team to develop, implement and evaluate a pilot programme integrating KELY's key approaches on positive youth development with students from ethnic minority background. We worked with 20 students over a period of 3 months aiming to support students to build connection with their peers, parents and their community. The results of the pilot programme will be released in 2020 as part of the wider project.

作為香港大學社會科學學院實施的3年項目中的其中一部分，賽馬會多元文化研究計劃的核心目標乃研究香港少數族裔青年的需求和轉型，從而找出促進他們踏上正向發展之路的可行方法。啟勵和有關研究團隊緊密合作，一起制定、實施和評估一項試驗計劃。過程中，啟勵將各個促進正向青年發展的關鍵方針套用於來自少數族裔背景的學生身上。我們與20名學生合作超過3個月，致力協助他們與朋輩、家長和社區建立聯繫，而試驗計劃的成果會將在2020年發布，作為整個項目的重要部分。

"It was actually quite different from other programmes because we got to interact with each other. We got to talk with the mentors and other students about different topics."

Nepalese student, aged 14

"...After joining this programme, I think I will use most of the topics covered, such as leadership, in my daily and future life. I learned what a leader has to have, how to become a leader, and why the leader is always responsible and fair to everyone."

Pakistani student, aged 16

「這個項目與其他項目截然不同，因為我們需要和他人進行互動。我們需要和導師和其他同學討論不同的題目。」

尼泊爾學生，14歲

「參與此項目後，我深感我能把項目含蓋的大部份題目，如友誼，應用在我的日常生活和未來成長。我學會了作為一個領導人需具備甚麼特點、如何成為一個領導人，以及為何領導人需永遠持平和具責任感。」

巴基斯坦學生，16歲



RISEUP

少數族裔青年 社區參與及融入嚮導計劃

Funded by BNP Paribas Foundation (Dream Up)

由法國巴黎銀行基金會(Dream Up)資助



This programme aims to help ethnic minority young people who don't have access to positive youth development opportunities to develop life skills and resilience through learning creative photography skills. Participating students are equipped with techniques to tell their own and other's stories through photography. Moreover, they learn skills to face obstacles in adolescence and tactics to overcome these problems.

In this 2018-19 academic school year, 25 non-Chinese speaking students from Hong Kong Weaving Mills Association Chu Shek Lun Secondary School have used their new knowledge and skills to express their own and their community's experience of life in Hong Kong through photographs. Through photography, they explored themes such as identity, self-awareness, strengths, friendship, relationships, and aspirations.

該項目旨在幫助居於本港弱勢地區的少數族裔青年，讓他們在學習創意的拍攝技巧的同時，裝備生活技能及抗逆能力。參與項目的學生能學會透過攝影，講述自己和其他人故事。此外，他們還會學習一系列的技巧以應對青少年時期所遇到障礙和克服這些問題的策略。

於2018至2019學年，25名來自香港布廠商會朱石麟中學的非華語學生運用在項目中學會的新知識和技能，透過照片展示自己的內心所想及居於香港的各種體驗。照片主題包括身份、自我意識、個人長處，以及一些大眾化的題目如友誼、人際關係、和個人志向等。

"These [life skill topics such as personal values and communication] are really important concepts to learn and know. I'm glad that I'm able to join this programme to learn these things about myself. I believe my friends could also benefit from learning these skills and information. I would recommend them to join this programme."

Student participant, aged 16

「這些[生活技能項目如個人價值和溝通]都是有必要學習和認識的重要概念。我很高興有幸參與這個項目，讓我更深入了解自己。當我細想時，我認為我的朋友也能從學習這些知識和資訊時有所裨益。所以我會推薦他們參與這個項目。」

參與學生，16歲

"I feel more confident when I am sharing my photos with other schoolmates at school during lunchtime. I received great comments from them. That makes me more willing to talk and share with others."

Student participant, aged 15

「在午飯時間與學校的其他同學分享我的照片，令我倍感自信。他們對我的相片讚不絕口，這使我更願意與他人交談和分享。」

參與學生，15歲

"Our students have never been so engaged when external agencies come to provide learning - it's great to see that these students have so much potential that we didn't see before".

Teacher at HKWMA Chu Shek Lun Secondary School

「我校的學生從未如此投入，很感恩有機構能為他們提供提供學習機會。我亦很高興看見學生具有很多我們從未發掘的潛能。」

香港布廠商會朱石麟中學老師

OTHERS



BESPOKE WORKSHOPS

訂制培訓

KELY continues to respond to requests for training on a range of topics affecting young people. Our topics include evidence around what works in drug prevention education, how to communicate with young people around drug use, eating disorders, friendship, technology-dependence and others. In the 2018-19 academic school year, KELY delivered bespoke workshops for students, parents, teachers, counsellors, other school staff, and social work students.

啟勵繼續響應大眾需求，推出一系列環繞青年為題的工作坊，包括預防藥物教育的有效實證，以及如何跟青年談論有關濫藥、厭食症、友誼、依賴科技等議題。於2018至2019學年間，我們為學生、家長、教師、輔導員、其他教職員，以及大學和社工系學生提供工作坊。

PREVENTION STARTS WITH YOU

預防由你做起

Funded by Beat Drugs Fund, Narcotics Division

由保安局禁毒處資助



This programme targets parents and teachers in English-speaking schools across Hong Kong. This engaging and interactive two-hour workshop increases knowledge and skills around drug use, focusing on the most commonly used drugs in Hong Kong and how to talk to young people about this issue. We reached over 30 parents through running the workshops in the 2018-19 academic school year.

該項目對象為本港家長及英中教師。項目透過兩小時的互動工作坊，探討香港最常使用的藥物，以及如何與青年討論濫藥議題，旨在加深師長對藥物的認識。在2018-19學年，我們在不同的工作坊中共接觸超過30名家長。

"I found the training very informative, allowing me to learn about drug trends in Hong Kong and share tips on how I can talk to my children around this difficult topic. I do feel a little more confident now and I hope more parents can learn about this."

「我認為這個項目很具資訊性，讓我了解香港使用藥物的趨勢，項目更分享了我可如何與子女討論有關藥物的話題。我覺得自己比以前更感自信，我希望更多父母可以學習相關知識。」

ADVOCACY

推廣活動

MEDIA COVERAGE

媒體報導

In addition to the direct programmes we provide for young people and the adults in their lives, we also pro-actively advocate on behalf of youth and educate the community about youth-related issues through the media and speaking events.

In 2019, KELY appeared in the media 24 times, ranging from newspaper articles to live radio programmes. We were covered in the media in Chinese, English and many other ethnic minority media channels. We discussed how to prevent substance abuse in youth, and shared useful tips on overcoming obstacles in the workplace and at school. We also discussed growing challenges such as mental health and vaping among youth in Hong Kong, and the importance of supporting youth through these challenges.

除了直接為青年和成年人提供項目外，我們還積極進行各種以青年為本的倡導活動；並透過媒體和演講，在社區推動有關青年議題的教育。

在2019年，啟勵共獲24則媒體報導，從新聞報導至現場錄制電台節目。報導內容覆蓋中、英和少數族裔的媒體頻道。我們不但談及預防青年濫藥的方法，更分享有關青年在職場和學校克服困難的實用技巧。我們亦探討一些嚴峻議題，如：香港青年的精神健康和使用電子煙，以及它們對整個社會帶來之負面影響。



SPEAKER EVENTS

客席分享

KELY was invited to various speaker events by government departments, schools, organisations and enterprises, such as the Hong Kong Department of Health, the Chinese International School, The Royal Commonwealth Society, Deacons Care, Community Business and more. We shared our youth empowerment work and discussed important topics pertinent to our youth nowadays including substance abuse, mental health and wellbeing, and cross-generation communications.

於2019年，啟勵曾獲衛生署、漢基國際學校、皇家英聯邦協會、的近關懷團隊及社商賢匯等不同政府部門、學校、機構及企業邀請，擔任分享嘉賓，與各界分享我們的扶青工作，並探討一系列與青年相關的題目，如濫用藥物、精神健康、跨世代溝通等。



EVENTS HIGHLIGHTS

活動摘錄

JAN

New Year's Day Youth
Rugby Tournament
2019



FEB

Talk2Me interactive
Mental Health Forum for
HK Parents
Talk2Me 精神健康互動論壇



MAR

5th "Get Positive!" KELY Social
Circus Competition
第5屆「成功在望」啟勵雜藝大賽

Coding For Life Final Presentation
Coding For Life 成果展示會

Tidal Wave Series - 2nd Youth
Unconference
第二屆Tidal Wave Series
青年非正式會議



We thank all our volunteers and friends who gave their invaluable time to KELY. Whether as mentors, committee members, experts, advocates and helpers, they played an important role in enabling our team to provide the best training, development and awareness building for young people.

我們衷心感謝所有願意獻出寶貴時間的義工、朋友。無論是擔任義務導師、委員，專家，倡導者抑或協助者，您的無私奉獻，都讓啟勵能夠更有效地為青年提供最優質的培訓及發展，從而提高他們對濫藥的意識。

SOSKELY at the Hong Kong Sevens
SOSKELY在香港七人欖球賽進行外展服務



APR

Heart to Heart carnival
心·照嘉年華



DEC

SOSKELY at Creamfields Hong Kong
SOSKELY在香港 Creamfields 進行外展服務

MAY

KELY Appreciation Evening 2019
啟勵嘉許晚會2019

RiseUp INside OUT Photography Exhibition

少數族裔青年社區參與及融入嚮導計劃
《INside OUT 相片展覽》

ExCEL! Fun Fair
ExCEL! 嘉年華

FUNDRAISING HIGHLIGHTS

籌款活動摘錄

JAN

CUSING FINALE, organised by Singing Society of CUSU
中大學生會歌唱學會主辦「中大歌唱比賽」

An after-party for charity by Toys Trade
玩具商慈善聯誼

DB Pirates International All Girls Beach Festival 2019



AUG

Yau Yee Football League Friendship Cup 2019

FEB

KELY x Kee Wah Bakery Chinese New Year Panda Cookie Charity Sale
啟勵 X 奇華餅家賀年熊貓曲奇慈善義賣



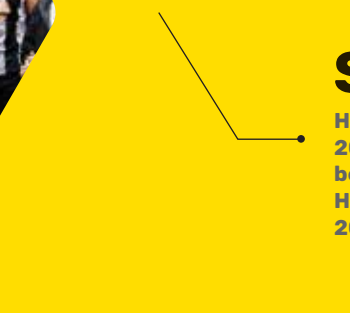
MAR

Hong Kong Academy Presents Pink Phloyd "Wish You Were Here" Charity Concert
香港學堂國際學校呈獻 Pink Phloyd 《Wish You Were Here》慈善音樂會



SEP

Hong Kong Blue Tie Ball 2019 (one of the charity beneficiaries)
Hong Kong Blue Tie Ball 2019 (受惠機構之一)



As a small nonprofit that doesn't receive any government subventions, we rely on private donations for our daily operations and future growth. We appreciate all our generous donors and passionate supporters who organised fundraisers to benefit our youth. These initiatives not only help us raise the funds we need to empower young people in Hong Kong to reach their full potential, they also give us a platform to advocate for the youth in our city.

作為一所只獲少許政府資助的小型非牟利機構，我們依靠私人捐款來進行日常運營和未來發展。我們在此由衷答謝各位善長仁翁，以及熱心為我們舉辦籌款活動的人士。這些舉措不僅幫助我們籌集必要資金，裝備香港青年盡展所長，還為我們提供了一個提倡青年福祉的平台。

MAY

Darkness Into Light Hong Kong Charity Walk (one of the charity beneficiaries)
步向光明慈善步行 (受惠機構之一)



NOV

Pink Floyd Dark Side Of The Moon Live In Concert

JUN

Deacons Cares Luncheon
的近關懷團隊慈善午餐會



BNY Mellon Bake Sale
紐約梅隆銀行糕點義賣



The Peninsula Boutique - Festival ornament sale
半島精品店節日飾物義賣

JUL

KELY X The Peninsula Mini Egg Custard Mooncake Charity Sale 2019
啟勵 X 半島迷你奶黃月餅慈善義賣2019



DEC

Stand Up Comedy at Wo's Restaurant
「和你笑」慈善棟篤笑之夜

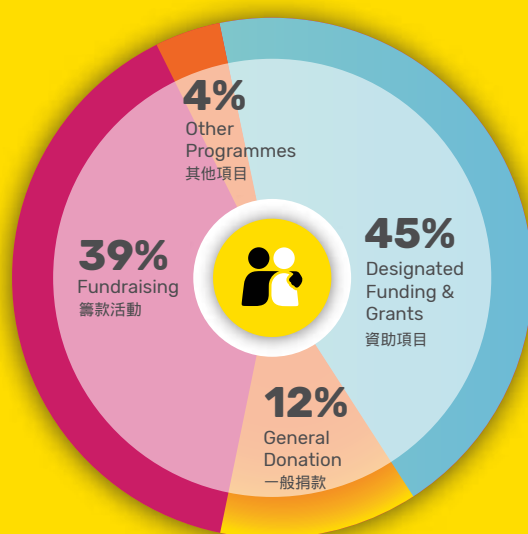


Work out and make a change to YOUrself and YOUTH

FINANCIAL HIGHLIGHTS

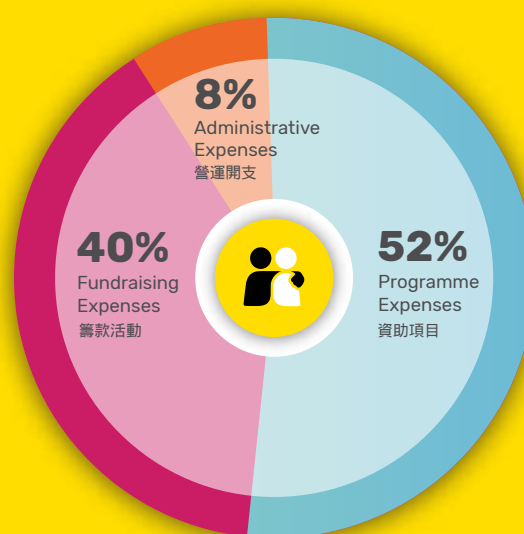
財政摘要

KELY'S INCOME 收入來源



Total Income 總收入 **HK\$7.2M**

KELY'S EXPENDITURE 支出用途



** Part of fundraising expenses result in income generated under fundraising initiatives, designated funding & general donations.
部分籌款支出來自籌款計劃，指定資金和一般捐款下的收入。

Total Expenditure 總支出 **HK\$7.15M**

Income and Expenditure Statement for the Year Ended 31 March 2019

	2019 (HK\$)	2018 (HK\$)
Designated Funding & Grants	3,264,285	4,006,257
Fundraising	2,797,062	2,159,389
General Donation	837,715	618,750
Other Programme Income	298,390	374,419
Other Income	1,113	72
Total Income	7,198,565	7,158,887
Personal Emolument	4,519,487	4,532,520
Designated Programmes	787,384	927,718
Depreciation	42,236	23,488
Fundraising	1,508,007	1,214,683
Operating Costs	195,415	226,305
Other Programmes	93,938	82,357
Total Expenditure	7,146,467	7,007,071
Surplus / (Deficit)	52,098	151,816

Balance Sheet as at 31 March 2019

	2019 (HK\$)	2018 (HK\$)
Non-Current Assets		
Property, Plant and Equipment	116,632	42,758
Current Assets		
Other Receivables & Prepayments	348,022	273,712
Cash at Banks and in Hand	2,640,601	3,507,565
	2,988,623	3,781,277
Current Liabilities		
Accruals and Other Payables	33,098	33,071
Deferred Income	527,599	1,298,504
	560,697	1,331,575
Net Current Assets	2,427,926	2,449,702
Net Assets	2,544,558	2,492,460
Financed by:		
Retained Surplus	2,544,558	2,492,460

PEOPLE AT KELY

啟勵成員



Honorary Patron

榮譽贊助人

Mrs. Anne Marden, BBS, MBE, JP
馬登夫人太平紳士



Ambassador

大使

Mr. Vivek Mahbubani

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Ms. Nanki Luthra, Programme Coordinator	Ms. Nanki Luthra, 項目統籌主任
Ms. Danita Bond, Youth Services Officer	邦綺華小姐, 青年服務主任
Ms. Jamie Vitto, Youth Services Officer	Ms. Jamie Vitto, 青年服務主任
Mr. Marco Wan, Youth Services Officer	尹嘉俊先生, 青年服務主任
Ms. Medora Choi, Youth Services Officer	蔡明怡小姐, 青年服務主任
Ms. Rachel Wong, Youth Services Officer	黃卓敏小姐, 青年服務主任
Mr. Tony Ng, Youth Services Officer	吳子峰先生, 青年服務主任

Programme Committee (Chaired by Ms. Karen Liu)	項目委員會 (由劉逸平女士主持)
Professor Karen Joe-Laidler	Professor Karen Joe-Laidler
Ms. Maria Sit	薛昕女士
Ms. Sky Siu	蕭加欣小姐
Mr. Surinder Brrar	Mr. Surinder Brrar
Dr. Timothy Woo	胡承恩博士

Board Governance Committee (Chaired by Mrs. Rebecca Turner Lentchner)	董事會管治委員會 (由Mrs. Rebecca Turner Lentchner主持)
Mr. Andrew Jones	Mr. Andrew Jones
Ms. Karen Liu	劉逸平女士
Mr. Paul Tchen	陳寶山先生
Ms. Whitney Whisenhunt	Ms. Whitney Whisenhunt

Remunerations Committee (Chaired by Mrs. Fern Ngai)	薪酬委員會 (由魏余雪奕女士主持)
Mr. Paul Tchen	陳寶山先生

Fundraising & Events Committee (Chaired by Ms. Pilar Morais)	籌款及活動委員會 (由Ms. Pilar Morais主持)
Mr. Alex Kent	Mr. Alex Kent
Ms. Amy Leung	Ms. Amy Leung
Ms. Sky Siu	蕭加欣小姐
Mr. Tony Bruno	Mr. Tony Bruno

Secretary Weir and Associates	秘書 韋雅成律師行
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Programme & Service Funders 項目資助者



GREEN FAMILY FOUNDATION

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The University of Hong Kong, Faculty of Social Sciences	香港大學社會科學學院
The University of Hong Kong, School of Public Health	香港大學公共衛生學院
The Hong Kong Polytechnic University	香港理工大學
The Hong Kong University of Science and Technology	香港科技大學

International and English Medium of Instruction Schools

國際學校及英文中學

Australian International School Hong Kong	香港澳洲國際學校
Bethel High School	伯特利中學
Bui O Public School	澳公立學校
Carmel Association Elsa High School	Carmel Association Elsa High School
Carmel Pak U Secondary School	迦密柏雨中學
CCC Kwei Wah Shan College	中華基督教會桂華山中學
Christian Alliance International School	宣道國際學校
Concordia International School	協同國際學校
Creative Secondary School	啟思中學
Delia Memorial School (Hip Wo)	地利亞修女紀念學校(協和)
Delia School of Canada	地利亞加拿大學校
Discovery Bay International School	愉景灣國際學校
ELCHK Lutheran Academy	基督教香港信義會宏信書院
The French International School of Hong Kong	法國國際學校
German Swiss International School	德瑞國際學校
HKMA David Li Kwok Po College	香港管理專業協會李國寶中學
Hong Kong International School	香港國際學校
Independent Schools Foundation ISF Academy	弘立書院
International College Hong Kong	沙頭角國際學校
Island School	港島中學
Kellett School (Secondary)	啟曆學校
Kiangsu & Chekiang Primary School- International Section	蘇浙小學國際部
Korean International School	韓國國際學校
Kowloon Junior School	九龍小學
Li Sing Tai Hang School	李陞大坑學校
Nord Anglia International School Hong Kong	香港諾德安達國際學校
Po Leung Kuk Camões Tan Siu Lin Primary School	保良局陳守仁小學
Po Leung Kuk Choi Kai Yau Secondary School	保良局蔡繼有學校
Quarry Bay School	鯽魚涌小學
Renaissance College	啟新書院
Rosaryhill School Secondary Section	玫瑰崗學校
Sear Rogers International School	弘爵國際學校
Sha Tin College	沙田學院
Sha Tin Junior School	沙田小學
Singapore International School	新加坡國際學校
Sir Ellis Kadoorie Secondary School (West Kowloon)	官立嘉道理爵士中學(西九龍)
South Island School	南島中學
St Margaret's Girls' College, Hong Kong	香港聖瑪加利女書院
The Harbour School	港灣學校
The ELCHK Yuen Long Lutheran Secondary School	基督教香港信義會元朗信義中學
West Island School	西島中學
Yaumati Kaifong Association School	油麻地街坊會學校
Yew Chung International School - Secondary Section	耀中國際學校(中學)
YMCA of Hong Kong Christian College	港青基信書院

Chinese Medium of Instruction Schools	中文中學
Buddhist Kok Kwong Secondary School	佛教覺光法師中學
Buddhist Sum Heung Lam Memorial College	佛教沈香林紀念中學
Buddhist Wai Yan Memorial College	佛教慧因法師紀念中學
Canossa College	嘉諾撒書院
Caritas Tuen Mun Marden Foundation Secondary School	明愛屯門馬登基金中學
Caritas Wu Cheng-chung Secondary School	明愛胡振中中學
Carmel Bunnan Tong Memorial Secondary School	迦密唐賓南紀念中學
Carmel Secondary School	迦密中學
CCC Chuen Yuen College	中華基督教會全完中學
CCC Heep Woh College	中華基督教會協和書院
Chan Shu Kui Memorial School	陳樹渠紀念中學
Cheung Chau Government Secondary School	長洲官立中學
CMA Choi Cheung Kok Secondary School	廠商會蔡章閣中學
Confucian Tai Shing Ho Kwok Pui Chun College	孔教學院大成何郭佩珍中學
CSBS Mrs. Aw Boon Haw Secondary School	鐘聲慈善社胡陳金枝中學
CUHKFAA Chan Chun Ha Secondary School	香港中文大學校友會聯會陳震夏中學
ECF Saint Too Canaan College	基督教中國佈道會聖道迦南書院
ELCHK Lutheran Secondary School	基督教香港信義會信義中學
Heung To Middle School (Tin Shui Wai)	天水圍香島中學
HKFYG Lee Shau Kee College	香港青年協會李兆基書院
HKWMA Chu Shek Lun Secondary School	香港布廠商會朱石麟中學
Ho Lap Secondary School	可立中學
Ho Yu College and Primary School (Sponsored By Sik Sik Yuen)	靑色園主辦可譽中學暨可譽小學
Hoi Ping Chamber of Commerce Secondary School	旅港開平商會中學
Hong Kong Red Swastika Society Tai Po Secondary School	香港紅卍字會大埔卍慈中學
Hong Kong Taoist Association The Yuen Yuen Institute No.3 Secondary School	香港道教聯合會圓玄學院第三中學
Hong Kong Teachers' Association Lee Heng Kwei Secondary School	香港教師會李興貴中學
Jockey Club Government Secondary School	賽馬會官立中學
Ju Ching Chu Secondary School (Kwai Chung)	裘錦秋中學(葵涌)
Ko Lui Secondary School	高雷中學
Kwok Tak Seng Catholic Secondary School	天主教郭得勝中學
Lam Tai Fai College	林大輝中學
Law Ting Pong Secondary School	羅定邦中學
Ling Liang Church M.H. Lau Secondary School	靈糧堂劉梅軒中學
Lok Sin Tong Young Ko Hsiao Lin Secondary School	樂善堂楊葛小琳中學
Lok Sin Tong Yu Kan Hing Secondary School	樂善堂余近卿中學
Man Kiu College	閩僑中學
New Territories Heung Yee Kuk Yuen Long District Secondary School	新界鄉議局元朗區中學
Newman Catholic College	天主教新民書院
Ning Po No.2 College	寧波公學
PAOC Ka Chi Secondary School	加拿大神召會嘉智中學
Pentecostal School	五旬節中學
Po Leung Kuk Yao Ling Sun College	保良局姚連生中學
Precious Blood Secondary School	寶血女子中學
Rhenish Church Pang Hok-ko Memorial College	禮賢會彭學高紀念中學
Saint Rose of Lima's College	聖羅撒書院
Salesians of Don Bosco Ng Siu Mui Secondary School	天主教慈幼會伍少梅中學
San Wui Commercial Society Chan Pak Sha School	新會商會陳白沙紀念中學
Shun Tak Fraternal Association Yung Yau College	順德聯誼總會翁祐中學
St. Bonaventure College and High School	聖文德書院
Sing Yin Secondary School	聖言中學
SKH Chan Young Secondary School	聖公會陳融中學
S.K.H. Leung Kwai Yee Secondary School	聖公會梁季彝中學
SKH St. Simon's Lui Ming Choi Secondary School	聖公會聖西門呂明才中學
St. Stephen's College	聖士提反書院
Stewards Pooi Tun Secondary School	香港神託會培敦中學
Tang Shiu Kin Victoria Government Secondary School	鄧肇堅維多利亞官立中學
The Church of Christ in China Heep Woh College	中華基督教會協和書院
The Association of Directors & Former Directors of Poi Oi Hospital Ltd. Leung Sing Tak College	博愛醫院歷屆總理聯誼會梁省德中學
The Hong Kong Taoist Association Ching Chung Secondary School	香港道教聯合會青松中學
Tsuen Wan Public Ho Chuen Yiu Memorial College	荃灣公立何傳耀紀念中學
Tsung Tsin College	崇真書院
TWGHs Chen Zao Men College	東華三院陳兆民中學
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Yan Chai Hospital Law Chan Chor Si College	仁濟醫院羅陳楚思中學
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KELY is a member of the Hong Kong Council of Social Services and The Community Chest of Hong Kong. Due to limited space, we are unable to list the names of all donors and supporters who have given us invaluable support. On behalf of our beneficiaries, we extend our sincere thanks to all of them for supporting our work in enabling young people in Hong Kong to reach their potential.

啟勵扶青會為香港社會服務聯會及香港公益金之機構會員。

由於篇幅所限，我們未能盡列所有善長芳名。我們謹代表所有受惠青年，衷心感謝您們對啟勵的扶青工作給予支持，讓青年進一步盡展所長。



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KELY Support Group does not receive any government subvention.
Your generous donation will enable us to help vulnerable youth
make informed choices concerning drug and alcohol.

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